



Move. Express. Grow.

Kardon Center for Creative Arts Therapy

Creative Arts Therapy is a form of therapy that utilizes art modalities and creative processes to support wellness and health. The therapist partners with the client or group to identify what areas they would like to focus on in the session and uses the creative arts to achieve these goals. Goals may include: improving health and emotional well-being; encouraging communication and expression; developing social skills for interpersonal relationships; enhancing cognition skills; and building fine/gross motor skills.

Our therapists connect deeply with clients, adapting their approach to each individual's specific needs and goals. There is no previous art, music, or dance experience required to participate. Everyone can benefit from creative arts therapy, including those with intellectual and developmental disabilities, cognitive or neurological disorders, mental illness, and/or emotional distress.

The Kardon Center at Settlement offers music, art, and dance/movement therapy services at Settlement branches and other locations in our community.

Ready to learn more and get started?

Contact:

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Art Therapy is the therapeutic use of art making, within a professional relationship, to support emotional health and expression. Through art creation and reflecting on the art making process, clients can increase self-awareness and self-expression, develop coping skills to help deal with the difficulties they face in their everyday lives, enhance social skills, improve fine motor skill functioning, and process internal experiences.

Music Therapy is the use of music by a board-certified therapist to effect positive changes on the psychological, physical, cognitive, or social functioning of clients. Music therapists are trained musicians who facilitate music experiences that help address the unique needs of everyone who participates. Clients in music therapy utilize the exploration, performance, analysis, and appreciation of music to improve their quality of life.

Dance/Movement Therapy is the therapeutic use of movement to support cognitive, emotional, social, and physical development. Dance/movement therapists encourage clients to use movement, metaphor, and imagery for expression within the therapy space. This therapy can be utilized to integrate the mind-body connection, encourage self-expression, promote relaxation, and empower clients to use their bodies in unique ways as they navigate challenges in the world around them.

