

ADHD DONE DIFFERENTLY PARENT/CARER GROUP



Monday 23rd September 2024

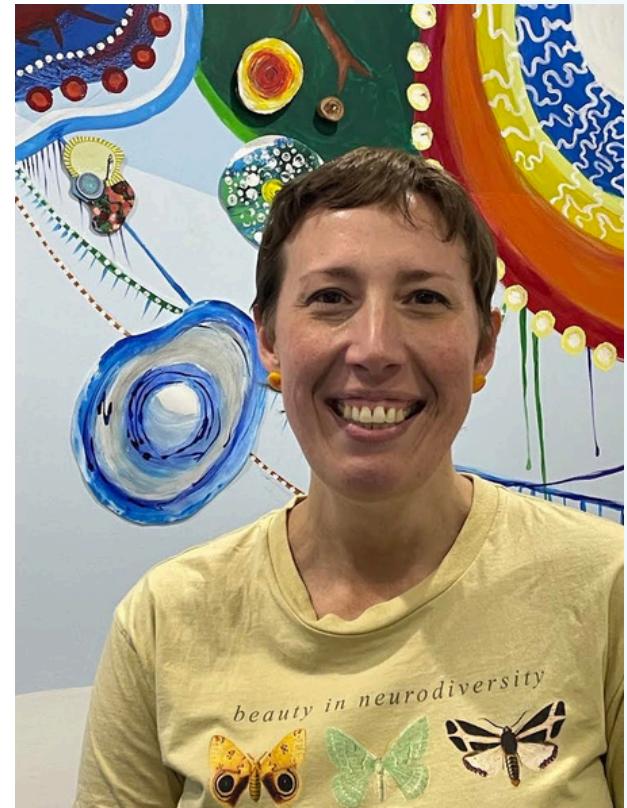
7:30 – 9:00pm (ONLINE)

Miriam Saines

Miriam (she/her/they/them) is a Masters trained, professionally registered Art Therapist with the Australian and New Zealand Arts Therapy Association (ANZACATA).

ANZACATA defines art therapy as "an experiential psychotherapeutic approach utilising many creative modalities within a therapeutic relationship with a trained therapist. It is holistic – attending to emotional, cognitive, physical and spiritual well-being – and aligns well with Indigenous models of health and well-being."

Miriam is a late-diagnosed AuDHD art therapist who has multiply neurodivergent children and family members. She is passionate about working with neurodivergent clients of all ages and backgrounds. She works from a strengths-based, neurodiversity-affirming framework and brings a wealth of knowledge and experience, both lived and professional, to her work.



Miriam will talk about what art therapy is and how it can support our ND kids. She will discuss the importance of finding allied health professionals who are neurodiversity affirming and what neurodiversity affirming art therapy looks like. Miriam will also explore how we can support our ND kids at home with art making and creative expression.



Book your FREE ticket now!

CONTACT US

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