



## Autism Advisory and Support Service

"Empowering children with autism and their families through knowledge & support"

# Art Therapy

## For Children with a Diagnosis of Autism

### What is Art Therapy?

Art therapy helps to encourage mental, physical and emotional growth through the creative process of art making. It provides an opportunity to build life skills, social skills, healthy self-expression and an outlet for challenging behaviours. Children are encouraged to explore and express themselves creatively through the use of different art mediums. The goal of art therapy is not about creating attractive masterpieces, it's about the journey of self-expression. Art Therapy can also assist communication when words are not readily available.

Autism Advisory and Support Services offers Art Therapy with a registered Art Therapist. Both individual and group therapy sessions are available.

### Aim of Art Therapy

- Focuses on communication, allowing authentic communication suited to individual needs.
- Promotes choice for children.
- Groups help to develop communication, social skills and build friendships.
- Helps increase fine motor skills, organisational skills and planning using artistic expression.
- Reduces the difficulties of having to understand social cues.
- Art can help turn behaviors that once caused social isolation into a form of self-expression and enjoyment.
- Helps channel nonfunctional or inappropriate stimming behaviours into a socially acceptable creative outlet.
- In the process of creating art, a powerful bond with others can be established without the initial need for direct, face-to-face interaction.

Our registered Art Therapist is eligible to provide services through NDIS.

For more information or to make an appointment with one of our team, please call (02)9601 2844

**Autism Advisory and Support Service (AASS) has a range of therapists including Speech Therapists, Music Therapists, Occupational Therapist, and Psychologists.**

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