

Informative Consent

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ABOUT ART THERAPY

In art therapy, clients work actively.

Art therapists accompany the clients in their personal and creative development processes in a non-judgmental and sensitive manner. Art therapy promotes sensory perception in dealing with fellow human beings, as well as the perception of inner processes and feelings that are difficult to grasp.

Art therapy strengthens resources and growth processes, activates self-healing powers, supports the development of self-esteem, autonomy, decision-making ability, action and social skills.

It enables clients to deal with problems in a visual and physical way and promotes creative problem-solving strategies.

Art therapists see people as holistic and capable of development. They take into account the social, societal and family environment of their client. They build up a sustainable relationship with their clients and make agreements about therapeutic goals with them.

They choose and use artistic and therapeutic means accordingly.

The therapy is process and solution-oriented.

ABOUT COACHING

As a certified holistic psychological coach IKP, I support people as a process facilitator.

Coaching helps to understand the current life situation, to put it in order and to shape it in a needs-oriented manner while developing new skills. It enables you to activate resources and potential in a targeted manner, to discover new sources of power for life and to use them.

The inclusion of the body in the holistic concept is highly topical in the context of modern neurobiological research results.

The agreed appointments are binding.

For cancellations less than 24 hours in advance, the full cost of a session will be charged.

Supplementary insurance usually covers the costs of outpatient art therapy.

Please check with your health insurance company in advance.

Insurance is the responsibility of the client.

I adhere to the specifications of the OdA ARTECURA. This supports quality assurance in therapy with various regulations.

Among other things, e.g. requirements for training and further education, ethical guidelines and a manual for quality assurance are formulated.

In case you would like more information: www.artecura.ch