

Participant Information - Individual Session for Art Therapy / Walk and Talk for Wellbeing / Mindfulness / Qigong

It is important that you are informed about the nature and process of Art Therapy, Walk and Talk for Wellbeing, Mindfulness and Qigong, prior to agreeing to participating in the services offered by Pathways Creative Therapies. For this reason, please read the following carefully, and do not hesitate to ask any questions.

About Your Sessions at Pathways Creative Therapies

Pathways Creative Therapies are designed to help you find balance, peace, flow, and a deeper connection with yourself. We offer a trauma-informed, person-centred approach, which might include mindfulness, art making, walking in nature, movement practices, or reflective conversations to cultivate stillness and a connection with your inner knowing. Individual sessions and group programs are designed as health promotion for mental health and do not involve a clinical diagnosis or treatment. These approaches are gentle, and client led. You are always in control of how you participate, and you can stop or pause at any time.

Art Therapy

Art therapy uses creative expression to explore and express thoughts, feelings, and experiences. You do not need any art skills as the focus is on the process, rather than the product. A person-centred approach to art therapy means that you are the expert of your own experience. Your choices, insights, and pace guide the process, with support, and the art becomes a way for you to explore what feels meaningful and important to you.

Creating art can help access parts of your experience that may be difficult to express in words. It can be particularly helpful in processing emotions, building self-understanding, viewing a situation from a different perspective, and supporting healing after stress or trauma.

If you have an online art therapy session you will need to bring paper and something you like to draw or paint with, such as crayons or pencils.

Art therapy can also be used in combination with mindfulness and/or qigong.

Mindfulness

Mindfulness involves intentionally paying attention to the present moment, often through breath, body awareness, or noticing thoughts and feelings in a non-judgemental way. In sessions, this may include short, guided practices, grounding techniques, or mindful reflection during art making or movement.

You don't need to be able to meditate to practice mindfulness. They are different. Mindfulness accepts that the mind can wander and uses the wandering as an opportunity to bring your attention to the present moment. Mindfulness has been found to improve emotional regulation, reduce stress and anxiety, and support overall wellbeing.

Walk and Talk for Wellbeing

These sessions take place outdoors, often in a local natural setting. Walking side by side while talking can support ease, openness, and reduce the intensity that may come with traditional seated sessions. Nature itself can be calming and restorative, helping to regulate the nervous system, improve mood, and reduce mental fatigue.

A location that feels safe and comfortable for you will be discussed prior to the session. You are welcome to pause, sit, or reflect quietly during these sessions. You might also choose to engage in Mindfulness, Qigong, or Art Therapy during your session.

Qigong

Qigong is a gentle, flowing movement practice from Chinese medicine. It combines breath, posture, and focused attention to support balance, the flow of energy (Qi) through the body, and emotional regulation. The movements are usually slow, repetitive, and simple, with an emphasis on inner awareness and connection.

Evidence shows qigong can reduce anxiety, improve mood, and support nervous system regulation. Within a therapeutic context, qigong is used to gently support the release of emotional tension and reconnect with the body in a safe, supported way. Movements can be adapted for all bodies and energy levels, and no previous experience is required.

Some important facts about Creative Therapies

Clients are active participants at every stage of the creative therapies process and people seek creative therapies for many different reasons. Each person brings a unique history, perspective, and intention to the process, which means that experiences and outcomes can vary widely.

Creative therapies are not a one-size-fits-all process and while they can offer meaningful insight, relief, or transformation, specific results cannot be guaranteed. What can be offered is a safe, supportive space where your personal process is respected, and where you are met with care, presence, and professional guidance.

It's the very nature of creative therapies that these processes may deal with issues and aspects of your life that might spark or be a catalyst for triggering a wide range of feelings and reactions. It is important therefore to keep your practitioner informed of any such experiences should they arise, in order to ensure support. If you experience distress, the facilitator will provide support within the scope of the session. If additional support is needed, referrals to professional services can be provided.

To help you get the best out of the counselling process, the following guidelines are useful:

- aim to attend every scheduled session
- be prepared to share your thoughts and feelings openly in the session
- complete any out-of-session tasks agreed to
- when unsure, ask for clarification about any of the creative therapies' activities being undertaken, and discuss any doubts or concerns you have with the practitioner.

Some practicalities

Session times

Individual sessions are usually 50 minutes, and the frequency of sessions depends on the client and the nature of the concern. Group sessions vary in length. See the website for details.

Online sessions

Sessions via video conferencing are provided on the basis that we both: ensure that we have a confidential and uninterrupted space (this may or may not involve using a headset); will have a camera and microphone; will not record sessions; and as far as we are able, will aim to have reliable connectivity.

Outside sessions

Sessions held outside will be at an agreed upon location. As outside sessions take place on public land, complete privacy cannot be guaranteed. Sessions will go ahead in most weather, so dress appropriately for the conditions. This means wearing comfortable, weather-appropriate clothing and shoes. If rain is expected, a raincoat or umbrella is advisable, and a hat and sunscreen in the sun. If the weather is unsafe (e.g. storms, strong wind, or a heatwave) the session can be moved online.

Fees

The fee charged for an individual session or group program is stated on the website and is payable at the time of the booking via credit card. Please discuss with your practitioner if you require an alternative payment option. To cancel or reschedule an individual appointment, please contact your practitioner 24 hours in advance, otherwise the session fee is non-refundable. Group registration can be cancelled up to 48 hours before the first session. After that time, the group fee is non-refundable.

In an emergency

Pathways Creative Therapies practitioners do not provide a crisis service. If there is an emergency, please contact: your doctor; or the emergency section of your local hospital; or Lifeline on 13 11 14; or the Mental Health Triage Service on 13 14 65.

Privacy

Australian Government Privacy Legislation applies to personal information collected about an individual that could be used to identify them directly or indirectly. Please see

Pathways Creative Therapies Privacy Policy, which forms part of this agreement. It can be found on the FAQs page at pathwayscreative.com.au

Health & Safety

All health and safety measures will be in keeping with current DFFH and Covid19 related guidelines. If you have any symptoms, are awaiting a COVID-19 test results, or have been in close contact with a known COVID-19 case, please refrain from attending and arrange another time. Maintain social distance during activities or you may wear a face mask if you choose to.

Physical Activity Disclaimer

Qigong and mindful walking are gentle movement practices. Only participate to a level that feels safe and comfortable for you. If you have medical conditions or concerns about physical activity, consult your healthcare provider before participating. There is a risk of falling when walking on uneven ground in natural settings. You are responsible for ensuring a safe environment and monitoring your own wellbeing during movement.

Consent and Participation

Participation in these sessions is voluntary, and you can choose which elements feel right for you. You are welcome to pause, stop, or change direction at any time. Your wellbeing is central, and your feedback helps shape the process. These services are not intended as a substitute for mental health treatment or medical care.