

WITH FOUNDER &  
ART THERAPIST  
KERRY KNIGHT



PROGRAMS

# Empowered Art Therapy

*Creative Pathways to Growth and  
Renewal – Beyond Words*

## Professional Supervision

As an ACA College of Supervisors (COS) member, I offer professional supervision for counsellors, psychotherapists, teachers, and community workers. With over 17 years of private practice experience, my supervision approach integrates reflective dialogue and creative arts-based inquiry – supporting your self-care, ethical practice, and professional growth.

Supervision sessions provide space to:

- Reflect on client work and explore professional identity
- Strengthen boundaries and maintain emotional wellbeing
- Cultivate authentic, sustainable practice
- Engage creatively through arts-based reflection



## Professional Supervision, Development & Self-Care

Sessions are available online or in person at Kindred Art Space, with a free Meet & Greet to discuss your needs.

[www.empoweredart.com.au](http://www.empoweredart.com.au)

## Professional Self-Care

“ *Together we share, and always discover those ‘A-Ha’ moments of self-awareness where the magic happens.* ”

My Creative Self-Care Workshops offer an experiential space for mindfulness, guided imagery, and expressive art-making to reconnect with your inner wisdom.

Set in the nurturing surrounds of Kindred Art Space, with online options, these sessions help you release stress, gain clarity, and restore balance.

## You'll Walk Away With:

- Practical creative tools for daily self-care
- Renewed energy and professional resilience
- A sense of connection and grounded calm

Join a group workshop or explore online, self-paced options:

- [empoweredart.com.au/workshops](http://empoweredart.com.au/workshops)
- [empoweredarttherapyprograms.com.au/programs](http://empoweredarttherapyprograms.com.au/programs)

# ABOUT

# WORKSHOPS



## About Kerry Knight

Founder of Empowered Art Therapy and Kindred Art Space, Kerry Knight is a Master's-qualified Art Therapist, Professional Supervisor, Lecturer, and Trainer with a background in business, marketing, and creative industries.

Her integrative approach supports professionals to reflect, restore, and grow — blending evidence-based practice with the healing power of creativity.

## OUR CLIENTS INCLUDE



**Creative Inner Compass Program** - practical everyday mindfulness & creative self-care




**Mapping My Inner Treasure Program** - map your story of strength and resilience through creative narrative



**Tree Of Me Program** - Grow insight through symbolism, exploring what to cultivate, compost and sources of sustainability



**Navigating True North** - align values, clarify vision, strengthen resilience, avoid burnout to lead with purpose for strategic long-term success






 +61 450 253 990



**ANZACATA**  
The Australian, New Zealand and Asian  
Creative Arts Therapies Association



## CONNECT

-  Kindred Art Space — 22 Kookaburra St, Frankston VIC
-  [empoweredart.com.au](http://empoweredart.com.au)
-  [kindredartspace.com.au](http://kindredartspace.com.au)
-  0450 253 990
-  [info@empoweredart.com.au](mailto:info@empoweredart.com.au)

