



Making sense of your inner world  
through creative self expression



- Creative arts therapy can be used with a wide variety of conditions, as well as with those who simply wish to gain a deeper understanding of themselves.

It provides an opportunity to deal with trauma, grief & stress in a meaningful way – and complements many other forms of treatment/intervention.

- There is no need to be artistic because it's more about the process than the product!



*“For me art therapy has been a journey of discovery & rediscovery. The discovery of the person I have become, the rediscovery of my former self & the dreams/hopes of the person that I aspire to become. Some parts of the journey were tough and confronting but all parts were enlightening & have awoken my sleeping spirit.”*

Creative arts therapy is a wholistic form of counselling that goes beyond words. It is a way of promoting personal growth & healing.

**MEIKE ZIELINSKI** B App Sc OT, Grad Dip MIECAT, Member ACATA

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Personal development groups and individual consultations are held at the

**‘Kalari Healing Centre’**

302 Highett Rd, Highett

**Enquiries please phone 9553 7053.**

- Meike is an Occupational Therapist and Creative Arts Therapist working with adults & children, individually & in groups, to facilitate change through creative self reflection & expression. One off workshops are also available for team building, self-care etc. Meike uses a diverse range of creative tools including drawing, clay, sand, painting, movement & writing, to inspire the journey of self awareness.