



The Advanced Times

Advanced Counseling Services

Providing Hope. Changing Lives.

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Art Therapy for Children — When words are not enough ...

Art therapy is a form of expressive therapy that uses art materials, such as paints, chalk and markers and combines traditional psychotherapeutic theories and techniques. Using their skills in evaluation and psychotherapy, art therapists choose materials and interventions appropriate to the clients' needs and design treatment goals. They use the creative process to help clients increase insight and judgment, cope better with stress, work through traumatic experiences, increase cognitive abilities, have better relationships with family and friends and to just be able to enjoy the

life-affirming pleasures of the creative experience.

Advanced Counseling is very pleased to have one of only a few Certified Art Therapists in the Metro-Detroit area working in our Taylor office.

Barbara Torango, holds a Master's Degree, is a Licensed Professional Counselor and is a Certified Art Therapist. According to Barb, "Art therapy is a great, nonthreatening way to help clients of all ages with all kinds of issues. People feel more comfortable once they realize it's not important how well they draw, but what their drawings tell me." She is presently offering group therapy



"Stick figures" mean more than you think!

for children, ages 6–12, to help deal with anger and angry behaviors. Her next session will run from October 26–December 7 on Tuesday evenings. The cost is \$150 and \$10 for workbooks. Please call our Taylor office at 734-285-8282 to register your child for this wonderful, unique opportunity.

DID YOU KNOW ...

- < The first drawing assessment for psychological purposes was created in 1906 by a German psychiatrist. Several other art assessments were developed in the 1940's and have been used ever since.
- > The morbidity and mortality rate is 4 times higher in depressed patients after one year.
- > Depression worsens the prognosis of practically any illness.
- > Up to 15 percent of patients with cardiovascular disease and up to 20 percent of patients who have undergone coronary artery bypass surgery experience major depression.

Heart Attacks and Depression

It is common for you to feel sad or depressed after a heart attack, cardiac surgery or procedure, recent hospitalization, or new diagnosis of heart disease. These emotions may be the result of not knowing what to expect or not being able to do simple tasks without becoming overly tired. Temporary feelings of sadness are normal, and should

gradually go away within a few weeks, as you get back to your normal routine and activities.

Sometimes, however, a depressed mood can prevent you from leading a normal life. When a depressed mood is severe and accompanied by other symptoms that persist every day for 2 or more weeks,

treatment is necessary to help you cope and recover.

Depressive disorders result from a mix of factors that relate to:

- A person's family history, physical health, state of mind and environment.
- High levels of stress, life transitions, losses;
- Imbalances in the

chemicals the body uses to control mood.

When depression is negatively affecting your life (such as work performance or relationships), it is important for you to get help to prevent things from getting worse.

For more information on reasons to seek help and tips for coping with depression, visit our website: www.advancedcounseling.org and click on "Articles and Updates."

Brighton: (810) 220-2787

Canton: (734) 737-1200

Clarkston: (248) 922-2300

St. Clair Shores: (586) 777-9000

Southfield: (248) 213-0501

Taylor: (734) 285-8282

www.advancedcounseling.org