
Appointments are provided in
Claremont and Fremantle.

An encouraging and positive environment in which to explore your unique life situation, strengths and life challenges using specific art methods and therapeutic processes by a qualified Mental Health Social Worker. No art experience or art skills are necessary.

Use Expressive Art Therapy and Positive Psychology to review and rejuvenate your life where there have been past stresses and traumatic events.

Expressive Art Therapy and Positive Psychology can be used in between your art therapy appointments. It is a useful approach to learn and practice to use as an enjoyable and relaxing self care strategy.

It can also be used as a Self Development strategy where developing self awareness and bringing understanding to how you think about and live your life.

This approach incorporates Mindfulness, Cognitive Therapy, Rational Emotive Behaviour Therapy, Mindfulness based therapy, Attachment Based Therapies, Narrative Therapy, Positive Psychology and Coaching to suit your individual situation.

Art Therapy | Mindfulness | Positive Psychology Counselling

Available for 15 years of age and up.
Suitable for Mental Health concerns.
Self referrals encouraged.

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ART THERAPY MINDFULNESS POSITIVE PSYCHOLOGY COUNSELLING

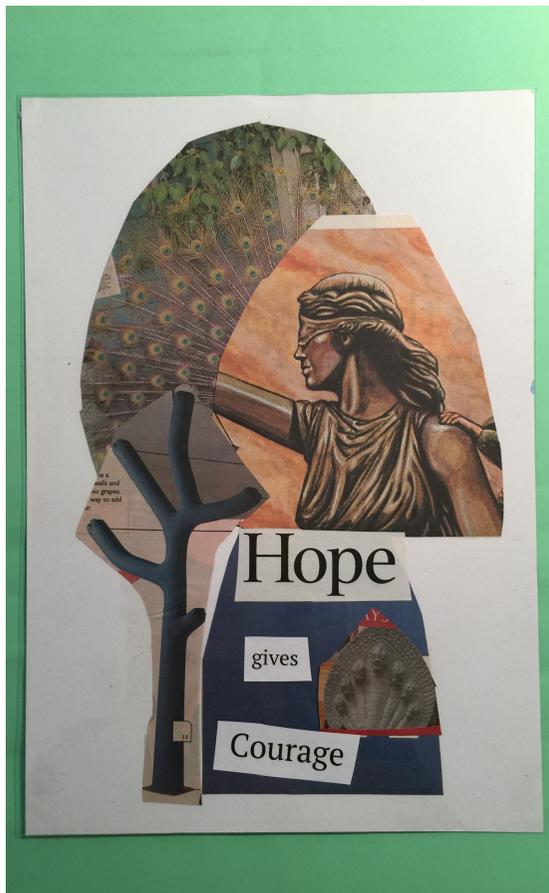


Engage in lifelong self learning and development using art therapy process and positive psychology. A recommended therapy for addressing mental health concerns.

Use art therapy to enjoy spontaneous movement, to focus on the present moment, to communicate emotions and express feelings that do not rely on words, reflect on the process, use symbols, tell a story to bring meaning and self compassion to your unique life, use creativity in problem solving.

Mihaly Csikszentmihalyi

“A joyful life is an individual creation that cannot be copied from a recipe.”



Daphne Middleton BSW(Hons) GradDipEd(Arts Ed) BA(Fine Arts) AMHSW

Daphne has over 25 years experience in providing counselling and mental health services. She has worked in Senior Social Work roles for the Department of Health Western Australia in Child and Adolescent Mental Health. She has taught Art Therapy skills for the professional development of counsellors, social workers, psychologists and other helping professionals.

Self Refer

Art Therapy, Positive Psychology with Mindfulness Counselling is available for the following mental health concerns:

- Depression
- Anxiety
- Difficulties with Adjustments
- Unexplained somatic complaints
- Sleep problems
- Adolescent concerns
- Traumatic life event
- Self harm
- Bullying
- Difficulties with relationships
- Chronic stress
- Workplace stress
- Life transitions
- Managing disability
- Self development
- Social skills

Relax | De-Stress | Develop
Self Awareness | Manage
mental health concerns |
Solve problems | Build
Resilience

