



ART THERAPY GROUP 2026

Dear prospective participant,

I'd like to introduce you to an art therapy group for adults in my practice.

Every individual has their own authentic way of creating, and can discover and learn to appreciate this resource. This works particularly well in a group setting, where artistic differences and individualities contribute to the process. In an art therapy group you can experience creativity within a supportive community. This combination of being alone with oneself while creating in the presence of others brings about sensitive and flexible spaces for visual and verbal encounters. These spaces can be utilized by you.

Once an atmosphere of trust is established, a door is opened to perceiving oneself and others in a non-judgmental and accepting way, and to mutual support, sharing and understanding.

You don't need any prior artistic experience. You can find out how you want to work here. There is a wide selection of artistic materials available, and my artistic experience is a supportive resource to guide you in your creative discoveries.

We start the session with an opening verbal round to tune in to each other. This is followed by a period for your creative work. Collaborative projects are also possible. Then there is time to view the works created, with the opportunity to exchange thoughts on them and your experiences during the process. Works can be shown and/or discussed, or not.

We conclude the session with a verbal closing round.



Details:

Participation may require an initial consultation, which is free of charge. If you choose to proceed, a second consultation is available for a fee of €50.

The group will meet every second Monday from 6 p.m. to 8.30 p.m. Sessions do not take place on public holidays or during school holidays.

The group has a maximum of five participants. It operates as a slow-open group, meaning that vacancies will be filled as they arise. Any openings will be announced within the group in advance. After the first session you can decide whether you would like to commit to the full programme of 18 mandatory sessions. At that point we will formalize participation with a contract.

If you choose to leave the group early, two sessions will be dedicated to a structured farewell process after your announcement.

Cost: €58 per session, including materials. Discounts may be available for students, pensioners and those receiving income support. A cancellation fee of €42 applies for more than two absences within the 18 - sessions commitment in 2026.

I look forward to hearing from you to arrange an initial consultation.

Best wishes!

Daniela von Waberer (Arttherapist M.A)

Appointments 2026

Biweekly on Mondays, 6:00 PM – 8:30 PM
(except during school holidays)

1. Monday, February 9
2. Monday, February 23
3. Monday, March 9
4. Monday, March 23
5. Monday, April 20
6. Monday, April 27
7. Monday, May 4
8. Monday, May 18
9. Monday, June 1
10. Monday, June 15
11. Monday, June 29
12. Monday, September 21
13. Monday, September 28
14. Monday, October 12
15. Monday, November 9
16. Monday, November 23
17. Monday, December 7
18. Monday, December 14