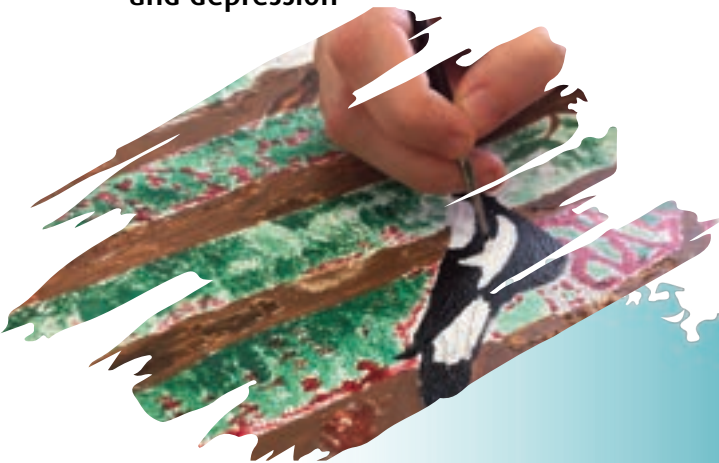


Advantages of Arts Therapy

-  Fosters self-expression
-  Teaches skills for emotional regulation
-  Provides a distraction from intrusive thoughts
-  Builds confidence and self-esteem
-  Supports social connections
-  Improves communication skills
-  Increases focus and concentration
-  Promotes healthy expression of feelings
-  Facilitates integration of trauma, disconnection or loss
-  Reduces symptoms of stress, anxiety and depression



Get In Touch

Wyndham Arts Therapies provides a cross cultural, trauma informed, attachment focussed and creative approach to therapeutic change. Referrals can be made by you, a family member, your school, support coordinator, doctor or psychiatrist.

Contact

Address: Unit 4/3 Synnot Street, Werribee VIC 3030
Phone: 0401 762 647
Email: contact@wyndhamartstherapies.com.au
Website: www.wyndhamartstherapies.com.au
ABN: 45 768 218 262



Wyndham Arts Therapies acknowledges the Traditional Owners of the Kulin Nation on which this practice stands. We recognise the continuing connection to lands, waters and communities of the Traditional Owners of Country throughout Australia.

Follow Us On



8 minutes walk from Werribee Train Station.
Parking available in nearby Cherry Street carpark.

wyndham
arts therapies

supporting health & wellbeing
through the arts



Arts Therapy



Wyndham Arts Therapies is a registered provider of therapeutic supports for the National Disability Insurance Scheme (NDIS). Provider No. 4050000894

About Arts Therapy

Arts therapy is the use of art materials and creative processes within a therapeutic relationship to improve cognitive processing, emotional regulation and psychosocial wellbeing.

- Arts therapy is an allied health profession
- It is suitable for people of all ages and all abilities
- No artistic skill is required to gain the full benefits
- Arts therapy is a creative approach to traditional talking therapies
- Arts therapy is an embodying therapy
- Various visual and sensory art media can be used, e.g. pastel, clay, paint, pencils, collage and more
- Other creative modalities of play, movement, drama, and sound can also be implemented into the arts therapy session

Meet Our Team

Wyndham Arts Therapies is dedicated to supporting mental health and enhancing the wellbeing of individuals, families and communities through the application of creative arts therapies in the Western region of Melbourne. We are a team of professionally trained therapists that provide services to children, teens, adults and community groups.



Nyrelle Bade

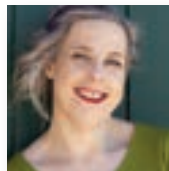
~ Founder and Senior Arts Therapist

Wyndham Arts Therapies is the vision of Nyrelle Bade. Nyrelle has worked within the mental health and disability fields for over 17 years as an arts therapist. Nyrelle works with children, teens and adults and specialises in complex needs, trauma and attachment.



Jessele Vinluan ~ Arts Therapist

Jess works with children with special needs, adults with depression and anxiety, and the elderly with dementia and stroke. She is a first-generation Australian Filipino and can work with people where English is not their first language.

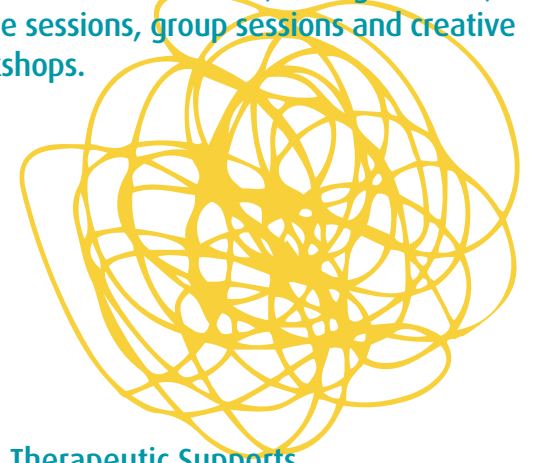


Sam Whittaker ~ Arts Therapist

Sam works with teens and adults and specialises in working with people who live with mental illness, trauma, grief and loss, and those who may be facing multiple health challenges due to chronic illness. Sam has experience working in mental health and community settings.

NDIS Services

Wyndham Arts Therapies offers a variety of services including 1:1 individualised sessions, parent and child sessions, sibling sessions, online sessions, group sessions and creative workshops.



Therapeutic Supports

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7 15_601_0118_1_3

1:1 individual session for children, teens or adults who have a current NDIS plan in place. The sessions will be focussed on the NDIS goals using art media, play and creative processes to support building capacity and skill development.



Innovative Community Participation

09_008_0116_6_3

The arts therapy group sessions will be focussed on using art media and creative processes to support skills in communication, stress reduction, social connections and emotional regulation.

