



Creative Arts Therapy

With
Imani
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Imani Shanklin Roberts

"True mastery of life's tasks depends upon a disciplined freedom, whose model may be found in the artistic process (Edith Kramer)." As an Art Therapist, I desire to guide your artistic process as you come to your means of liberation, grounding, self-awareness, and inner peace. In our practice, we will work to develop personalized creative tools to work through all you may be seeking in therapy. Whether managing stress, depression, anxiety, grief, trauma, and/or parenting complexities; my goal as a practitioner is to be present with you in facing and navigating life's dynamic terrain. I have a person-centered approach that is grounded in Humanism, Social Justice Competencies, Feminist Therapy, and Gestalt Therapy. I want to create a therapeutic relationship led by you, where I serve as a guide in the cultivation of your self-development, healing, and liberation. I look forward to supporting your fruitful journey!

Group Offerings

Group Creative Art Therapy (9 weeks)

60-90 min per session

Within each session the group will create and process together as we move through a spectrum of themes using mixed media and creative interventions.

\$2700 (\$300 per session)

\$200 Material Acquisition (materials cost not included)

Collectivism through Mural Making (5 weeks)

60-90 min per session

Within each session the group will move through themes around collaboration, collectivism, and group harmony. At the end of the 5 week session the group will produce a mural to represent their group cohesion.

\$1500 (\$300 per session)

\$200 Material Acquisition (materials cost not included)

Creative Arts Therapy Workshop (One Session)

2 hours

1. Flora Focused

Through considering the nature assisted art therapy modality, participants will design their very own floral arrangement and create responsive 2D artwork. During this workshop we will utilize meditation, art making, and discourse to move through our relationship with nature and what it means to honor ourselves.

1. Symbols of Power

Participants will work independently to create personal power symbols using line, shape, and color. These symbols, while constructed independently, will be united to create a large power mosaic. This mosaic will represent the magnitude of unification and beauty in honoring the groups diversity.

1. Site-specific Creative Arts Therapy session

A creative arts therapy intervention connected to a theme identified by your organization/cohort.

\$750 per workshop

\$200 Material Acquisition (material cost not included)

Creative Arts Therapy Panelist

Speaker Fee: \$300

Individual Offerings

Individual Creative Arts Therapy Coaching

60min

One-on-One sessions where clients can move through their inner dialogue in a safe and supportive therapeutic container. Clients will use mixed media materials and be guided through creative interventions to navigate themes like anxiety, stress, identity, etc.

\$120 per session