Introducing Art Therapy with Susan Sisk-Price

**Children** often have difficulty expressing how they feel, or even knowing how they feel. Creative self-expression offers them an outlet through images, stories, and metaphors.

Art Therapy is effective with **adolescents** who are unable or unwilling to verbalize thoughts and feelings.

**Family** Therapy, using Art Assessments, helps to clarify family member’s roles and perceptions of each other. It is also a useful mode of expression and communication.

Susan utilizes Art and Play therapy techniques and interventions to facilitate the healing process, and a humanistic, client centered approach to therapy.

**Art Therapy offers:**

- a way to bring order out of chaos
- a means to discover both the self and the world
- encouragement for self-discovery and emotional growth.
- a vehicle for expression of fears, wish fulfillments, and fantasies, as well as concrete expressions of therapeutic goals
- avenues for dealing with frustrations and impulses
- an aid in developing communication skills to enhance a person’s self-worth

**Susan’s Areas of Expertise:**

- Domestic Violence
- Sexual Abuse
- Trauma
- Depression
- Grief
- Disorders Served:
  - Social Skills
  - Attachment Disorders
  - Adjustment Disorders

**Susan has office hours at 2227 Old Emmorton Road in Bel Air in suite 119.**

We can help ages 4-18 and families.

"Every person is born with the power to create. This power is of the spirit and through it's use, one awakens and grows." (Cane, 1983).

If you would like to make an appointment with Susan, call Safe Harbor Christian Counseling at: 410-893-4600 or visit our website. www.safeharbor1.com