



## Northern Michigan Art Therapy Services



Art Therapy is a the therapeutic use of the art making within a professional relationship, by people who experience illness, grief and loss, trauma or challenges in living and by people who seek personal development.

Barbara McIntyre, PhD; ATR-BC, LPC is a board certified art therapist, Licensed Professional Counselor who has specialized in grief and loss issues for people of all ages. She has received honors for providing compassionate counseling and therapy. She has consulted with Hospice program and school districts to provide credible art therapy services to hope others cope with life transitions including; illness, death, divorce and trauma.

My approach with you is to guide you toward health and wellness through uncovering your personal strengths and potentials. As a clinician with over 25 years of experience, my method in therapy is one that honors the human spirit and uses cognitive, developmental and creative interventions that are unique to each individual. Mindfulness and art therapy are often used to help you increase self awareness, cope with symptoms, stress and traumatic experiences; and lead you toward more enjoyment in your life. Family and relationship sessions are sometimes incorporated for greater wellbeing when there is mutual agreement between therapist and client. With the skills, license and certifications to utilize art therapy, trauma interventions, cognitive and developmental methods, I provide faster healing and greater potentials with my clients.

### Service Population:

- ◆ Eligible clients are enrolled members of The collaborating tribes and members of other federally recognized, State recognized and Canadian tribes residing in the project service area, as well as Non-Native family members and descendants
- ◆ Male & Female
- ◆ Adults and Adolescents (12-18)



### Contact Information:

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### Care Categories/Services

#### Offered:

- ◆ Outpatient
- ◆ Individual Counseling
- ◆ Group Counseling
- ◆ Family Counseling

#### Level of Care:

- ◆ Outpatient
- ◆ Employment
- ◆ Education
- ◆ Peer Support
- ◆ Relapse Prevention

### Qualified to Treat:

- ◆ Life transitions; grief, loss, trauma and illness  
Depression, anxiety and stress management
- ◆ Children and adolescents Art Therapy
- ◆ Mindfulness Consulting Workshops
- ◆ Staff Retreats

### Region Where Located:

- ◆ Northern Lower



**“Choose Recovery”**