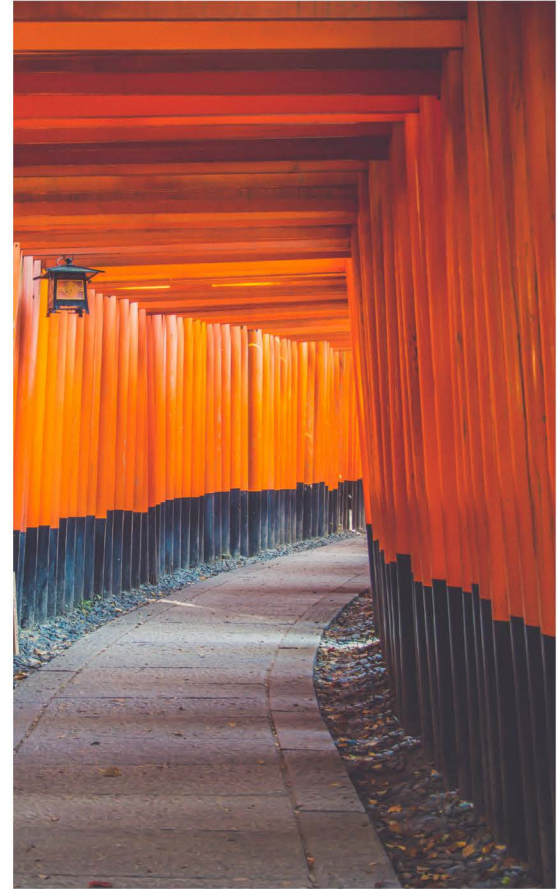


Making Art More Accessible

EXPRESSIVE ARTS THERAPY: A REVOLUTION IN PROGRESS

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About Art Babblers

Art Babblers is an initiative by Nitasha, with a purpose 'to make art more accessible' to the general population. It also aims at benefiting the mass with therapeutic values of art, supported by movement therapy, music therapy, poetry, creative writing, etc.

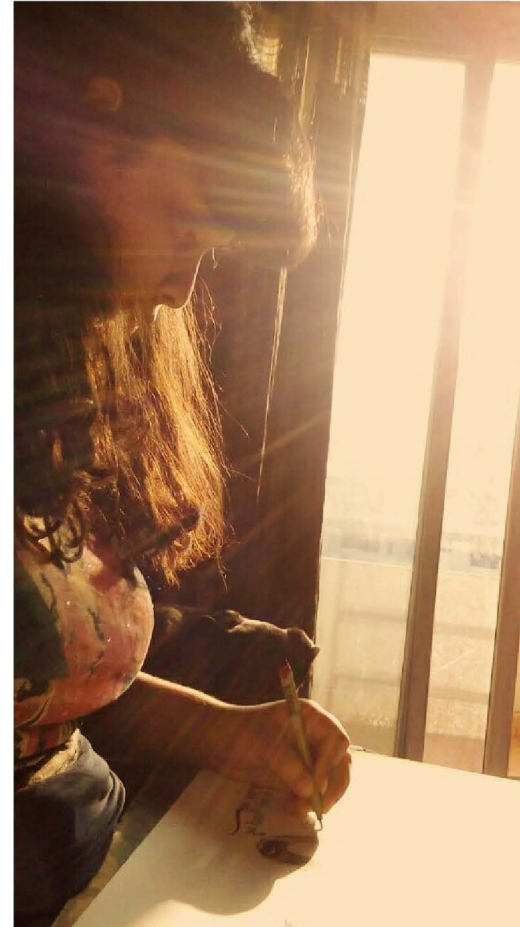
About Nitasha

Nitasha is a graduate from NID (National Institute of Design) Ahmedabad, with specialisation in Visual Communication - Graphic Design. With more than 8 yrs of experience in the industry, she has explored various fields of Visual Communication, ranging from prints to branding to UI/UX, with dedicated effort to her research and its practical applications.

She has conducted many successful workshops and sessions for kids and adults of various age groups. With a holistic goal to take art therapy beyond its conventional approach, she keeps developing new methods and modules.

Currently her new module focuses on

- Children with special needs (such as autism, learning disabilities, etc.)
- Parents/ Guardians of special needs children
- People at old-age homes



Mission and Vision

Art is free, so does it's therapeutic values.

The idea is to enable people to be benefited by the same in their day to day life.

Both in Crisis and in Celebration.

Make Art more Accessible

- across all age groups
- across all borders



Art Babblers' Journey at a glance

(Ahmedabad)
Started Project
Synesthesia as a
classroom project at NID

2010



2012

(Ahmedabad & Mumbai)
It was time to move
towards more practical
application of Synesthesia.
My choice was Art Therapy

(Bangalore)
Various Sessions and
workshops with adults, with
PTSD, anger issues, etc.

2013



(Ahmedabad) Various
workshops with kids at
schools and from nearby
slum area



2014

(Ahmedabad) Various
workshops with kids and
adults from residential
societies



2015

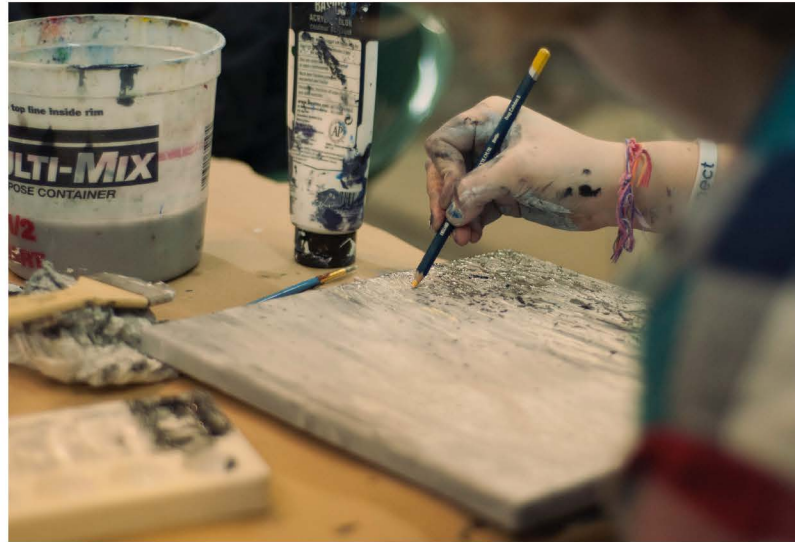
(Delhi NCR)
Various sessions and
workshops with children of
various age group



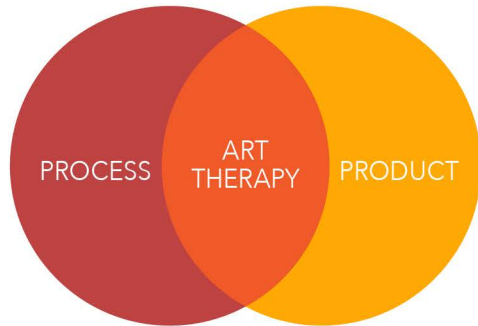
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What is Expressive Arts Therapy?

Expressive Arts Therapy is the use of art or music or movement or poetry, etc. for counselling, rehabilitation and health care. Of all mediums of expressive arts, Art Babblers holds its focus and base on art therapy with other mediums as supportive elements.



What is Art Therapy?



Art Therapy = Art Making Process + Product

It deals with both the process of Art making
and end result (not necessarily aesthetically sound)

"Art Therapy uses art media, images and the creative process and respects client's responses to the created products as a reflection of their development, abilities, personality, interests, concerns and conflicts. It is a therapeutic means of reconciling emotional conflicts, fostering self awareness, developing social skills, managing behaviour, solving problems, reduce anxiety, aiding reality orientation & increasing self esteem."

(American Art therapy Association, 2004)



Photos of
previous
workshops and
sessions





Future Goals

The sole purpose of Art Babblers has always been to help people. Art is a universal concept, that everyone can relate to. Every age group matters, when it comes to art therapy.

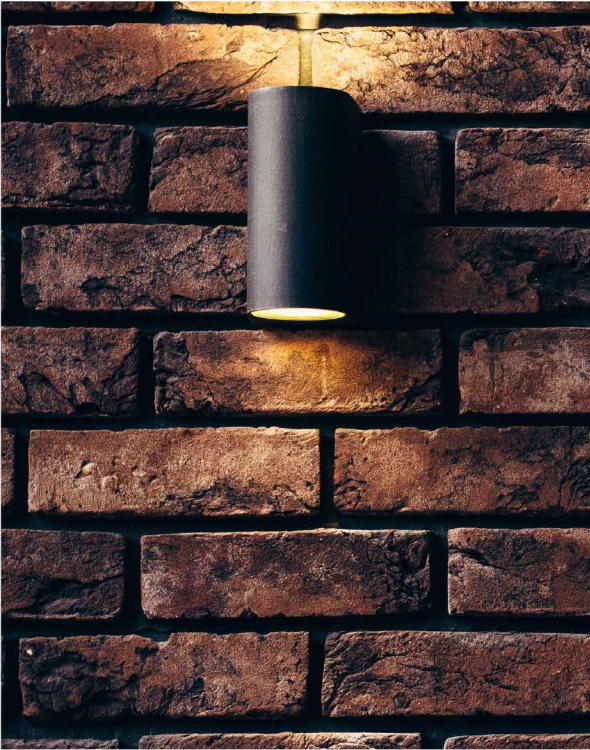
The future goals are

- to take the research a step ahead into the health care sector focusing on kids with special needs, people at old age homes, cancer patients, HIV patients, etc.
- to develop more modules with a scope for customization at an individual level, benefiting a greater mass.

Purpose

The purpose here is purely non commercial
facilitating a better social environment for the
selected target group.





Expectations from the organisation

- A group of special needs children and/or adults who can participate and be benefitted from the workshop.
- An exclusive interaction with teachers and parents of respective children, with a purpose to share different techniques which can be beneficial/facilitate them in the overall process.

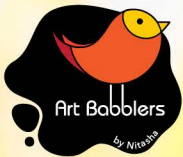
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APRIL 2018