

Arts Therapy

Emerge has been providing arts therapy for women and children who have survived family violence for over ten years. During this time the number of different programs we offer has grown to cater for the needs of the women and children who are supported through our services.

Arts therapy is a safe and non-confronting approach, helping women and children recover from the traumatic impacts of family violence. It provides a way for women and children to explore their concerns, hopes, and build self-esteem through the creative process.

Our 'Arts For Change' programs are essential in assisting women and children 'emerge' from trauma and help them to begin building self-confidence and improve their mental and physical wellbeing.

Our programs include:

Individual Arts Therapy where our art therapist creates a safe space for children to come to process past trauma, using the arts, play and other expressive forms.

Women Thriving is a group arts therapy program for women who have experienced family violence. It is focused on helping the women to overcome their trauma by using different forms of creative arts to aid in healing, finding new strength and nurturing self-esteem.

Open Studio is an after-school arts therapy program that is run weekly in the Kingston Council area. Classes are open to all school children, aged four to 12, who have experienced family violence. The program provides the opportunity for children who are having difficulties with their emotions, behaviour and learning to take part in a positive therapeutic process through creative arts and talking with the art therapist.

Safe Nest Group is an early intervention, mental health program being piloted for mums and babies (0-3) who have experienced family violence. Based on an infant-led approach, the group program focuses on repairing the mother-child relationship by providing a safe space for women and children to explore the impacts of family violence. This program is part of a research project funded by ANROWS, in conjunction with Swinburne University and Murdoch Children's Research Institute.

Mother and Infant Therapy offers arts therapy for mothers and their young children (0-3 years). This early intervention is vital in strengthening a mother's relationship with her baby and promotes healthy development which is often disrupted by family violence.

Little Sparkz is an arts therapy program run over three days in school holidays in the Kingston Council area. This school holiday program is for primary school age children, aged six to 12, who have experienced family violence. Little Sparkz is fun, creative and interactive providing children with a safe space to explore their thoughts and feelings in a way that can help them build resilience, confidence and self-esteem.

Make Your Mark is a brief intervention program for children aged four to seven years helping to build their self-esteem, social skills and emotional resilience. The program assists children in preparing for school and focuses on teaching skills to assist with regulating emotions, communication of their thoughts and feelings, and helps them to build positive and respectful relationships with their peers.