Inner Me Art Therapy
Rachel Clarkin, art therapist

Mobile art therapy
across the Gold Coast

Art therapy in schools, *Gold Coast.*

Tailored therapeutic support for your school, delivered by one consistent therapist who brings all the materials.

Art therapy is not an art class

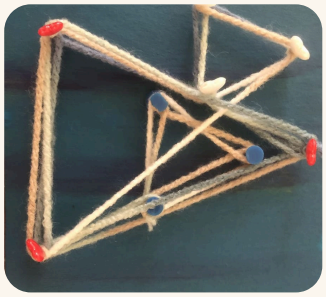
Different art modalities have individual therapeutic benefits, integrating sensation, movement and emotional states. Nothing is graded or judged, and students need no art experience.

Materials used in a session may include:

- Image making
- Creative writing
- Sculpture and craft
- Voice, sound and body movement

All materials are provided.







What I offer your school

A confidential space is required for:

- **Individual (one-on-one) art therapy**
- **“Being Me” therapeutic support program groups**
- **Open Art Studio:** a safe space during lunchbreaks for students to express and explore through creativity

Sessions are run on your school grounds, with students referred through your counselling or wellbeing team.

Session length: 60 to 75 minutes for high schools and 45 to 60 minutes for primary schools, with flexibility to work around your school timetable.

Group size: 5 to 8 students, depending on individual age and capacity. Larger groups require a co-facilitator from the school.

Benefits: direct access for students to

- seek help
- process difficult emotions
- discover strengths and resources
- learn new coping skills
- have a safe space
- be themselves and explore their own unique identity

Best-practice therapeutic approaches are aligned to individual needs and goals.

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Information for schools

Gold Coast

About Rachel

I'm Rachel Anne Clarkin, an art therapist and counsellor. I'm a PACFA Certified Practising counsellor, and I work within the professional ethics code of my professional bodies. I bring creativity to homes, schools and community spaces across the Gold Coast.

- **PACFA Reg. Certified Practising 29609**
- **Master of Art Therapy**
- **Fully insured**
- **Blue Card holder.** Blue Card and membership documents can be viewed as required and are provided onsite.



What schools need to know

Confidentiality and safety

Artwork and materials stay with me to protect confidentiality and keep everything safe. I am a trauma-informed practitioner and welcome students of all abilities and backgrounds.

Sessions are confidential within the limits of safety. If a student is at risk of harm, or a child-safety concern arises, I follow my professional code and your school's child protection policy, and share only what is needed with the appropriate person.

What the school provides

- A quiet, private room for each session
- A point of contact on your wellbeing team
- Your referral process for students

Supervision arrangements and room set-up are agreed with your wellbeing team before we begin.

How to refer or enquire

Start with a free 15-minute phone chat to talk through your students, your goals and your referral process. There is no pressure and no commitment.

From there, we'll agree how referrals and scheduling work with your wellbeing team.

Fees and availability

Available Tuesday to Thursday during school hours. Fees are discussed during our free 15-minute chat.

Let's talk about your students

Call or email for a free 15-minute chat. I travel to schools across the Gold Coast and bring everything we need.

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