

# HEALING IS AN ART

*Healing is an Art is a signature program of Anchored Counseling and Consulting, LLC that was born from years of weaving expressive arts into the healing process. It is a space where creativity becomes medicine and where individuals can discover new ways to express, reflect, and heal.*

## Why Expressive Arts?

Healing requires insight and integration. Research shows that expressive arts activate sensory, emotional, and cognitive systems, helping the mind and body process experiences together. Creative expression engages the brain, supports nervous system regulation, and provides alternative pathways for processing trauma, stress, and emotion.

## Program Formats

There are two ways to engage with Healing is an Art:

### Curriculum Based Programming

A structured expressive arts curriculum built around six foundational modules, with optional add-on modules for deeper or population specific work.

### Stand Alone Workshops

Single session or short series workshops focused on themes such as grief, anxiety, emotional regulation, identity, self-compassion, creative journaling, or reentry support.

## Who This Program Serves

Healing is an Art serves children, adults, and communities including:

- Justice-involved individuals and justice-impacted families
- Individuals navigating grief, anxiety, trauma, or major life transitions
- Community based and wellness groups
- Clinical and therapeutic settings
- Organizations looking support staff wellbeing

## Partner with Us

Healing is an Art can be customized to meet the needs of your organization, population, and timeline and we would love to partner with you to build creative healing spaces. Contact us to schedule a consultation or request more information:

[www.be-anchored.com/healingisanart](http://www.be-anchored.com/healingisanart)  
[Healingisanart@be-anchored.com](mailto:Healingisanart@be-anchored.com)