

**Counsellor Care**  
**Nourishing Mind and Spirit Using Art as Therapy**

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Those who have suffered trauma may tend to see themselves as a target or victim and often believe that they are unable to move forward with their lives. However, today art therapy is well known as a successful therapy that may enable patients to heal whether in churches, hospitals, schools, rehabilitation centers, community clinics, and crisis centers. Art therapy is a practice that has integrated art and psychology whereby the creative process using different materials facilitates those in treatment to develop several skills such as self-awareness, explore emotions, address unresolved emotional conflict and for self-expression. Art therapy harnesses the power of expressing one-self and can prompt one to dig deep, express, and explore their inner self in new ways, such as release buried feelings, and express their true self, which may have been otherwise difficult. Counsellor care is an important and valuable component of being an effective helper and the profession requires counsellors to extend empathy amongst other skills to their clients, after listening to clients' challenges and emotional pain. Counsellors must guard against being emotionally attuned in-order to avoid distress. The focus of discussion will, therefore be on how art as a tool for exploring the benefits by sharing examples of past experiences of clients and basic skills that can be used. It is hoped that there will be an increased interest and uptake of art as therapy as a tool for supervision and for counselling.