Heal through love art therapy is an idea that through healing you will begin to love yourself unconditionally.

I am from Oneida Nation of the Thames First Nation and Wasauking First Nation. I have my Human Services Foundation Certificate, Child and Youth Advanced Diploma, Sociology Degree and my designate in Art Therapy.

I have worked in many different settings, including mental health agencies, First Nations organizations, Elementary and Secondary schools, women shelter's and justice agencies.

What is Art Therapy?

- Art therapy is a form of psychotherapy. Art therapy allows for individuals to express unconscious emotions and trauma.

- Many individuals have a difficult time expressing themselves verbally. Art therapy helps to provide an alternative way of expression.

- Art is a universal language that can be understood visually by people of different backgrounds, cultures and languages.

- Art within groups help to ease nerves and difficult dialogue.

Confidentiality

- Experiences shared through the therapeutic counselling, workshops, and programming is highly confidential.

- As a registered art therapist confidentiality is of extreme importance and ethical standards are upheld.

Specialization

- Registered with Canadian Art Therapy Association as a Professional Member

- Certified in Emotional Intelligence with Six Seconds

Hours of Operation:

Monday-Thursday 9:00AM-4:30PM
Hours may vary for contract work

Please contact for more information

111 Waterloo Street, Suite 3CO, London, ON N6B 2M2
www.healththroughlove.ca
tsummers@healththroughlove.ca
519-319-1742

Heal Through Love Art Therapy

Tisha Summers CYW, BA, DTATI
Services
- One on one art therapy (children, youth and families)
  - Team Building Programming
- Art therapy groups within organizations, schools or communities.
- Art therapy contracts available for schools, group homes, and organizations.
- Motivational speaking: focusing on self-love, self-esteem and wellness.
- Workshops: Mental Health, Emotional Intelligence, Art Therapy Practices, Bullying Awareness, Caregiver & Child, and Self-Esteem.
- Train the trainer (Kunolunthwa Family Program)

What To Expect
- Professional and culturally sensitive services.
- Working at your pace and what you feel comfortable with.
- We will be working collectively together towards balance in all areas: Mental, Physical, Emotional and Physical wellbeing.
- Creating art with many different materials: clay, paints, chalk pastels, oil pastels, recycled materials and more.

"You do not have to be an artist to practice art therapy."

"Reaching out for help is difficult, but the first step is the hardest."

 Heal Through Love Art Therapy

Referral Process
- Connect through any means of communication as listed on brochure.
- Set up an appointment for an initial intake or programming consultation.
- Fill out consent forms, basic information and information related to reason for referral.

Accepted Referrals
- Self-Referral
  - Outside social organizations
- Elementary, secondary or post-secondary schools
  - Health and mental health care providers
  - First Nation, Metis or Inuit Communities

What is Included
One on One Art Therapy
- 50 minute private practice sessions.
- 2-hour intake appointment.
- 12 counselling sessions, and can be extended if needed.

*Please contact directly for pricing.

All programs are centered around self-care, self-esteem, wellness, emotional intelligence, traditional teachings and identity building.