

Gaining Creative Insight: An Art Therapy Group for MFT Student Trainees & Interns

why...

Invest in your own therapy to help you understand your clients better. Reduce the impact of secondary and vicarious trauma from your clients in this supportive art therapy group. Learn art therapy techniques that could be valuable in your education. Identify ways in which your client relationships impact your personal life. Hear from others who know what it's like. Use this group as the required therapy for graduation, or therapy hours toward your license. Remember one hour of therapy is three hours toward that BBS licensure!

when...

Group meets one evening per week,
5:30–7:30 p.m. Beginning in October.
Day to be determined by needs.
10 session minimum commitment.
Invest \$50 per week,
includes art materials.
Sign-up early, space is limited.
Sessions are continuous.

where...

Midtown Art Therapy
2315 Capitol Avenue
Sacramento, California 95816
(916) 835-9034
www.midtownarttherapy.com

contact...

Majica Phillips, MA, Licensed Marriage & Family Therapist (#45502) and Registered Art Therapist offers her enthusiasm for people, years of experience and passion of art making as a guide for clients. She has worked with children of all ages and many families. She works privately with individuals and groups at Midtown Art Therapy.

Groups are held at Midtown Art Therapy, in a studio setting. Lots of colors, lots of paper, and nearly limitless supplies. All materials are provided. No art experience necessary.

art as the catalyst for growth