

## Creative Tourism

Imagine a therapy group as a fascinating journey through the diverse landscapes of tourism, where you travel through a series of creative art activities for the first time. Creative tourism is a therapy group designed like a travel group, where each destination represents a unique art form, the facilitating counsellor is the group's tour guide, and the participants are eager tourists, ready to explore and experience the beauty of self-expression and emotional growth.

Each week, a new creative activity is introduced, with the guide of the counsellor, offering a chance for personal exploration and interpersonal growth.



## Creative Tourism

Some of the creative activities/destinations include:



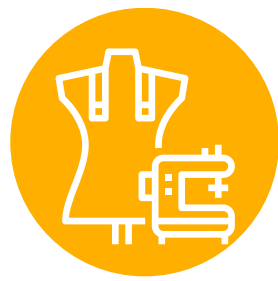
**Textile art**  
Sewing  
Crochet and knitting  
Quilting  
Embroidery



**Decorative art**  
Sculpting  
Ceramics  
Terrariums  
Candle making



**Paper art**  
Origami  
Paper sculpture  
Zines



**Fashion art**  
Cosplay  
Jewellery  
Clothing  
Upcycling



**Functional art**  
Fidget tools  
Woodwork  
Pottery



**Mindfulness art**  
Painting  
Drawing  
Colouring in  
Mandalas



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Here are some of the things you may expect from Creative Tourism:

1

### Non-verbal expression

Art and creative outlets allows individuals to express emotions, thoughts, and experiences without relying solely on verbal communication. This is especially beneficial for those who find it challenging to put their feelings into words or feel uncomfortable expressing themselves verbally.

2

### Emotional release

Engaging in creative activities can be cathartic, providing a healthy outlet for the release of pent-up emotions and stress. It can help individuals process and cope with difficult emotions, leading to a sense of emotional relief and improved well-being.

3

### Increased self awareness

Art-based counselling encourages introspection and self-reflection. Through the creative process, participants may gain insights into their own thoughts, behaviors, and emotions, fostering a deeper understanding of themselves.

## Creative Tourism

4

### Enhanced communication skills

While art offers a non-verbal means of expression, it can also improve communication skills. Group members can learn to interpret and understand each other's artwork, facilitating empathy and meaningful connections within the group.

5

### Reduced stigma and judgment

In an art-based counselling group, there is often less fear of judgment and stigma. Artwork is open to interpretation, and participants are encouraged to embrace their uniqueness, promoting a non-judgmental and accepting atmosphere.

6

### Promotes mindfulness

Engaging in creative activities requires focus and presence in the moment. This process of mindfulness can help individuals become more attuned to their feelings and experiences, promoting a sense of grounding and self-awareness.



## Creative Tourism



7

### Builds self confidence

As individuals explore and develop their artistic abilities, they often experience an increase in self-confidence. The positive reinforcement and support from the group can further boost their self-esteem.



8

### Encourages problem-solving skills

Artistic creation involves experimentation and problem-solving. As participants face challenges in their art projects, they develop resilience and problem-solving skills that can be applied to real-life situations.



9

### Strengthens coping mechanisms

Art-based counselling can equip individuals with healthier coping mechanisms for dealing with stress, trauma, and difficult emotions. The creative process provides a way to process emotions constructively, which can benefit their overall emotional resilience.



## Creative Tourism

10

### Sense of belonging

Sharing a creative experience within a group fosters a sense of belonging and community. Group members often support and validate each other's experiences, creating a safe space for vulnerability and personal growth.

11

### Versatility and inclusivity

Art-based counselling can be adapted to suit individuals of all ages and backgrounds. It doesn't require any prior artistic experience, making it accessible to anyone willing to engage in the creative process.

Overall our Creative Tourism therapy groups offer a rich and multifaceted approach to therapy that can facilitate profound personal growth, emotional healing, and meaningful connections with others in a supportive and non-judgmental environment.

