

How are Arts Therapist qualified?

In order to practice and use the recognised title AThr, the following requirements must be achieved:

- Complete a minimum two years masters degree from an approved course
- Complete a minimum of 750 hours of supervised clinical placement
- Professional membership with ANZACATA.
- Ongoing professional development.



Practicing in Coffs Harbour and Grafton
Registered AThR.
BSocWel.

Phone: 0408975166
E-mail: taniawfjones@hotmail.com
Website: taniamiller.com.au

Art Therapy



Tania Miller
Master in Mental Health in the
field of Art Therapy, AThR.

Tel: 0408975166



What is Art Therapy

Art therapy is an allied health profession. It is delivered by a professionally trained art therapist who works with clients using a variety of art mediums within their therapy session. The therapist supports participants to work toward individual goals in creative ways to enhance physical and emotional wellbeing.

How does Art Therapy work?

The participant and the therapist work together within clearly defined boundaries and goals in a safe, confidential and nurturing environment. Participants do not need to have any prior experience making art as the emphasis is on the creative process and the development of psychological insight rather than the end product.

Who would benefit from Art Therapy?

Art therapy is client-centered, inclusive and outcome orientated. Proven to be useful for individuals, groups and communities. Suitable for people of all ages and backgrounds.

What is the NDIS?

The NDIS (National Disability Insurance Scheme) is an initiative that provides funding for people with physical and psychosocial disabilities to access supports to maintain and improve quality of life. Participants who have their funds managed by the NDIA may only use NDIS-registered Art Therapist.

About Tania

Art-making unlocks the secrets to my soul , deciphering who I truly am. Art is a way to connect to self, as thoughts and feelings transpire onto the page to unravel an unconscious state into the present reality. Tania has acquired ;



- Cert IV in Alcohol and other Drugs
 - Diploma of Visual Arts
 - Bachelor of Social Welfare
 - Masters of Mental Health
- and industry experience working with ;
- Youth with complex needs
 - Community reconciliation
 - Recovery from addiction
 - And is a skilled facilitator delivering parenting programs, such as Tuning in to Kids.

Tania is super excited to be delivering Art Therapy in the Coffs Harbour and Clarence regions. Art is an alternative method of practice that suits all ages, for Art breaks down language barriers to communication. Come with Tania on a journey of self-discovery.