



What is Art Therapy?

Art therapy is an established mental health profession that uses the creative process of art making to improve and enhance the physical, mental and emotional well-being of individuals of all ages. It is based on the belief that the creative process involved in artistic self-expression helps people to resolve conflicts and problems, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness, and achieve insight.

-American Art Therapy Association

MARY ANDRUS ATR, LCPC

I believe in the power of art making to provide healing, insight and awareness. I am passionate about engaging and empowering others to find their creative voice. I believe that we all are creative and by connecting with our intuition and creativity we are able to understand and know ourselves deeply.

I am a registered art therapist and a licensed clinical professional counselor in the state of Illinois. I currently am an adjunct professor in the art therapy department at Adler School of Professional Psychology and am the Supervisor of Therapeutic Rehabilitation at Norwegian American Hospital. In my practice, I provide counseling, consultation, supervision and education.

A typical counseling session involves you identifying an area you would like to work on and together we discuss some ways you can approach the situation. I may ask you to create something to help you reflect on yourself and your situation, or through the process of creating

you may find relief and understanding of your experience. I do not interpret or pathologize based on the art work that is created. I allow you to find your understanding of yourself by asking you questions in response to the work to help you know yourself deeply.

I am available for consultation, offering support to you and to help you understand your work and your creative process.

I provide supervision to those who are working toward licensure as an art therapist or toward licensure as a clinical professional.

I accept Blue Cross Blue Shield PPO, Beech Street insurance and Self Pay.

To set up an appointment please contact me at 773-922-1110.

www.art-therapist.org

773-922-1110

art.therapist@yahoo.com

Flat Iron Arts Building 1579 N Milwaukee Ave Studio 320 Chicago IL 60622