

# Therapeutic Art Coaching

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Therapeutic Art Coaching Services

## ABOUT:

I understand the struggle of managing your emotions – I've been there. I created my Therapeutic Art Coaching program to help people explore creative coping mechanisms and experience the power of art healing through one-on-one sessions available in multi-week packages suited to your needs. As your personal Therapeutic Art Coach, I will equip you with tools to reframe your thoughts, guide you through creative exercises, and coach you to implement them into your daily life.

## HOW IT WORKS:

As your personal Therapeutic Art Coach, we will build a program to suit your needs. I will guide you through art exercises and show you how to implement them into your daily life. The use of affirmations, color, and meditative exercises will help relax your mind and improve your mood. We will explore journaling and intuitive painting to open your mind, reframe your thoughts, and process your emotions. So you can stop imploring unhealthy coping mechanisms and instead improve your emotional management and live a mentally healthy life.

All of my programs include specialty curated art healing tools such as paint kits and therapeutic art journals.

## Programs:

- 1-on-1 Intuitive Painting Session

You will learn how to create a painting solely using your intuition. We will open and relax your mind through the use of journaling and meditation. You will leave this session feeling relaxed after learning new techniques for quieting your mind. A personally curated journal and paint kit are included.

- 4-week Therapeutic Art Coaching

A 4-week program focusing on developing healthy coping mechanisms and releasing your stress. We will dig deep into your main stressors and explore therapeutic art exercises to help ease your anxieties. After 4 weeks you will have learned new creative coping skills to improve your emotional management. A blank journal will be provided for you.

During our 90 minute session each week, I will guide you through 4 stages of art healing:

1. Exploration- During the first session we will focus on exploring different art materials, techniques, and colors to get comfortable playing, trying new things, and not being too critical of ourselves or our work.
2. Expression- Our second session will focus on self-expression. We will work on creating a vision board through a mix of painting, drawing, and collage where you will be free to

express your personality, your goals, and your dreams. You will then have an at home project to complete for our next session.

3. Clarification- Our third session will focus on clarifying our artwork. We will go over the common meanings of colors, numbers, and symbols to process patterns and similarities in our artwork as well as dive deeper into our subconscious mind.
4. Connection- During our last session, we will focus on connecting and better understanding our emotions. We will go over specific coping skills such as journaling, meditation, and other creative exercises and how you can implement them into your daily life.

- 6-week Therapeutic Art Coaching

An 6-week program diving deeper into your personal goals and exploring different therapeutic art exercises to process your emotions and reframe your thoughts. After 6 weeks you will have learned how to implement healthy coping mechanisms into your daily life and feel better mentally. A blank journal and planner will be provided for you.

During our 90 minute session each week, I will guide you through 6 stages of art healing and relate them to your personal goals.

1. Exploration- During the first session we will focus on exploring different art materials, techniques, and colors to get comfortable playing, trying new things, and not being too critical of ourselves or our work.
2. Expression- Our second session will focus on self-expression. We will work on creating a vision board through a mix of painting, drawing, and collage where you will be free to express your personality, your goals, and your dreams.
3. Visualization- During our third session, I will guide you through meditation so you are able to access deeper parts of yourself or your intuition. You will then write down what you visualized during meditation and create a piece of artwork from there.
4. Clarification- Our fourth session will focus on clarifying our artwork. We will go over the common meanings of colors, numbers, and symbols to process patterns and similarities in our artwork as well as dive deeper into our subconscious mind.
5. Connection- During our fifth session, we will focus on connecting and better understanding our emotions. We will go over specific coping skills such as journaling, meditation, and other creative exercises for releasing stress and how you can implement them into your daily life.
6. Intuition- Our last session will focus on creating a piece of art solely using your intuition. You may use exploration, self-expression, and visualization during this process as well as clarification and connection to dissect your artwork at the end of the session.