

## Christine Lummis

B.A., D.K.A.T.I., R.C.A.T. is a Registered Professional Art Therapist in Nelson, B.C., providing individual and group therapy to people of all ages and abilities for the past 10 years. Christine provides professional development training, experiential workshops, and retreats.

She specializes in insight-oriented therapy, expressive movement, and issues of trauma, abuse, grief and loss, and addictions.

Christine developed a mobile Intensive Day Treatment Program for women with addictions. Christine's manual, "Art Therapy in the Treatment of Addictions", outlines her therapeutic art approach,

Christine is an Instructor/Supervisor and Clinician at the Kutenai Art Therapy Institute in Nelson, alongside her private practice.

Explore  
your inner landscape  
through creative expression



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## Art Therapy Services

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## What is Art Therapy?

Art therapy combines visual art and psychotherapy in a creative process using the created image as a foundation for self-exploration and understanding.

Thoughts and feelings often reach expression in images rather than in words. Feeling and inner conflicts can be projected into visual form where they are re-experienced, resolved and integrated.

Personal discovery and insight come forth from the individual's exploration of symbolic content and metaphoric language. This approach respects one's innate wisdom and capacity to heal.

Workshop content is a mixture of spontaneous creative expression and directed activities.

Art therapy is not only for people experiencing emotional difficulty – it can heighten creativity and enrich life.

People of all ages can benefit from art therapy and previous art experience is unnecessary as the focus is on personal growth rather than artistic ability.

## Experiential Workshops

The content and focus of the following workshops may be designed for either professional development or to address therapeutic needs. Other types of workshops are available upon request.

### **Introduction to Art Therapy**

Understanding visual art and metaphor as a means of personal growth.

### **Dream-storming Through Art**

Engage your imagination and dream-storm a vision for the future.

### **Mask Making**

Identity exploration through construction and personalization of masks.

### **Exploring Rhythms and Gestural Painting**

Exploring e-motion through movement and painting.

### **Art Therapy and Expressive Movement**

Body-mind relationship explored through movement, relaxation and art.

### **Body-Focused Art Therapy**

Body-awareness techniques, movement and art focusing on body-image, injury and trauma.

## Professional Development

### **The Art of Loss and Grief**

A visual and experiential presentation on healing grief and loss through art.

### **Healing Trauma and Abuse with Art**

A visual and experiential presentation exploring the use of art in addressing abuse and trauma.

### **The Creative Process in the Treatment of Addictions**

An art therapeutic model introduced through visual presentation, followed by art directives and debriefing.

## **“Healing the Healers” Series**

### **Stress and Vicarious Trauma in the Workplace**

Personal exploration of stress, “burnout”, and “vicarious trauma” through art-making and discussion.

### **Working with Transference and Countertransference**

A personal art exploration of conscious and unconscious material that can influence the therapeutic relationship.

### **Self-Care and the Creative Process**

Art-making and debriefing focus on understanding personal symbolism.