

Breathe ~ Create ~ Transform

Art-making and art exploration foster a connection with the unconscious and collective unconscious, revealing a rich range of information to facilitate wellness and inspired direction in life.

Experience awareness, joy and connection as you breathe, create and transform!



Inspiration in the exquisite natural setting of the Trappist Monastery Ruins at St. Norbert Arts Centre

Darci Adam, MA, MEd, RCAT, CCC

- ◆ Master of Arts, Drama
- ◆ Master of Educational Psychology, Counselling
- ◆ Canadian Certified Counsellor
- ◆ Registered Certified Art Therapist
- ◆ Trained in Narrative and Play Therapy
- ◆ Past President Manitoba School Counsellors' Association
- ◆ Canadian Counselling Association Rep, Manitoba Creative Arts Therapies Chapter
- ◆ Sessional Instructor, Counselling University of Manitoba



Darci is a Registered Certified Art Therapist and Canadian Certified Counsellor with 20 years of experience as an educator and counsellor.



Darci in the play therapy room.

EXPRESS YOURSELF

Individual Art Therapy
& Expressive Arts Workshops
for Children, Youth & Adults

Darci Adam MA, MEd, RCAT, CCC
(204) 293-3869 express-yourself@shaw.ca
www.breathe-create-transform.ca
www.snac.mb.ca (see Participate/Services)

EXPRESS YOURSELF



Darci Adam MA, MEd, RCAT, CCC

Breathe ~ Create ~ Transform

Individual Art
Therapy and
Expressive Arts
Workshops for
Children, Youth
and Adults

Tell and
Transform
Our Stories
and Ourselves
through the
Expressive Arts

EXPRESS YOURSELF

Individual Art Therapy &
Expressive Arts Workshops
for Children Youth & Adults

Experienced art therapist, counsellor and educator, Darci Adam supports children and adolescents to discover and assert their authentic selves through the expressive arts and play leading to an increased sense of joy, connection and confidence.

Darci has worked with children challenged by Autism, PDD, ADHD, ODD, OCD, loss, trauma, anger, eating disorders, depression, anxiety, separation and divorce.

An experiential therapy treatment plan addresses symptoms in a way that is fun for the child, using art, sand tray writing, movement, breath, drama, and play therapy strategies.

"Darci is a gentle presence and a strong leader...an excellent animated facilitator and a well-grounded, centered, spiritual artist/teacher...The Creative materials provided were inspiring, multi-faceted, sensual and exciting"

~ Sandi Cain, Music Director Wasaga Women's Weekend

"Her enthusiasm and joie de vivre are contagious."

~ Larry Gagné, School Counsellor

I am happy. I feel well. I can do it!

Individual Therapy for Children

Children naturally and fluently speak the languages of play and art. Darci provides a safe, playful, non-judgmental space in which to utilize these tools. Darci uses directive therapy approaches, which target specific outcomes with specific interventions, as well as non-directive therapy which follows the lead of the child. The child feels seen and heard reducing the need for acting out behaviors.

Common byproducts of self-expression are joy, relief and confidence, thus resulting in greater freedom of expression and reduced anxiety. The gift to the child is the tapping and expression of the authentic self.

"My daughter loves her time with Darci. I love seeing her eyes shining and her heart opening up with each session."
~ Mother of a child client

Individual Therapy for Adolescents

In adolescence teens assert their independence and individuality. They also become highly aware of and susceptible to the influence of peers. The expressive arts honour the full expression of the self and provide a particularly satisfying and safe container for expression of one's shadow side.

Teens' feelings, views, and experiences are normalized and valued for their originality and uniqueness. Feelings and thoughts which may seem confusing and at times intolerable are distanced through the arts creating a sense of self-acceptance, well being and confidence.

Art-Making and Mindfulness Meditation Group for Teens

Be gently present with ALL experience, ALL awareness and ALL self. Developed and piloted by Darci and Mona Lynne Ayotte at the high school level. Used for credit in the health program. Helpful for teens dealing with depression, body image issues, peer pressure and quite simply ADOLESCENCE! Hang out, chill out and practice being yourself.

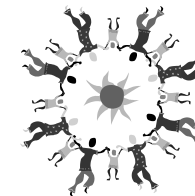
Art-Making and Mindfulness Group for Children ages 8-11

Breathing, visualizations, movement and art = FUN & HEALING! Children learn essential relaxation skills, an "I can do it" attitude and the power of positive self talk. It's powerful play!!!

Referrals

Parents, school counsellors, agencies, and health professionals may refer. Darci and the parent/guardian create an action plan to set goals and foster coordination with existing supports.

Breathe ~ Create ~ Transform



EXPRESS YOURSELF

Individual Art Therapy &
Expressive Arts Workshops
for Children, Youth & Adults

Darci Adam MA, MEd, RCAT, CCC
(204) 293-3869 express-yourself@shaw.ca
www.breathe-create-transform.ca

St. Norbert Arts Centre
1 rue des Ruines du Monastère, Winnipeg, MB R3V 1L6
off rue des Trappistes in St. Norbert
www.snac.mb.ca (see Participate/Services)