



*(pictured: Grace Hughes)*

### **About Grace** *(she/her/hers)*

Grace studied studio art and psychology at Winona State University where she earned her bachelor's degree. Grace earned her master's degree in art therapy from Mount Mary University in 2023 and now finds herself a dual therapist in art therapy and mental health counseling.

## What is Art Therapy?

Art Therapy is a psychotherapeutic approach to treating emotional and behavioral disorders that uses art and psychology to help improve lives.

Through the art-making process, participants can express their emotions and heal what is causing their anxiety, depression, PTSD, etc.

Art therapists are master-level clinicians trained to create therapeutic relationships with participants to facilitate opportunities that will improve cognition, self-awareness, and self-esteem, and increase coping and social skills.

### **Contact Us**

Phone: (608)615-1023

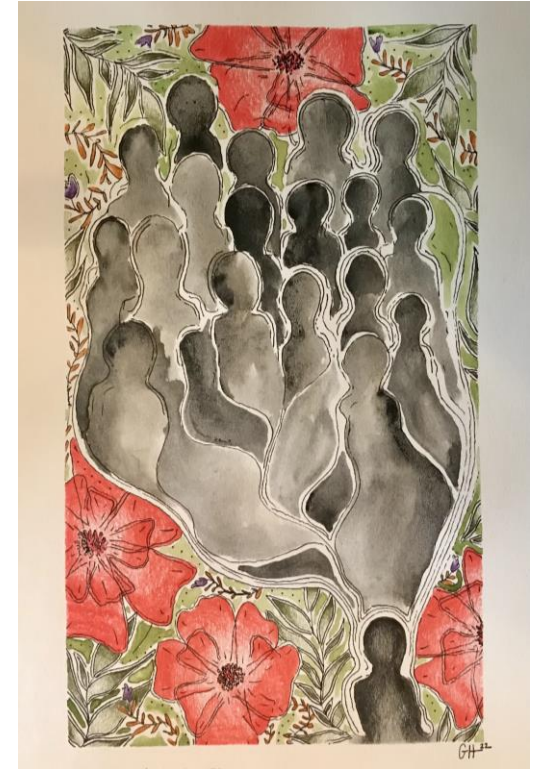
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**ART THERAPY AT  
BRAVE SPACES  
COUNSELING AND  
WELLNESS**

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**ART THERAPY  
AT BRAVE  
SPACES  
COUNSELING  
AND WELLNESS**

*With Grace Hughes*



(Client artwork example)

## Message from the Art Therapist

“The intention of my art therapy practice is to create a safe place for my clients to experience and creatively express their emotions, as well as to cultivate new opportunities to navigate life.

Art has always served as an outlet for me in hard times, so I am a strong believer in the fact that art can help people heal.

Those who are new to creating should try to focus on the process rather than the product. The act of expression is what is valuable because it provides insight into emotions and behaviors.”

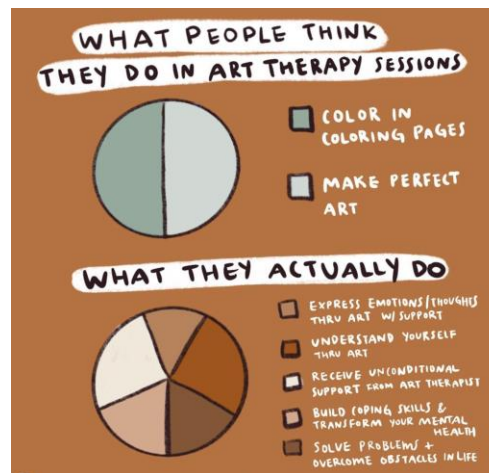
## Awesome facts about Art Therapy

- No artistic skills required
- No judgement
- No need to worry about your results
- Empathetic support and guidance from trained art therapist/mental health counselor
- Materials and sessions provided by art therapist
- Healing from trauma, relationships, mental illness, etc.
- Art- making is not required each session, if client chooses not to do so
- Saves lives, changes lives

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*No emotion is wrong or bad.  
All are welcome in art therapy.*

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“Hands of the Past and Future” art therapy intervention example.

**All art materials will be provided in session, with a wide variety available to choose from.**



(Client artwork example: collage)