

Turning a New Leaf



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What is Art Therapy?

By Becky Duncan, Mental Health Counselor Associate



Art alone provides many benefits to the artist, but by incorporating art into therapy, we have potential for a powerful combination. Art can encourage healing by engaging the mind, body and spirit. It allows one to express how they are feeling that they might not have been able to do before.

With art therapy, the artist/client does not always have to talk. This is especially helpful when language is a barrier. They can let the art do that for them. Art can give a voice to the artist/client when they feel they do not have one. Art can reveal the artist's/client's inner unconscious thoughts. For example, artists/clients can think about their dreams and express them through art. The art therapist can work with them on dream analysis and uncover meaning. Art is also a well known stress relief. Many clients use art as an aid in their daily lives or as a coping skill for anxiety or depression.

Since art therapy is facilitated by a therapist with specific training, certification, and licensure, it needs to be done where the art therapist practices. However, art projects and creating art can be enjoyed anywhere and still have benefits. Some art processes that can occur at home are free painting, free drawing, exploring different textures, forming collages, and creating meaningful art with clay or playdough. Creating art can be fun as well as therapeutic!



Want to learn more about Art Therapy?

More information can be found at the American Art Therapy Association website (<https://arttherapy.org/>). More helpful articles can be found at <https://www.verywellmind.com/what-is-art-therapy-2795755> and <https://www.goodtherapy.org/learn-about-therapy/types/art-therapy>.

There are many different ways in which people receive psychotherapy. Some ways are traditional talk therapy (such as CBT, EMDR, ACT, ect.), expressive arts therapy, play therapy, sand tray therapy, animal assisted therapy, music therapy, and art therapy. This article is going to define art therapy, give examples of it, and discuss its benefits.

Art therapy is the process of using different modalities to express oneself. This type of therapy is about the journey of creating an art piece and not the product itself. It involves art-making, the creative process, applied theory, and the human experience within the therapeutic relationship. Anyone can participate in this type of therapy using a variety of materials. Such materials include, but are not limited to, paint, markers, clay, sticks, foam, or paper mache.

Examples of processes utilized in art therapy include creating masks, painting on canvas, finger-painting, making a mandala, molding clay or play dough, or sketching a drawing. Ways to create art include kinesthetic (using your body), sensory (using your senses), perceptual (using your intuition), and symbolic (using symbols) modes to express oneself that are not necessarily verbal.

"Art therapy, facilitated by a professional art therapist, effectively supports personal and relational treatment goals as well as community concerns. Art therapy is used to improve cognitive and sensorimotor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change." (American Art Therapy Association)



Becky Duncan, MS, LMHC-A, NCC meets with adults, adolescents, and children in New Leaf's Crown Point office.



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Our Mission

New Leaf Resources promotes healthy relationships and personal growth through counseling, education, and consultation from a Christian perspective.

Grateful for Your Support and Ongoing Opportunities to Serve



At our June 22 celebration event there was much to give thanks for, especially since we were not able to host our celebration event in 2020!

Thank to those who were able to join us in person or on Facebook live. If you were not able to attend, I would encourage you to take a few minutes to learn more about how God has been at work through New Leaf over the years and especially during the pandemic.

<https://www.facebook.com/NewLeafResources/video/1430633370623339/>

I'm also including this link to our 6-minute video which further highlights the important counseling ministry that God has been blessing: <https://www.newleafresources.org/video.cfm>

In our last newsletter, I shared some ways in which New Leaf continues to truly be a "resource" by providing not only excellent counseling services, but also valuable resources on our New Leaf Resource web-page, <https://www.newleafresources.org/> which further helps guide and support those who may never have an opportunity to walk through our doors for a counseling session.

I'm excited to share with you another resource that we will be offering this fall, as we will be hosting a **Mental Health First Aid** seminar on **Saturday, Oct. 2** at Bethel Church in Lansing, IL. This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge — and connect them with appropriate support and resources when necessary.

The pandemic has dramatically increased depression and anxiety, but many are reluctant to seek help or don't know where to turn for care. Unlike physical conditions, symptoms of mental health and substance use problems can be difficult to detect. Friends and family members may find it hard to know when and how to step in.

Just as CPR trains non-medical individuals to assist an individual having a heart attack, Mental Health First Aid prepares participants to interact with a person experi-

encing a mental health crisis. Mental Health First Aiders learn a 5-step Action Plan that guides them through the process of reaching out and offering appropriate support.

Please plan on joining us for a rich day of learning! For more information or to register, email me at corky@newleafresources.org.

From the beginning of our ministry, New Leaf has always relied on our gracious God as well as your faithful support. Whether you have been a long-time supporter of New Leaf, or a newer member of our community, please accept my sincere thanks! Your financial and prayer support is vital to sustaining our mission of bringing help, hope, and healing to so many! It truly enables us to serve others as "New Leaf Resources."

In God's strength,

Corky DeBoer



Join New Leaf Resources for a Mental Health First Aid seminar on Saturday, October 2 from 8 am- 4 pm at Bethel Church in Lansing, IL. You'll add some great mental health skills to your toolkit! More details in column above.

New Leaf Welcomes Therapist Julie Wright to Crown Point & Wheatfield



We are excited to announce that Julie Wright, MSW, LSW, has joined the staff of New Leaf Resources as a Youth and Adult Licensed therapist.

Julie works primarily out of the Crown Point office and utilizes Cognitive-Behavioral Therapy to assist children, adolescents, and adults to process their past and ongoing thoughts, feelings, and behaviors which are impeding their goal achievement, happiness, and overall well-being.

Julie will also see clients in New Leaf's Wheatfield office one day a week.

Julie earned her BA in Education from Ball State University and her Master of Social Work from Indiana University. She is a licensed social worker and a member of the National Association of Social Workers.

Before coming to New Leaf, Julie served in a variety of home and social settings including first steps in-home services, elementary schools, residential facilities for troubled youth, and various agencies focusing on assisting those with developmental delays, child abuse, or neglect.

In her spare time, Julie enjoys spending time with her children, grandchildren, and friends. She enjoys going to the beach, hiking, kayaking, camping, having backyard bonfires, and taking time to enjoy the beauty of God's creation.

If you'd like to make an appointment with Julie, contact New Leaf today at (708) 895-7310.



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Thanks for Celebrating with Us!

Thanks to all who came out to New Leaf's annual celebration dinner on June 22 at Illiana Christian High School. It was wonderful to see so many of our valued partners in ministry and all of the proceeds from the evening will directly provide financial assistance through the Marty Doot Client Assistance Program!



A huge thank you to Tim Groenewold of C & T Landscaping and the Illiana students of Melanie Benes's homeroom for using their "GO Day" to help New Leaf beautify its Lansing office through landscaping projects and for helping us assemble our summer event invitations. Your hard work is appreciated and helps us provide a peaceful refuge for those who visit our office.

FAREWELL

New Leaf Resources offers a fond farewell to Marketing Communications Director, Lisa Schoon.





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New Leaf Resources is...

A **professional mental health agency** which provides counseling and consultation services to individuals, families, couples, children, churches, schools and businesses.

A **ministry** which brings the best possible care to those we serve, striving to reflect God's grace and love to all who seek help.

A **community resource** offering educational services, prevention programs, training, support and coaching.