



THERAPEUTIC CREATIVE ARTS

Private sessions are designed as a form of expressive therapy, using the creative process of making art to improve physical, mental, and emotional well-being.

Suitable for people of all abilities and ages. You don't need to be a talented artist to receive the benefits. The sessions are focused on the experience, the journey and the process rather than trying to produce a specific artistic outcome.

Letting creativity flow in a relaxed, non-judgmental way is one of the most freeing, transformative, validating and healing experiences a person can have.

Improve well being

Enhance mental health

Improve dexterity and spatial awareness

Experience deeper connection with self & others

Increase self-esteem & confidence

Experience relaxation & reduce stress

Improve focus

Enrich mind, body & soul

CONTACT LOUISE

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Louise Gilbert

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Louise is an intuitive artist who discovered the incredible healing power of art as an adult.

She wholeheartedly shares the joy of creative, artistic expression with others.

"Creating art can transport a person to another place," she says.

"When I paint, it literally feels like a meditation to me. I drop more deeply into the present moment and let go of the cares and worries I've been holding onto. The colours slowly appear on the canvas and I feel like I've been energized and transformed after every artistic experience. I want others to experience this healing power of art. Everyone I've ever met, who engages in the creative process has some kind of transformative, healing experience. I want people to feel better about themselves and happier in their daily lives. Art has the power to do that. Art has the power to bring light, joy and transformation to our lives."

In addition to being an intuitive artist, Louise is a qualified teacher, youth counselor, child meditation facilitator and life coach. She has a strong interest in neuroscience and is a Certified Master Practitioner of Neuro-Linguistics, Time-Line Therapy and a Certified Professional mBIT Coach (multiple brain intelligence therapy).

When working with clients, Louise draws on all her skills from these different healing modalities, so that each person leaves her sessions feeling better - connected, relaxed and in touch with an inner sense of playfulness, joy and peace.