

KINDRED ART SPACE

"Where Therapy Begins When You Walk Within"

Workshops & Individual Sessions held at
Kindred Art Space



Kindred Art Space, founded by Art Therapist Kerry Knight, is a unique converted warehouse in the heart of Frankston specifically designed with many indoor and outdoor spaces, gardens and labyrinth to nurture your mental health and wellbeing

*The Home of
Empowered Art Therapy*

22 Kookaburra St,
Frankston
03 9770 5670

PROFESSIONAL
ROOMS FOR
HIRE

Empowered Art Therapy

Empowered Personal & Professional Development

WITH KERRY KNIGHT

Kerry Knight, founder of Kindred Art Space, Art Therapist & Supervisor empowers you to gain clarity and make positive changes through specialist creative inquiry and psychotherapeutic processes for your mental health and wellbeing in a nurturing space at your pace.



BOOK A FREE 'MEET & GREET' TO
DISCUSS YOUR NEEDS

03 9770 5670



22 Kookaburra Street, Frankston VIC 3199
empoweredart.com.au | kindredartspace.com.au
info@empoweredart.com.au | info@kindredartspace.com.au



KINDRED ART SPACE



ART THERAPY

HOW ART THERAPY WORKS

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.

Kerryn guides you through creative, expressive processes that switch on multiple areas of both brain hemispheres and help connect with your body which holds other ways of knowing.

The processes are integrated with models of counselling and psychotherapy. Because of this blend of modalities, you gain a different perspective on issues and find lasting solutions in a nurturing, safe space at your pace.



ABOUT KERRYN KNIGHT

"As an Art Therapist in private practice since 2008, I bring forward my lived experience coupled with three schools of formal training. These schools include the Transpersonal, Sandplay, and MIECAT's Form of Companioned Inquiry and all have changed my life."

SANDPLAY THERAPY



HOW YOU CAN BENEFIT

Sandplay Therapy is a powerful method to access your unconscious and body felt sense using a sand tray, miniature figurines, and symbols. Bypassing your analytical mind, you allow your wise-self to speak.

A deep and gentle process that 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.

Kerryn utilises a combination of Sandplay and Art Therapy processes in a therapeutic treatment plan comprising individual sessions tailor-made for you.



PROFESSIONAL DEVELOPMENT

INDIVIDUAL & TEAM WORKSHOPS

Kerryn recognises the necessity of self-care for those working in mental health and education. She provides bespoke workshops to take time out from your caring role, learn creative, therapeutic techniques for self and effective processes to share with your clients.

BUSINESS DEVELOPMENT

Passionate about how the creative process supports growth, Kerryn mentors other professionals to develop their unique authentic business.

SUPERVISION

Kerryn is Registered with the ACA College of Supervisors

MY CLIENTS INCLUDE



empoweredarttherapycourses.podia.com