

Counseling at CELA Creative Arts in Health Guiding Principles

The Counseling Center at CELA | counselingatcela.com

Guiding Principles:

Boundaries are always respected--your boundaries as well as the facilitator's

The time we share together is grounded in compassion, love, and honesty

Judgments are not made

Together, we create a safe space to create artwork and share

Opportunities will be provided to share your journey through music and soundscapes, journaling, expressive writing, body-mind-spirit, visual arts, language arts, movement, culinary arts, eco-arts--with consideration to your preferred arts area(s)

Sometimes, as part of the Creative Arts in Health experience, you may feel encouraged to try new things but you will never be pushed. You and your truth will always be respected. We believe in your strength and we support your self-empowerment

Participating in our Creative Arts in Health sessions and/or workshops can sometimes involve stepping outside of one's comfort zone. Together, we will do everything we can to make the creative arts experience emotionally and physically safe for you, up to and including referrals to licensed support professionals should your facilitator feel this is needed

Your facilitator will not abandon you or the group and will continue to support you throughout the time you share together in sessions and/or workshops

The Counseling Center at CELA Creative Arts in Health individual and group sessions, and our workshops, are creative arts experientials. They are non-clinical and are not therapy