



## ART THERAPY GROUP OFF FOR ADULTS

Dear prospective participant,

Allow me to introduce you to a new offering in an art therapy group for adults in my practice. Every individual has their unique way of expressing themselves artistically and can discover and learn to appreciate this resource within themselves. This works particularly well in a group setting, where artistic differences and individualities represent inherent value.

In an art therapy group, you can experience a creative presence within a supportive community. This amalgamation of being alone with oneself while creating in the presence of others, sensitive and flexible spaces for visual and verbal encounters emerge. These can be utilized by you. Needs for closeness and distance can be freely shaped.

Once a familiar atmosphere can be established, it becomes possible to perceive oneself and others in a non-judgmental and accepting way, to support each other, to possibly feel understood and seen, to experience constructive group experiences, and to share with others.

You do not need any prior artistic experience. What and how you want to work can be discovered here. There is a wide selection of artistic materials available, and I can advise you based on my artistic experience.

During the group sessions, there will be time for verbal exchange and artistic work. The duration will be adjusted from session to session according to the group's needs and in consultation.

At the beginning of each session, we will speak to tune in to each other. This will be followed by a period for your creative work. Collaborative projects are also possible.

Then, there will be time to view the works created, with the opportunity to exchange thoughts on these and the experiences during the process. Works can be shown and/or discussed, or not.

We will conclude the session with a verbal closing round.



## Details of the Art Therapy Group Offer - Monthly

Participation may require an initial consultation free of charge, followed by a second consultation with a fee of €55.

The group will start with an evening session on a Friday from 6:00 PM to 8:30 PM. The following day (Saturday), the following day we will continue from 10:00 AM to 1:30 PM (with a break). Both sessions are designed to be a cohesive unit.

The maximum number of participants is 4. It's a semi-open group, meaning vacant spots will be filled as they become available. This will be announced within the group beforehand.

After the first session, you can decide definitively whether you wish to continue participating in the subsequent 10 mandatory monthly sessions until January of the following year. We will then enter into a contract.

If you decide to leave the group earlier, two sessions will be allocated for a farewell process after your announcement.

Cost: €140 (Friday and Saturday), including materials. Students, retirees, or those receiving basic income may be eligible for a discount. A cancellation fee of €70.00 will be charged for more than one cancellation within the period until January 2027. I look forward to hearing from you to arrange an initial consultation.





Praxis für Kunsttherapie  
Daniela von Waberer

**Here are the dates for the group sessions in 2026/27**

1. Februar 13/14 , 2026
2. March 13/14
3. April 17/18
4. May 29/30
5. June 12/13
6. July 3/4
7. September 18/19
8. October 9/10
9. November 6/7
10. December 11/12
11. January 15/16, **2027**