

Art Therapy



Hey! I'm Jen LaFrance and am an Art Therapy student in the Advanced Diploma Program through the Vancouver Art Therapy Institute. I have a HBFA from Lakehead University and an MFA from UBC. I have the opportunity to reach out to my community and offer Art Therapy sessions for FREE through my educational practicum.

What is Art Therapy?

Art Therapy is a mental health profession that combines the process of creative art expression with models of counselling and psychotherapy to enhance emotional, physical, and mental health. Art Therapy provides the client with an opportunity to explore personal problems and potentials, resolves conflicts, and facilitate self-awareness and understanding, through the use of simple art materials. Art therapy encourages the expression of emotions through a variety of artistic activities.

How is Art Therapy Different?

The spoken word may often act as an inhibiting agent in the expression of emotions. Art Therapy can often fill this gap in communication, in its use of imagery, metaphor, colour, form, and shape. The creative process of making art can help to express thoughts and feelings that may be difficult to verbalize. Art Therapy is a form of expressive therapy that is based on the conviction that making art, being creative, and utilizing creative processes in a safe therapeutic setting can be healing.

If you are interested in Art Therapy sessions please contact Jen at jqlafrance@gmail.com