



LEIGH SAGER

ART THERAPY ONLINE



What is Online Art Therapy?

Art therapy is a blended field of therapeutic psychotherapy that combines art and psychology, utilizing the creative process, such as painting, drawing, or working with clay, to empower individuals to develop self-awareness, explore emotions, and support healing. To participate in art therapy, you do not need any prior experience with art or a 'natural' artistic ability. Online art therapy is a way to access professional art therapy and counseling remotely. I use MSTeams as my technology platform because of its security and ease of use. You will receive a connection link to the Teams room ahead of your session – this link will remain the same for all future art therapy sessions.

How does it work?

During online art therapy, we will both connect and have time to check in and explore where to go for session. I will help guide you into artmaking and we will spend the majority of the session in creative process.

A few things that support the online art therapy experience:

- Have a camera that is moveable so it can be adjusted to be able to focus on your artmaking. It is best for me, as your therapist, to witness your creative process.
- Have a strong internet connection. It may be a good idea to test the connection in the space you plan to have art therapy in.
- Have a space that will allow you to make, such as a clean desk or counter.
- Prepare your space ahead of session, including making sure your materials are available. You may also wish to have some water, paper towels, or a drop-cloth available to help with clean up.
- Ensure your space is private. If you are living with others, communicate clearly to them when your therapy takes place so that you can have the privacy you need. You may wish to have therapy with headphones on to further protect your privacy.
- Consider a space to store any images you make that will be private and secure.

What about materials?

There are a few options available to clients seeking online art therapy. As creative process is key to art therapy, it is important to have art-making materials available.

- I can source materials for you and post it to you for a fee. This pack will include a range of materials including quality paper, paint & paintbrushes, soft pastels, markers, pencils, a journal, collage materials, glue, scissors, and clay.
- I can send you a list of links (at no charge) so you can then buy and create your own art therapy pack.
- You can independently source your own materials and we can work with what you have. It is important to understand that limiting materials can shift the art therapy experience.

How much does it cost?

Online art therapy costs £55 per 1-hour session payable via bank transfer or paypal. Payment is due before your therapy session takes place. You can purchase sessions in blocks to avoid having to do a transfer each week if this is better for you. I can review all payment and cancellation policies during our first session together.

Your intuition, your art

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