



The first step towards change is to ***imagine*** the possibility of change

The Artful Life Counseling Center and Studio is a group mental health practice located in Salem MA that offers an accessible, affordable, alternative approach to traditional mental health counseling through the use of expressive arts therapy and other holistic therapeutic modalities. We are a trauma-informed practice, specializing in treating the whole person, through a developmental, environmental and sociological lens.

We believe in using a **client-centered, strengths-based and collaborative approach**, working with each client or family to create a personal treatment plan that fully addresses our clients' needs. Our therapists use evidenced-based approaches rooted in the latest research and guidelines. All of our therapists are masters-level trained and are licensed or supervised by a licensed mental health counselor or social worker in the state of Massachusetts.

The Artful Life accepts a range of insurance plans however not all therapists are on every plan. This must be determined after a phone consult. Currently, we are In-Network providers with the following insurance plans for individual and family counseling: Blue Cross Blue Shield, Blue Benefit, Optum (Harvard Pilgrim, United Healthcare, Allways, Health Plans, Inc.), Tufts Commercial (HMO, PPO, GIC) and Private Pay.

Unfortunately we DO NOT accept Tufts Health public plans (i.e. Health Direct), MBHP, MassHealth Standard, Medicare/Medicaid. In addition to insurance, we offer a range of private pay options, and can accept payments via cash, credit cards, checks, HSA and FSA cards.

If you are interested in counseling for yourself or for a loved one, the best way to get started is by sending an **email** to **info@artfullifecenter.org** with the following information: **Client Legal Name, Client Date of Birth, Insurance Type, Contact & Number to Call.**

Our intake coordinator will reach out to you to find a time to connect over the phone for a 20-minute consult. The **consult is free of charge** and primarily serves as a way to get a sense of the client's needs, availability, and evaluate which of our clinicians would be the best fit.

If you do not have access to email or prefer the phone, please call: (978) 548-6288, ext 800

Giving your body the “Green Light”

Ideas for Helping Your Child Orient to the Present

- **The ‘5’ Senses Countdown:**
 - see (5), touch (4), hear (3), smell (2), taste (1)
- **Deep Breathing Movement:**
 - blowing bubbles, moon walk, tennis ball bounce,
- **Yoga Grounding Poses:**
 - tree, mountain, & warrior
- **Healthy Adrenaline Release:**
 - ‘red light/green light’, stretching, exercise, progressive muscle relaxation, stress ball,
- **Activating the Prefrontal Cortex:**
 - ‘Simon Says’, ‘I Spy’, simple math or spelling questions
- **Visualization:**
 - guided Imagery, story-telling, “miracle wish”
- **Assurance vs. Reassurance**
 - “Everything is going to be fine” vs. “I know this is really hard but we’ll get through this together”

The 5 Step Self-Holding Exercise for Self-Regulation of PTSD Symptoms



New-Synapse.com®
Tools for Self-healing

With a child:

1. Stand close enough behind them to in order to place your hands in the 5 positions
2. Instruct them to inhale and exhale while modeling slow in and out breaths
3. Try to pause for a count of 3 in between breaths
4. Hold each position for 3 full deep breaths
5. When finished end with a hug 🤗🤗🤗

Self-Care for Families

<p><i>emotional</i></p> <ul style="list-style-type: none"> __ watch a good movie __ write each other positive notes __ verbalize and talk about feelings __ draw self portraits __ Say "I love you" __ spend time writing __ have a sing-a-long __ tell jokes __ try a new craft 	<p><i>physical</i></p> <ul style="list-style-type: none"> __ dance party __ go for a walk __ family bike ride __ take a hike __ play kickball __ tag __ roller skating __ go to the pool __ jumprope __ kids yoga __ wii fit games 	<p><i>spiritual</i></p> <ul style="list-style-type: none"> __ a gratitude list __ go outside __ talk about forgiveness __ write thank you's __ volunteer __ spend time outside or with nature __ practice positive self-talk __ plant a tree
<p><i>mental</i></p> <ul style="list-style-type: none"> __ read together __ draw or write stories __ kids meditation __ find shapes in clouds __ practice belly breaths __ go on a walk to find new things __ make vision boards __ try Headspace for kids __ create mandalas __ make mindfulness jars __ play mind strength games like memory 	<p><i>practical</i></p> <ul style="list-style-type: none"> __ clean up __ declutter old toys __ assign chores __ make a grocery list together __ learn about money __ make a weekly budget check-in __ make a weekly cleaning check-in __ homework/study __ have a morning & night routine 	<p><i>social</i></p> <ul style="list-style-type: none"> __ play in the park __ call or visit relatives __ have family dinner __ play boardgames __ host a sleepover __ invite friends over __ plan a bbq __ join a team __ do a neighborhood food drive __ have talks about friendship and how to be a friend.

just stay curious

SELF-CARE FOR KIDS



**GET KIDS INVOLVED IN
COMMUNITY WORK.
THEY FEEL LIKE THEY
BELONG**



**HELP YOUR CHILD
FOCUS ON THE
CURRENT MOMENT**



**TALK ABOUT
YOUR OWN
FEELINGS**



**HELP THEM
ACKNOWLEDGE THEIR
FEELINGS**



**ENCOURAGE
JOURNALING**

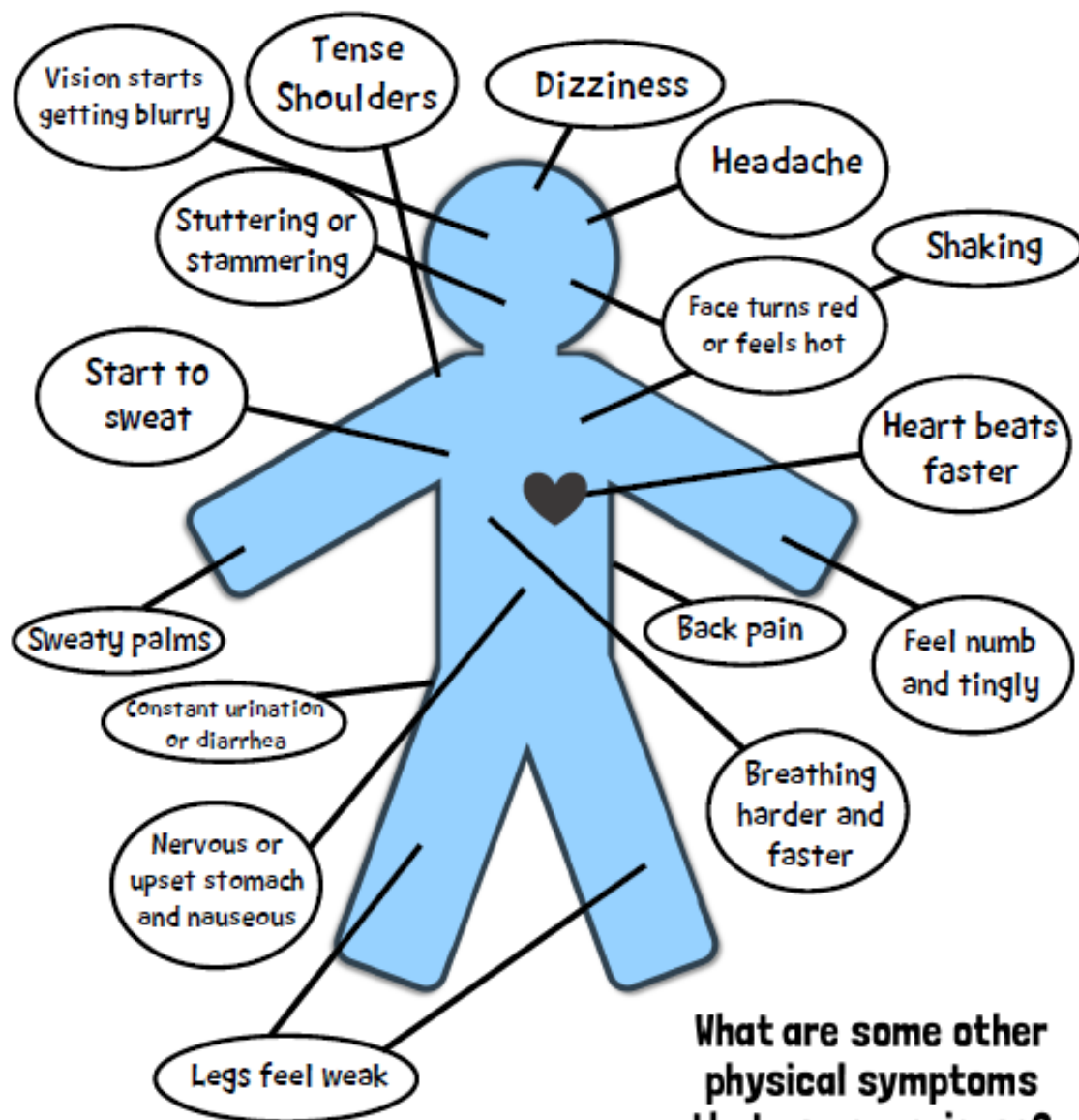
**DEDICATE SOME ALONE
TIME FOR YOUR CHILD**



**ESTABLISH
SELF-CARE
ROUTINES**

ANXIETY AND MY BODY

Color in the reactions that happen to your body when you start getting anxious.



What are some other physical symptoms that you experience?



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What happens when **YOU FLIP YOUR LID**



PREFRONTAL CORTEX IS ENGAGED:



Calm, rational thought, mental flexibility: Able to make good decisions

LID IS FLIPPED --> AMYGDALA IS ENGAGED

Big emotions arise - anger, fear anxiety, sadness. Unable to make good decisions or calm down.

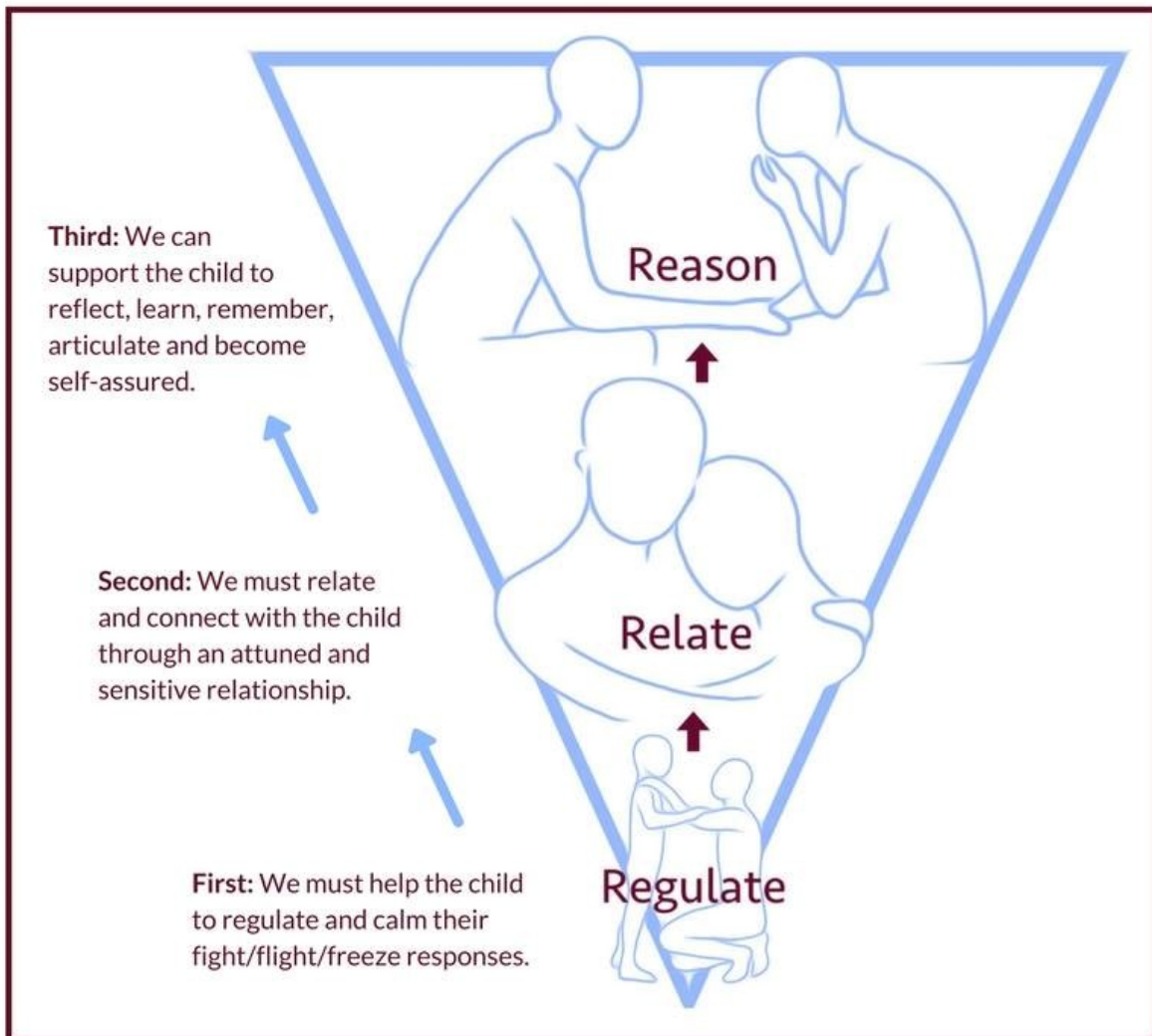


Source: The Whole Brain Child

WWW.RAISINGKIDSWITHPURPOSE.COM

The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.

www.beaconhouse.org.uk

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The Artful Life presents

HELP YOUR CHILD PROMOTE AN INTERNAL LOCUS OF CONTROL

Tips from child therapists



**NOTICE &
ENCOURAGE
EFFORT, NOT
JUST OUTCOME**

TRY: *"You tried really hard, and gave it a good effort."*

INSTEAD OF: *"You did a good job."*

**HELP THEM
COME UP WITH
SOLUTIONS TO
THEIR PROBLEMS**

TRY: *"What kind of help do you need...what can you try first?"*

INSTEAD OF: *"Let me get that for you."*

**PERSON
CENTERED, NOT
TASK-CENTERED
ENCOURAGEMENT**

TRY: *"You are a determined kid
and I'm proud of how hard
you try with school work."*

INSTEAD OF: *"I knew you could
get a good grade."*

**ENGAGE KIDS IN
ACTIVITIES THAT
HELP THEM FEEL
IN CONTROL**

TRY: *"I notice you trying to sit
with a quiet body, even though
it is hard."*

INSTEAD OF: *"Please stay in your
chair."*

**POSITIVE
AFFIRMATIONS
FOR KIDS**

**I can do hard things
I can always improve
I can do my best
I can solve problems
I can try new strategies
I can stay positive**

Designed by Natalie Blue LMHC

