ART EXPRESSION GROUP

MENTAL HEALTH SERVICE
LSU Student Health Center

This 6-session group is available to students interested in using art, art-making, or the creative process to explore themselves and practice authentic expression. Each session begins with an art-making activity and is followed by open discussion and shared processing.

“Art is the meeting ground of the world inside and the world outside.”
Elinor Ulman

Referral Considerations

- Potential group members can be referred for a group screening by their therapist.
- Participation in individual therapy is required in order to join.
- Attendance, punctuality, and commitment for the duration of the six-session group is expected.
- This group may not be appropriate for students with active suicidal thinking, disruptive behaviors, or who are experiencing a crisis that would necessitate immediate emergency care.

Benefits of Art as Therapeutic Tool:

- Provides a safe emotional outlet
- Increases communication with self and others
- Provides a tangible record of one’s emotional process
- Reinforces a sense of self and increases self-awareness
- Helpful to people of ALL ages, backgrounds, and artistic skill

FOR FURTHER INFO:
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