



# evolution creative arts therapies

*igniting joy & transforming lives*

**Evolution Creative Arts Therapies (eCAT)**, 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.

What sets us apart is our unwavering commitment to diversity, innovation and inclusivity. Offering 1:1 and group creative arts therapies sessions, we create a safe space where individuals can explore their emotions, express themselves, and embark on a journey of personal growth.

Our programs extend beyond therapy rooms as we collaborate with local primary and secondary schools, fostering emotional regulation and social skill development through engaging creative arts group programs.

Our eCAT team comprises highly accomplished professionals, holding Master's qualification and registration with ANZACATA .

**CREATIVE 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 sessions



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## **Why Evolution Creative Arts Therapies (eCAT)?**

eCAT has been established for over 6 years, with founder Nyrelle Bade working in the industry for almost 20 years as a private practitioner. With a foundational core of experienced senior clinicians, eCAT has capacity to work with the complexities that arise from trauma and childhood adverse experiences.

eCAT aligns to the peak professional association for creative arts therapies in Australia, New Zealand & Asia (ANZACATA) guidelines. All our therapists are Master level, trauma-informed, person-focused and are professional members of ANZACATA.

## **Our Mission:**

To ignite joy and transform lives through the transformative power of Creative Arts Therapies.

## **Our Values:**

- **Joy:** we believe that everyone deserves to live a joyful and fulfilling life. We strive to help our clients cultivate joy and happiness through the creative process, and to integrate a positive mindset into their daily lives.
- **Empowerment:** we believe in the capacity of our clients to heal and grow. We work collaboratively with people to identify their unique needs and goals, and to develop personalised therapy plans that support their autonomy and well-being.
- **Inclusivity:** we celebrate diversity and strive to create a space where individuals of all backgrounds, identity and abilities, feel valued and respected. We recognise the importance of cultural humility and strive to provide culturally responsive services.
- **Integrity:** we are committed to providing the highest quality creative arts therapy services to people. We adhere to the highest standards of ethical and professional conduct in our practice, and continually seek to improve our skills and knowledge.
- **Transformation:** we believe in the power of creative arts therapies to facilitate transformation and change. We are committed to supporting people to overcome obstacles, heal from trauma, and develop new skills and perspectives that promote personal growth

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