



# 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 nurturing safe place in the heart of Frankston specifically designed with many indoor and outdoor spaces, gardens and labyrinth to explore your mental health and wellbeing

The Home of Empowered Art Therapy

22 Kookaburra St,  
Frankston  
03 9770 5670

SPACE / ROOMS  
FOR  
HIRE



# Empowered Art Therapy

## Empowered Personal & Professional Development

Kerryn Knight, Founder, Art Therapist and Registered Clinical Counsellor, together with her team 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

0450 253 990



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# Empowered Art Therapy



# ART THERAPY

## HOW ART THERAPY WORKS

Art Therapy is not always about creating an art outcome or a 'pretty picture'. Rather, it is utilising the process of creative expression to gain insight into what you may be facing in your life.

Art Therapy is two-fold acting as an emotional release and means of communication but also as a tool for self-discovery.

Kerryn and her team guide 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 multi-dimensional and trauma-informed approach, you gain a different perspective on issues and find lasting solutions in a nurturing, safe space at your pace.



## ABOUT KERRYN KNIGHT - MACA, PACFA Clinical Registrant 28579

"As a Master's qualified 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.



# WORKSHOPS

## CORPORATE ART THERAPY & WORKPLACE WELLBEING

Kerryn's evidence-based programs first aim to support your staff through workplace wellbeing. With a unique set of creative processes Kerryn works with you and your staff on team-building and creative problem-solving.

## PROFESSIONAL SELF-CARE

Kerryn can facilitate bespoke professional development workshops for you and your team. These workshops introduce effective Art Therapy processes to use for your own self-care and exercises to use with your clients.

## BUSINESS DEVELOPMENT & SUPERVISION

Passionate about how creative processes supports growth, Kerryn mentors other professionals to develop their unique authentic business. Kerryn is Registered with the ACA College of Supervisors providing a Reflective Practice approach.

## CLIENTS & PARTNERS INCLUDE

