

JANEL GIBSON JANEL GIBSON  
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PEER WORK PEER WORK



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[www.janelgibson.com.au](http://www.janelgibson.com.au)

*Scan QR below for more*



# JANEL GIBSON

Creative Arts Therapist & Peer Worker

I support female survivors of trauma, who are ready and willing to understand who they are and the world they live in, so that they can live purposefully & fearlessly, by creatively exploring and expressing experiences.

## *I guarantee I will*

- Commit to collaboratively creating a safe space.
- Walk alongside you to support you to understand, WHO you are, WHAT you want and HOW you want to respond.
- Gently encourage you to live fearlessly you.

## *Services*

- Individual Arts Therapy Sessions
- Group Arts Therapy Programs
- Personalised Group Programs

## *Kind Words*

"Janel is a very gentle soul. Opening up to her is really easy."

"Janel got me to think deeply about myself. The activities prompted me to continue getting to know myself better."

"Janel was a radiant, compassionate, gentle, individual whose presence uplifted and empowered each and every individual throughout the therapy process."



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# CLIENT JOURNEY

Arts Therapy with Janel Gibson

Discovery Call

5 -10 Individual Sessions

Check-In: Do you want to continue?

1-10 Individual Sessions and/or Monthly Group Program

Check-In: Do you want to continue?

learn more at [www.janelgibson.com.au](http://www.janelgibson.com.au)

# Frameworks & Values



## Creative Arts Therapy

I welcome all creative art forms during our sessions. I work from the MIECAT framework which values being present to what emerges for you, acknowledging what you feel and experience as valued information, and being open to using several creative practices (eg sound, visual arts, movement, journalling).

## Lived Experience

As someone who has experienced mental health challenges, I use my experiences to inform my practice. I value non-judgement. I will ask how you'd like me to articulate your experience and preference this over a specific diagnosis you may have been given.

## Trauma Informed & Person Centred

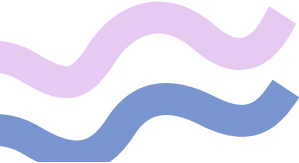
I acknowledge that every one has a unique life, and that many experience trauma. I will work with you to create a an environment that is safe for you to explore and create.

## Intersectional Feminist Anti-Oppressive Justice Doing

I take an intersectional-feminist anti-oppressive justice-doing approach, by recognising structural inequalities that affect the communities we work with, including race discrimination, gender, class, ability and socioeconomic status.

## Recovery-Orientated Strengths Based

I incorporate a recovery-oriented strengths-based approach, by embracing the possibility of recovery and wellbeing created by the inherent strength and capacity of all people who experience mental health issues.



# Discovery Call



Your Free Arts Therapy Inquiry

What We Will Discuss



Who I am



Who you are



Your Hopes



Next Steps

Before you Book Consider



Why do you want a Discovery Call?



What questions you have for me



Do you have the resources to start?



How do you want to work together?



Janel Gibson

# Services

## 01 A New Beginning

5 x 1 Hour, Weekly or Fortnightly Arts Therapy Sessions.  
This is an introductory offer for those working with Janel for the first time.

## 02 Going Deeper

10 x 1 Hour, Weekly / Fortnightly Arts Therapy Sessions  
.This program is for those who have completed A New Beginning, or want to commit to more consistent arts therapy sessions.

## 01 Renew

1 X 1 Hour Arts Therapy Session. This program is available to existing clients, who have recently completed either 'A New Beginning' or 'Going Deeper.' It may be suited to those wanting extra time to explore and create alongside an Arts therapist.

## 01 Community Connection

A 10 x Weekly Online program for women. Each session will include a grounding exercise, psycho-education, arts-making, and reflective practice.

## 01 Once Off Workshop

A 3 Hour Online Arts Therapy Session, offered once a month.. Each workshop activity is different.