

EMPOWERED ART THERAPY

KINDRED ART SPACE

THE HOME OF EMPOWERED ART THERAPY

WORKSHOPS & INDIVIDUAL SESSIONS
HELD AT KINDRED ART SPACE



Kindred Art Space founded by Kerryn Knight is a converted Warehouse in the heart of Frankston specifically designed for your mental health and wellbeing "Where the Therapy Begins When You Walk Through The Door"



Open by
Appointment

www.empoweredart.com.au

EMPOWERED ART THERAPY



SANDPLAY THERAPY WITH KERRYKNIGHT

Sandplay Therapy

Is a powerful therapeutic process for self-reflection to bring about lasting positive change and meaning-making. Sandplay is suitable for children, adults and couples. **Kerryn Knight is a Master Practitioner Sandplay Therapist, Art Therapist, Registered Counsellor and NDIS Registered Provider**



FIND US AT KINDRED ART SPACE:
22 KOOKABURRA ST, FRANKSTON 3199

03 9770 5670

EMPOWERED ART THERAPY

Art Therapy

EMPOWERING PERSONAL &
PROFESSIONAL DEVELOPMENT

WITH KERRYKNIGHT

Kerryn Knight, founder of Kindred Art Space, Transpersonal Art Therapist, Registered Counsellor and Supervisor empowers you to gain clarity and make positive changes in a creative and culturally appropriate manner through specialist creative enquiry; counselling and psychotherapeutic processes for your mental health and wellbeing.



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03 9770 5670

ART THERAPY

WITH KERRY KNIGHT



HOW ART THERAPY CAN ASSIST YOU:

Art Therapy is not about creating an art outcome and not always about creating 'a pretty picture', rather it is about the process of creative expression. Art Therapy is two-fold acting as an emotional release and means of communication but also as a tool for self-discovery. Kerry guides you through processes that stimulate your right brain hemisphere empowering you to unlock your potential, look at issues from a different perspective and find solutions or make meaning in a nurturing, safe space at your pace.

CALL TO DISCUSS A SUITABLE
TREATMENT PLAN FOR YOU

03 9770 5670

SANDPLAY THERAPY

WITH KERRY KNIGHT

HOW SANDPLAY THERAPY CAN ASSIST YOU:

Sandplay Therapy is a powerful method to access your unconscious and body felt sense using a sand tray and miniature symbols. Bypassing your analytical mind, you allow your wise-self to speak. A deep and gentle process which reveals what underlies the current situation, Sandplay is a wondrous modality that gets to the heart of the issue for lasting positive change and profound meaning-making.



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PROFESSIONAL DEVELOPMENT

WITH KERRY KNIGHT



SELF CARE FOR PROFESSIONALS WORKSHOPS:

As in her own practice, Kerry recognizes the need for essential self-care and provides a nurturing space for you to take time out from your role; create fun, therapeutic items and demonstrates effective processes you can share with your clients.

SUPERVISION:

Kerry provides professional supervision for Teachers, Counsellors and Therapists.

TEAM BUILDING WORKSHOPS:

Kerry brings teams together to empower them to re-define your business mission, vision and values beyond words.

START UP AND GROW YOUR PRIVATE PRACTICE WORKSHOPS:

Passionate about Art and Sandplay Therapy and Counselling, Kerry supports professionals in starting and growing their private practice

CALL KERRY TO FIND OUT WHAT
SERVICE BEST SUITES YOUR NEEDS

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