

# East Side Neighborhood Services

## Creative Arts Therapy - Info

Drama and Art Therapy engage the mind, body, and spirit differently from verbal therapy.

Creative Arts Therapists (CATs) provide youth targeted and preventative group therapy as well as weekly individual sessions at an agreed upon location (school, office, community-based), and can provide home-based services if needed. Families receiving individual therapeutic services are required to maintain contact with their therapist via phone, text messaging, or in person while receiving services. This is a free service to enrolled or referred families.

### Who we serve:

CAT serves youth ages 5-21 and their families, providing individual, group and family therapy. Families are referred through ESNS' Out-of-School Time and ASPIRE Programs, and live in Hennepin County. Many of our clients reside in NE, SE & North Minneapolis.

### Why we serve:

CAT is especially helpful for young people who have experienced trauma or are living with toxic stress. They may also be suffering from psychological symptoms like excessive worrying, moving through the grieving process, displaying poor impulse control, or having big emotional reactions that are impacting their daily lives. CAT is often more culturally and developmentally appropriate than talk therapy, making it particularly healing for children and adolescents.

### Drama Therapy:

Drama Therapy provides a developmentally appropriate means of processing events with children and adolescents. Drama Therapy is an embodied practice that taps into young people's natural tendency toward action and utilizes it to engage them in play as a means of safely exploring issues, expressing big feelings, and building healthy peer and adult relationships.

### Art Therapy:

Art Therapy is the intentional use of art materials as tools for self-expression. Through Art Therapy, clients may foster self-awareness and self-esteem, resolve conflict, and gain insight into their own well-being. Artmaking can also support the development of deeper relationships with self and others.



Creative arts therapy (CAT) is a trauma-informed, preventative, and needs-based service that is provided to referred youth from our Out-of-School Time and ASPIRE Programs. Utilizing individual and group arts-based therapy for young people ages 5-21 and their families, CAT helps to increase positive decision-making, healthy relationships, and school attendance through weekly therapeutic sessions. Arts-based therapies help to facilitate growth in many personal areas such as increasing self-esteem and interpersonal skills, promoting healthy coping strategies, and encouraging healthy risk-taking through the expressive arts. Our Creative Arts Therapists also work holistically in service of the child, providing wrap-around services such as case coordination with partners in schools and other mental health settings, and making appropriate referrals as needed.

### Contact:

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