



Wattleseed Centre WA

**2024**

**Art Therapy  
Retrospective**

# Wattleseed Centre WA



NDIS Provider of  
Art Therapy & Counselling

## Our Locations

Midland

11 Stafford Street, Midland

Fremantle

6/163 Canning Hwy, East Fremantle

## Contact Us

[www.wattleseedcentrewa.com.au](http://www.wattleseedcentrewa.com.au)

[claire@wattleseedcentrewa.com.au](mailto:claire@wattleseedcentrewa.com.au) 0433 420 706



# A word from our Principal Art Psychotherapist

What a privilege it has been to walk alongside all of the amazing people who have entered into the therapeutic space at Wattleseed Centre WA in 2024, and what a year it has been!

2024 saw Wattleseed Centre WA Midland move to a big new premises and open a private gym, creating a safe exercise environment where the Trauma Focused Weightlifting can be provided.

Midland, Fremantle and Avon Outreach has been at full capacity all year which kept us incredibly busy but then we were hit with the government decision to review the standing of the Creative Arts Therapies in the NDIS causing great distress for our participants.

Whilst it has been concerning, we welcomed the review. It has allowed the Creative Arts Therapies a space like never before to demonstrate our evidence based practice and be seen and heard. We look forward to the outcome of the independent report and assure everyone, that we will adapt our service to reflect the report's expectations of NDIS Art Therapy Providers and continue supporting you.

We value and respect all the work you do to support our people to sign up and get to their therapy sessions. We hope you enjoy looking at their work and learning exactly what it is they have been achieving by attending Art Therapy. We look forward to continuing to work with you in 2024

With gratitude,  
Claire McWaters-Smith



# Introducing Art Therapy

The first session is an opportunity for the individual and therapist to introduce themselves.

This is often done with a self portrait. The individual is supported to lead therapy which means that they get to choose the medium and the theme.

This helps build the individual's capacity to develop confidence and find their voice.

They also help set the boundaries to keep themselves and others safe.



**Boundary setting can be challenging but often maintaining them is harder. Much of the therapeutic intervention aims at strengthening boundary setting skills**

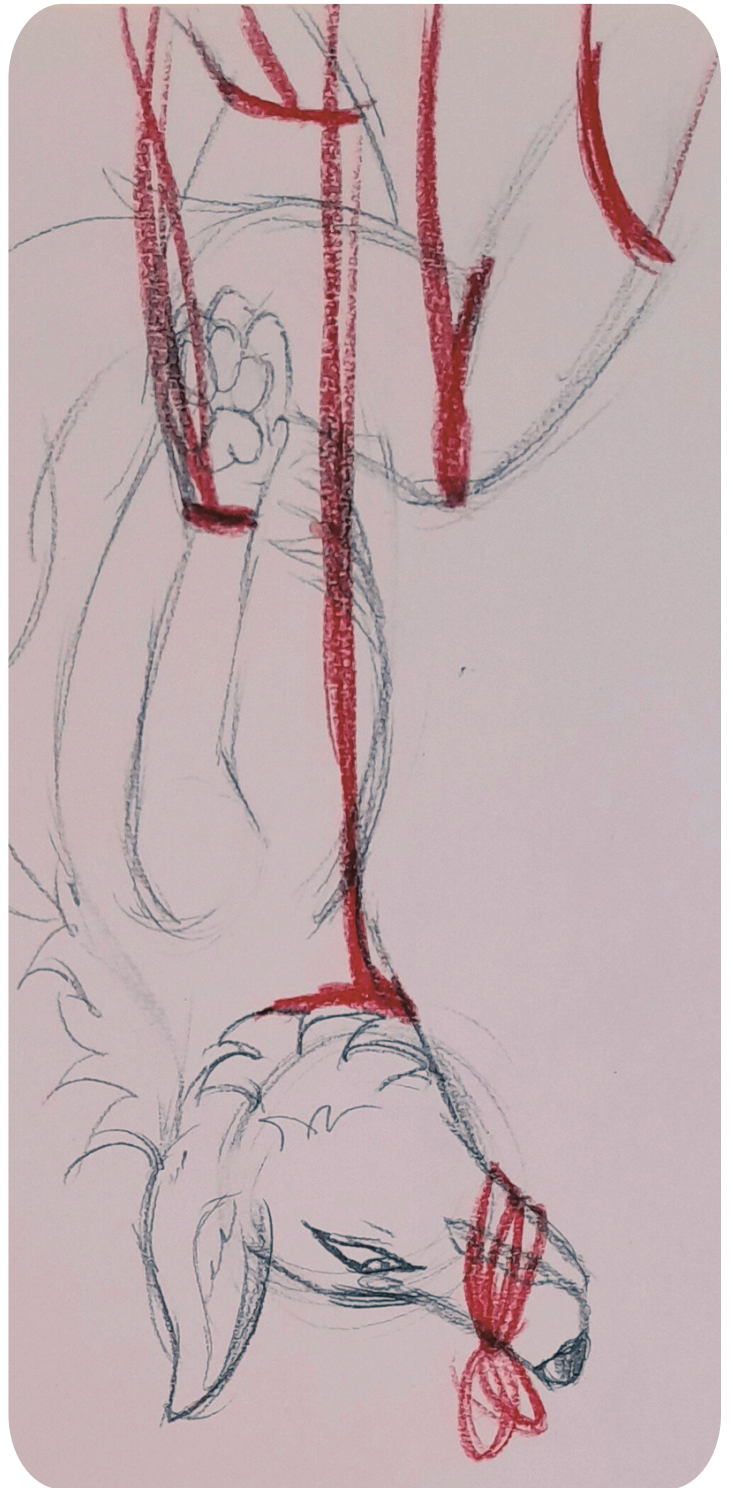


# Identifying Challenges

Exploring the reality of living with a disability is the purpose of Art Therapy. Being able to express the struggle through image making and have that reality heard and understood is incredibly healing.

Art Therapy is not a silent space. The therapist is curious, gently inquiring, allowing the participant to talk about their experience.

The artwork is a response to the stories shared and a way to remain regulated whilst exploring the challenges. Walking alongside people consistently for months, and even years, allows individuals to develop a sense of safety in the space and with their therapist.



**Feeling seen, heard and held without judgement allows the people to find the strength within themselves to overcome the challenge of being.**



# Collaboration

Working together is a key aspect to Art Therapy.

The space is not just art-as-therapy but has a foundation in Psychology. Art Therapy is backed by evidence based research that has found that creating a collaborative relationship with the therapist promotes significant healing from trauma.

One of the favourite activities is a merge process where the individual and therapist start from opposite sides of the picture and merge their images into one another.

Two separate images become one in dialogue with each other.



**Building trust in our relationships and acceptance of support enables people to engage meaningfully in community and employment.**



# Connecting to Culture

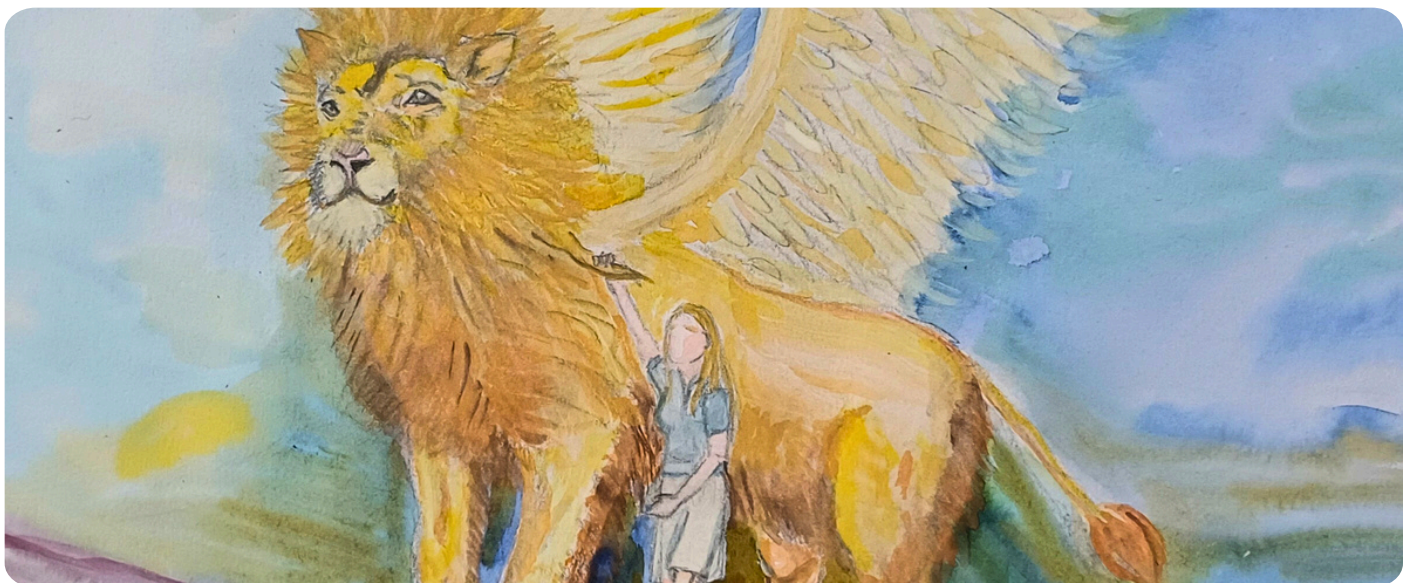
Acceptance of Identity allows us to draw upon our communities' strength and find new ways to respond to life's challenges.

Exploring what our culture is and the many ways in which culture is expressed is an important theme in Art Therapy.

We can show our connection to culture through movement, tribal markings, and religious iconography



**If we know where we come from, we can know where to go and how to get there.**





# Generating Hope

Finding Resources which we may never knew we had is explored through image making and identified throughout therapy.

Individual's are supported to recognise their skills and abilities to respond to challenge and overcome helplessness.

The steps to develop self confidence it to firstly recognise when life is becoming difficult, secondly identify the trigger blocking effective action and thirdly choose a response from a range of tools in our toolbox.

There may have been many instances in an individual's life where they had been told that they are not good enough and not worthy.

This may become internalised and create a core belief about who they are.



**Challenging that belief by identifying how good, talented and worthy they are generates hope that they can become who they want to be and that it is never too late to learn new skills.**



# Closure

Completing Therapy can be experienced differently by everyone.

Sometimes it is because the funding allocation has been expended, other times it may be because of a circumstance change. More often than not with each funding year the therapeutic space is continued and the individual is provided with ongoing therapy for years.

This consistency of support has been found to be essential to allow the individual to feel safe in their exploration as life changes around them.

However, all things must come to an end and it is affirming when an individual chooses to end therapy.



**To develop confidence in oneself, to tune into our internal world, know ourselves to be capable and able to self soothe is the gift of therapy.**



# Various Art Mediums



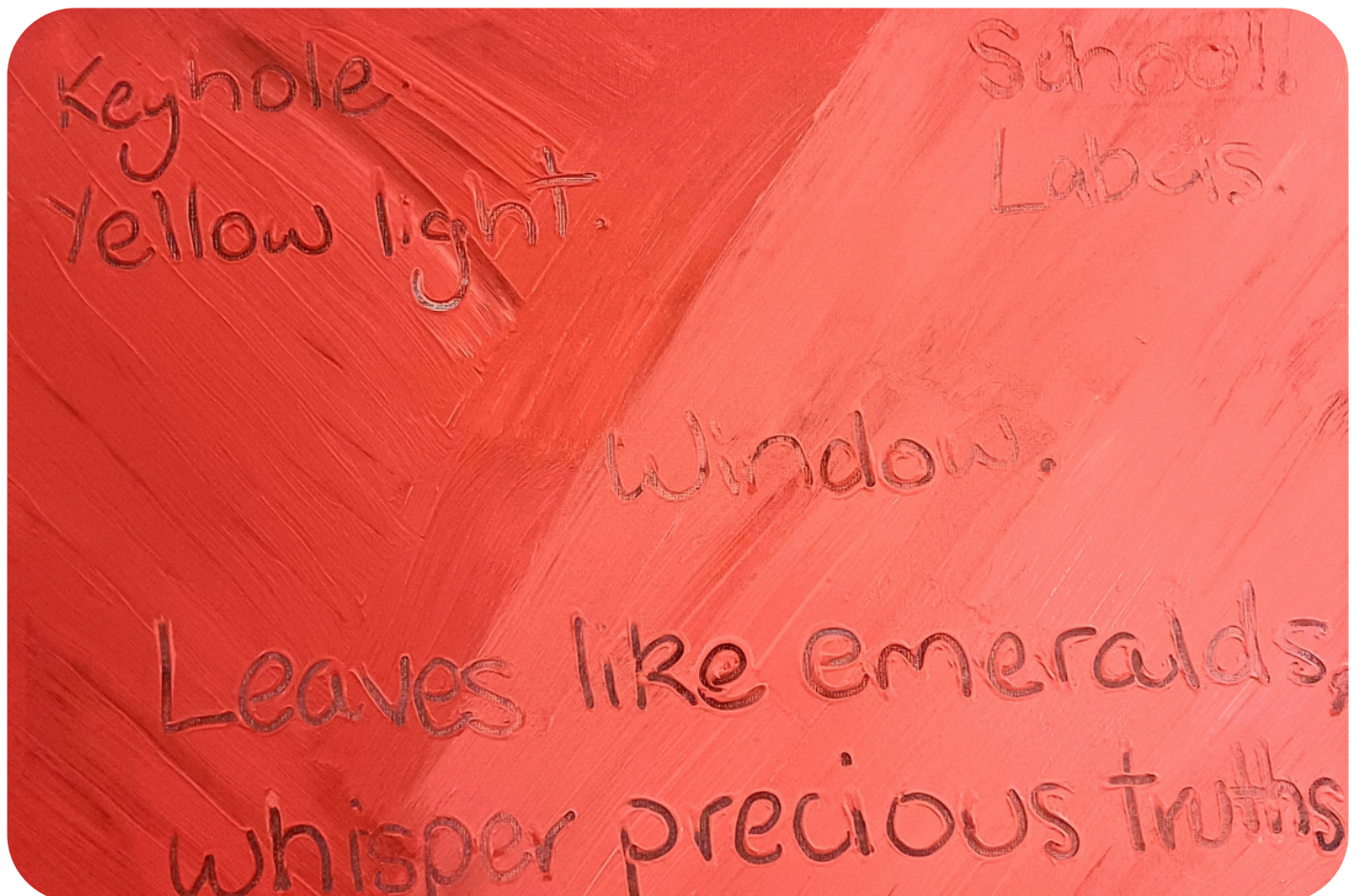


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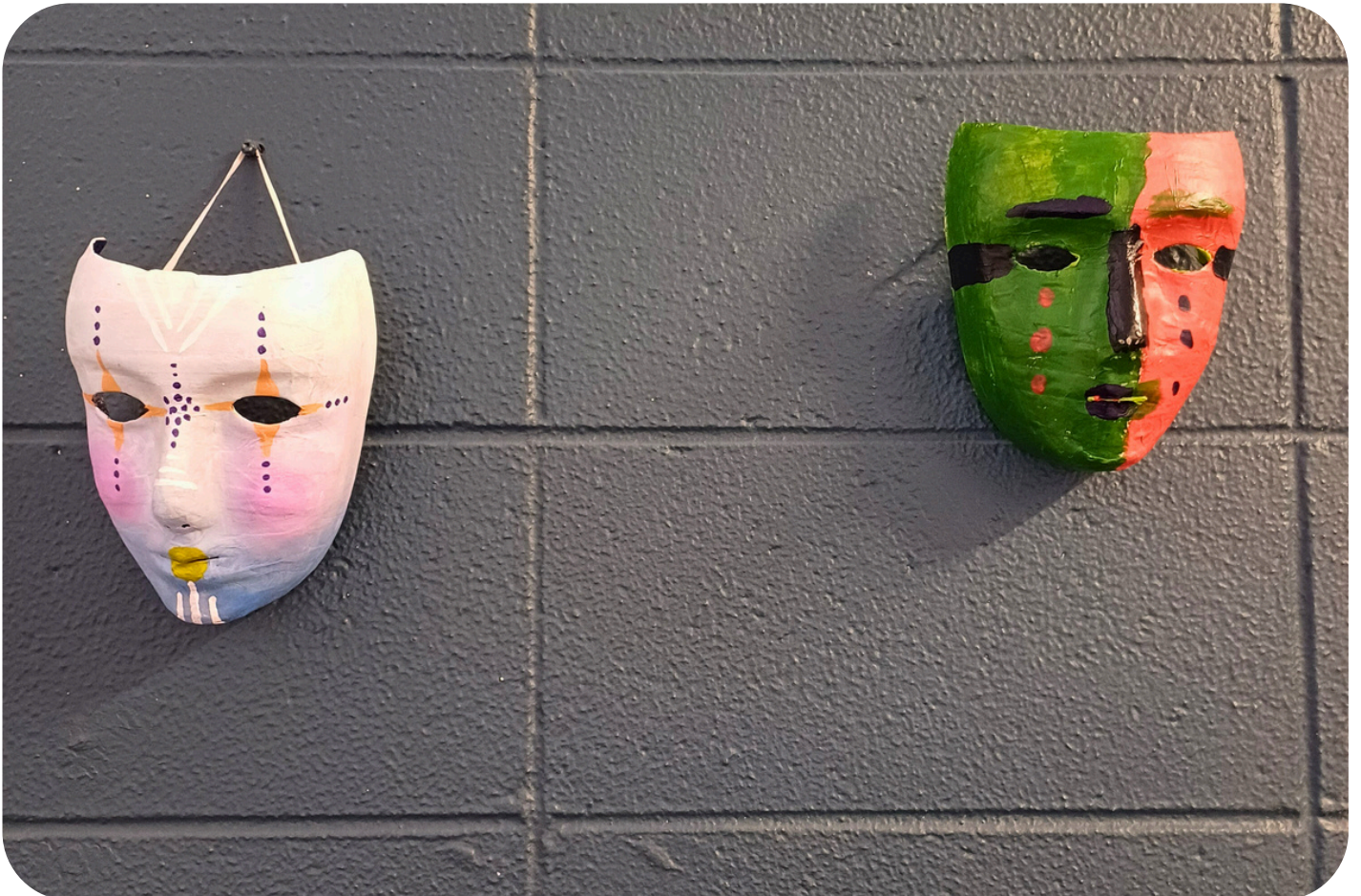
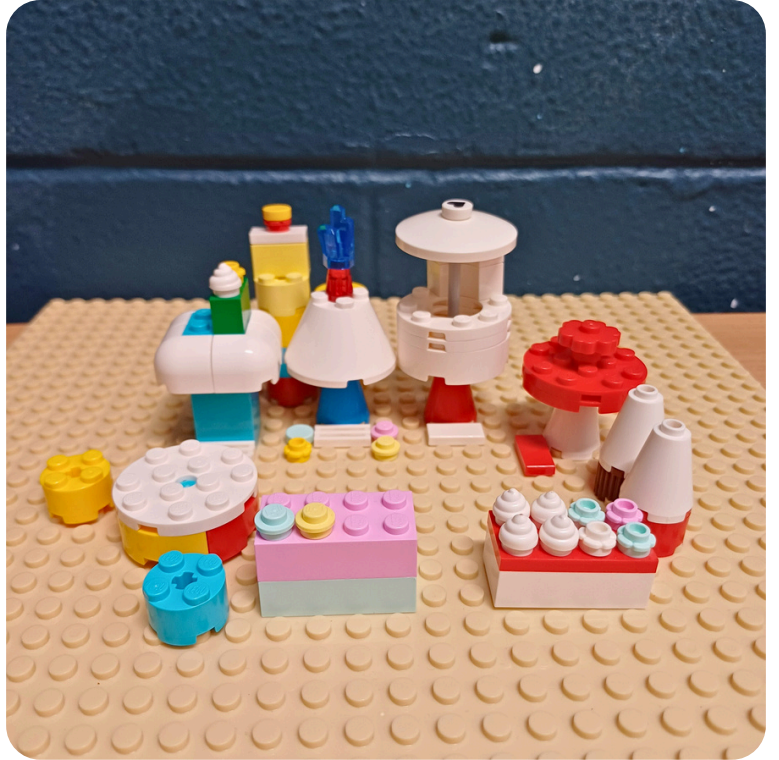


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We would have loved to print every image ever made in therapy as each image is important and amazing. The images chosen best exemplified the process of Art Therapy and we are grateful to the individuals and their families for allowing us to share them with you.

All images remain the rights of the individual who created the image. The images are not to be shared or replicated without prior permission.

If you would like more information about Art Therapy at Wattleseed Centre WA or would like to refer individuals to our service please contact us by heading to our website [www.wattleseedcentrewa.com.au](http://www.wattleseedcentrewa.com.au)





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