



# Healing Within Art

Hello, my name is **Carmela** and one of my favourite quotes is:  
*"We may impress people by our strengths, but we connect with them through our vulnerabilities."*

Art is my gift and one way that brings my faith to life. My interest with art started as a child observing and drawing from nature - God's masterful creation. I've always had a very strong desire to get to know the very first Artist and Healer, the Creator of heaven and earth. Life intervened, and it wasn't until 2013 that I reconnected with my love for art.

My childhood dream, imprinted deep in my heart, came to reality at the Bellarine Salvation Army. As an Art Therapist, the Healing Art Studio was established at the Salvo's community Ranch, supporting, and engaging with people from our surrounding communities.



I encouraged many to pick up a paint brush, dabble and see where it led. What they quickly learned was that you don't have to be an artist to experience the benefits of Art Therapy!

When we explore the inner power within us, we all become creative. I have a great passion for journaling with clients and empowering individuals, like you, to discover their capacity to heal through art making. Art Therapy supports the Body, Mind and Soul using creativity and self-expression and supports our overall mental health.

I empower clients to understand and respond to their emotions and thoughts with a valuable new perspective to their wellbeing. This process enables us to connect with deeper parts of ourselves, finding a voice when words are too difficult to be communicated.

Recently, I felt there was something missing in this journey. I felt there was a need in the community for spiritual support at a deeper level so why not combine Art Therapy with pastoral care? My love for God and His people led me to become a Chaplain. With 20 years' experience working with children and their families, and vulnerable people in our community, the combination of an Art Therapist and a Chaplain working together provided the perfect fit in supporting clients. I realise our relationship with God is personal and I acknowledge that everyone's journey is different and equally as important as the next person. So, I endeavour to create safe spaces, that are inclusive and non-judgemental to all. Privacy and confidentiality are also important and respected.

As an Art Therapist & Chaplain, my personal goal is to be there for you, offering support, encouragement, and to nurture your creativity with step-by-step guidance. Treating a client as a whole person is very important to me and together, we can create a tool-kit to support your mental wellbeing.

Together, we aim to inspire and empower one another through art when words aren't adequate to tell our stories. I'm looking forward to meeting an authentic you and journeying together in the process of healing within art.

Shine! Be A Light In the World,

Carmela

