



Art Therapy at SCCMHA

Helping people feel better
through creativity and care.



Main Facility

500 Hancock St.
Saginaw, Michigan 48602

Phone

989.797.3400
Toll Free: 800.258.8678
Michigan Relay 711

24-Hour Crisis Intervention Services

989.792.9732
Toll Free: 800.233-0022
www.sccmha.org



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Art Therapy

An Evidence-Based Practice



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

What is Art Therapy?

Art Therapy – an alternative to traditional psychotherapy – is a type of therapy that uses drawing, painting, and other art activities to help people:

- Share feelings without words
- Heal from tough experiences
- Learn new ways to cope
- Feel more confident and calm

It can help children, teens and adults - including people with autism, trauma or memory problems.

You don't need to be "good" at art. You just need to be open to trying!

Art Therapy is different from regular psychotherapy that may include art activities.

In traditional therapy, a child might draw or color while talking to a therapist, but the focus remains on verbal communication.

In contrast, Art Therapy uses a creative expression as a central and intentional part of the healing process, guided by a specially trained Art Therapist.

In Art Therapy:

- The art-making itself is therapeutic and guided by a trained Art Therapist who is also a licensed master-level mental health psychotherapist.
- Creative expression is used intentionally to explore emotions, process trauma, and support mental health.
- The therapist uses art-based directives tailored to the individual's needs and goals.

In traditional psychotherapy:

- Art activities may be used as a supplementary tool to help a child feel comfortable to express themselves.
- The focus remains primarily on verbal communication and talk therapy techniques.



How does it work?

Art Therapy is provided by trained professionals who care about your safety and well-being.

Here's what happens:

1. You meet with an Art Therapist to talk about your needs.
2. You explore your thoughts and goals creatively through art-based directives.
3. You can use art to express your thoughts and feelings, even if you don't put them into words.
4. You learn ways to feel better and use creative expression as an outlet to cope with life's challenges.

Art Therapy can happen in person or online (telehealth).

Who can get Art Therapy?

Art Therapy is offered by SCCMHA when resources are available. It may be a part of outpatient therapy.

Who provides it?

- Licensed mental health professionals with special training in Art Therapy.
- These therapists follow trauma-informed care - meaning they focus on safety, trust, and respect.

Want to learn more?

Ask your care team or visit:

<https://arttherapy.org>

