

# **Art:** A Non-Verbale Communication Tool

A practical guide for the Speech and Language Pathologists



# What We Will Cover Today:

- ▶ What is art therapy?
- ▶ How It works
- ▶ What's your goal
- ▶ Special Cases:
  - Art and children
  - Art with Adults
  - Art with the elderly
  - Art and trauma
  - Art and mental illnesses
- ▶ 3 Art Exercises You Can Use Today
- ▶ Live Q&A





“Hi! I’m Noorah.”

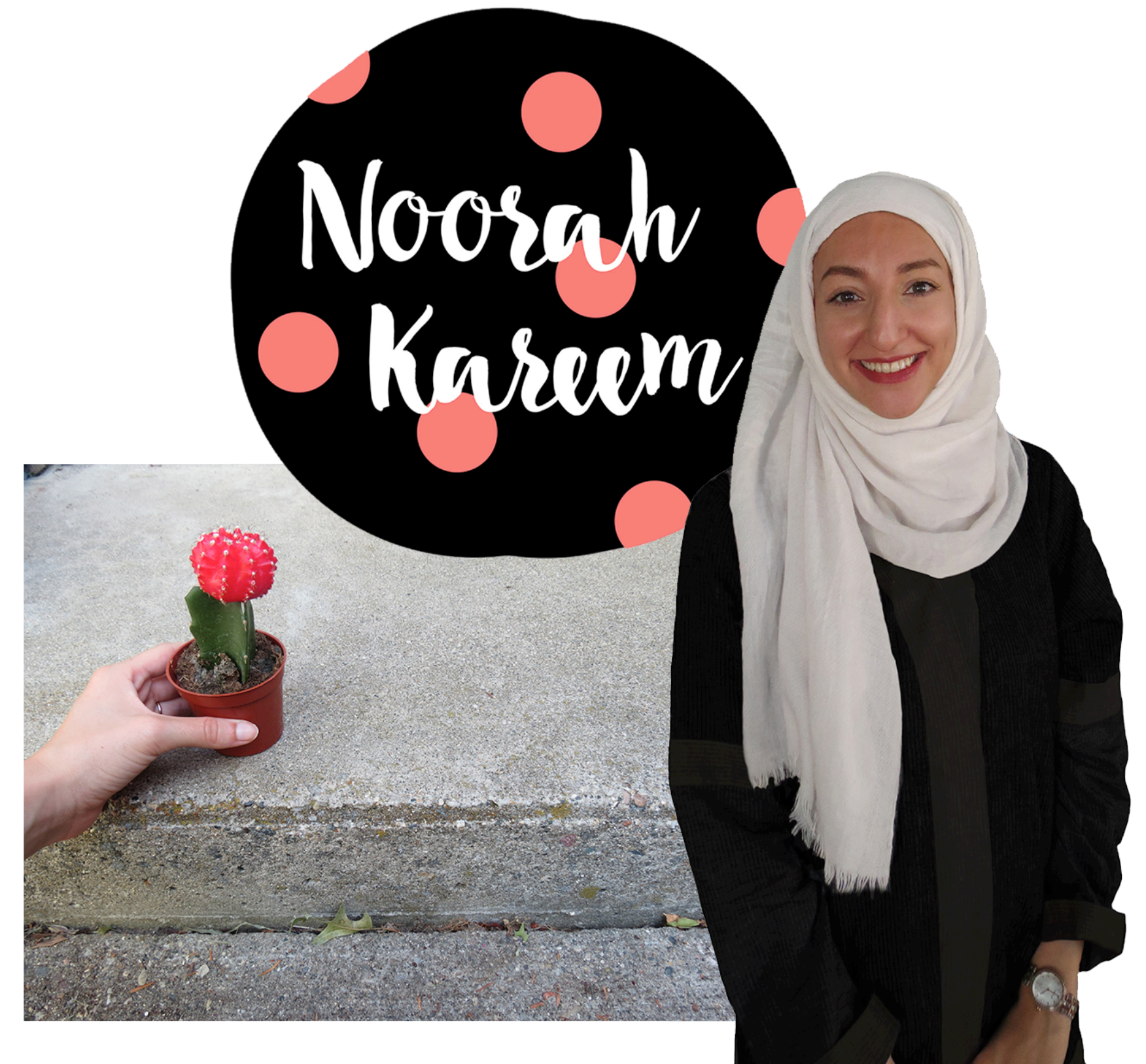
## Art Therapist . Communication Specialist . Coach

Noorah hasn’t always been good with words. Which is the reason she went into art therapy. It gave her a tool to express herself. A tool she could help others do the same with as well.

Since then, she worked with clients from all over the world, helping them go back to the core, re-finding themselves, and rebuilding their identity in every stage of life.

And because she’s a bit of a nerd when it comes to learning, she also became a coach specialized in Conversational Intelligence, Emotional Intelligence, Narrative Coaching, Group Coaching, Pearman Personality Indicator, and a Type Coach Professional.

With 8+ years in human development, she now bounces between working 1:1 with clients, and between working with organizations to support them to elevate their communication systems, create trust, and cultivate a culture of group leadership.







Art Therapist



Coach



# Noorah's Certifications



Intensive Group Coaching





What is art therapy?

ما هو العلاج بالفن التشكيلي؟







or

**Black Cat**







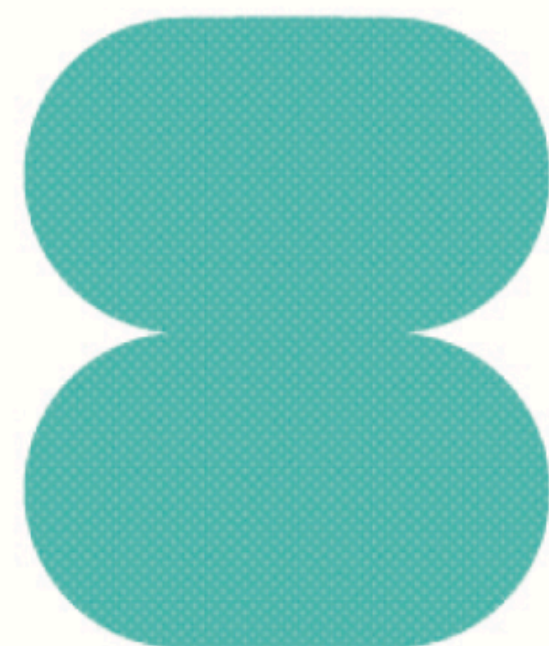
ماذا ترى؟

What do you see?



ماذا ترى؟

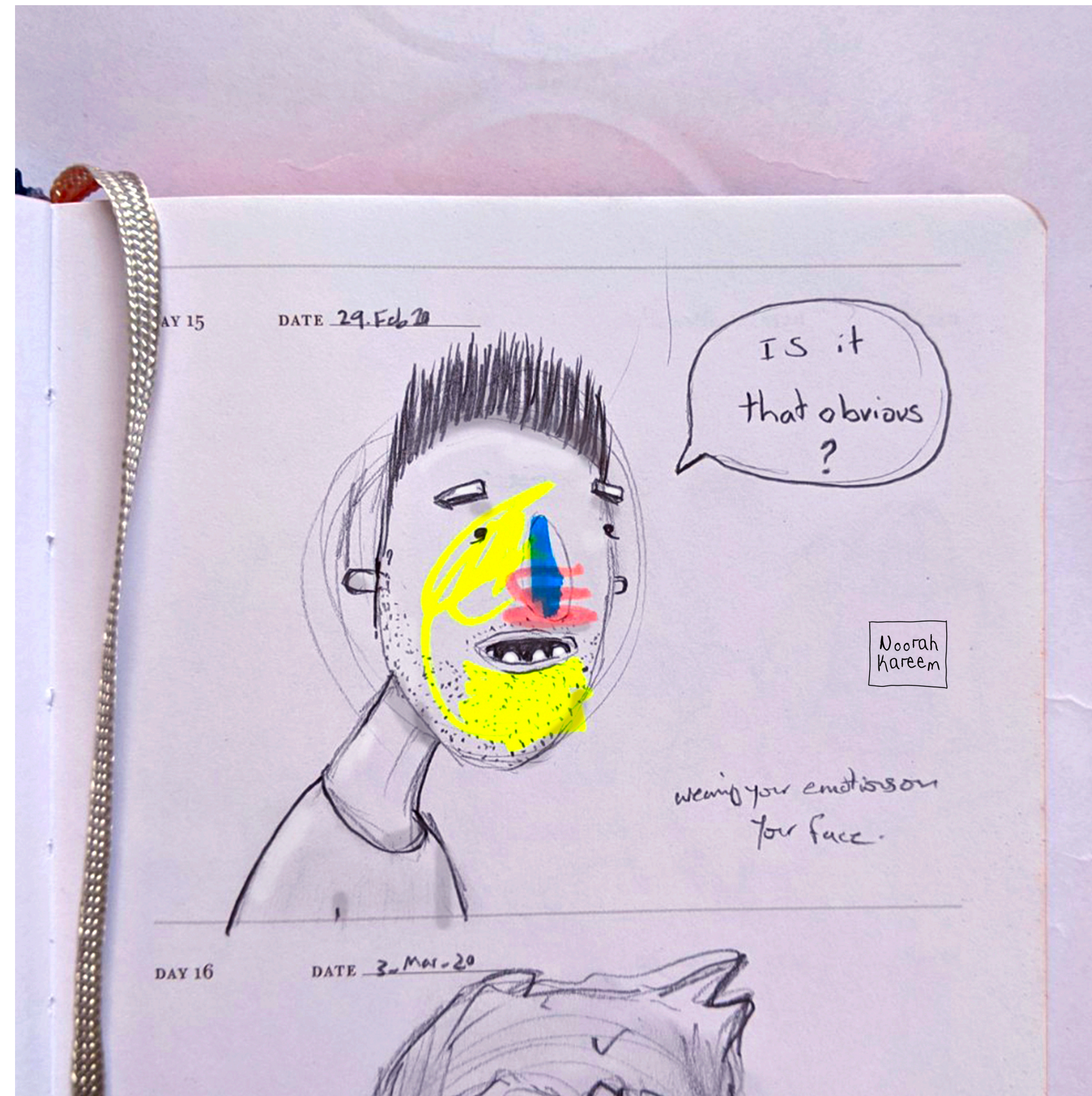
What do you see?





**My inner-word**







**Art therapists are real therapists.**

They study psychology and art therapy before being qualified to practice.



@noorahkareem

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# Some Benefits

- ▶ Give voice to experiences and feelings not easily expressed in words
- ▶ Relax and de-stress
- ▶ Develop self-awareness and self-esteem
- ▶ Work on social skills
- ▶ Manage behaviours and/or symptoms
- ▶ Solve problems by looking with a different perspective.



# How it works





# Two Rules



1 ← There is no right or wrong way

ما في صح وغلط

2 ← It's not about creating a "pretty" picture

الهدف مو انهم يكونوا صورة حلوة

# Breakdown

1-



2-



# The Goal

1- Expressing-exploring-healing

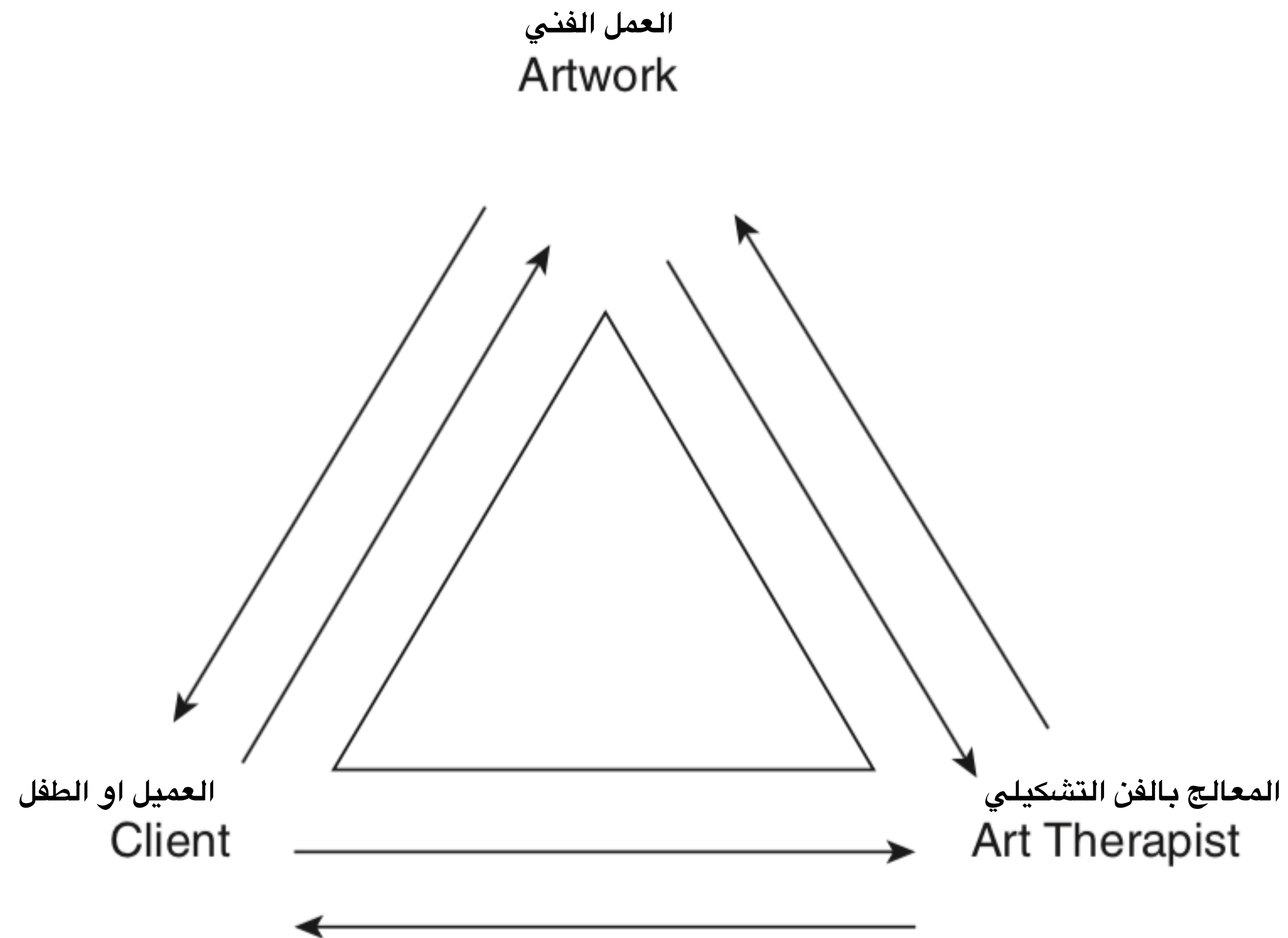
يطلع الي في قاعد يدور في داخلة

2-A chance for a dialogue

فرصت حوار







# Special Cases



# With Kids

Give Them Words  
يعطيهم كلمات

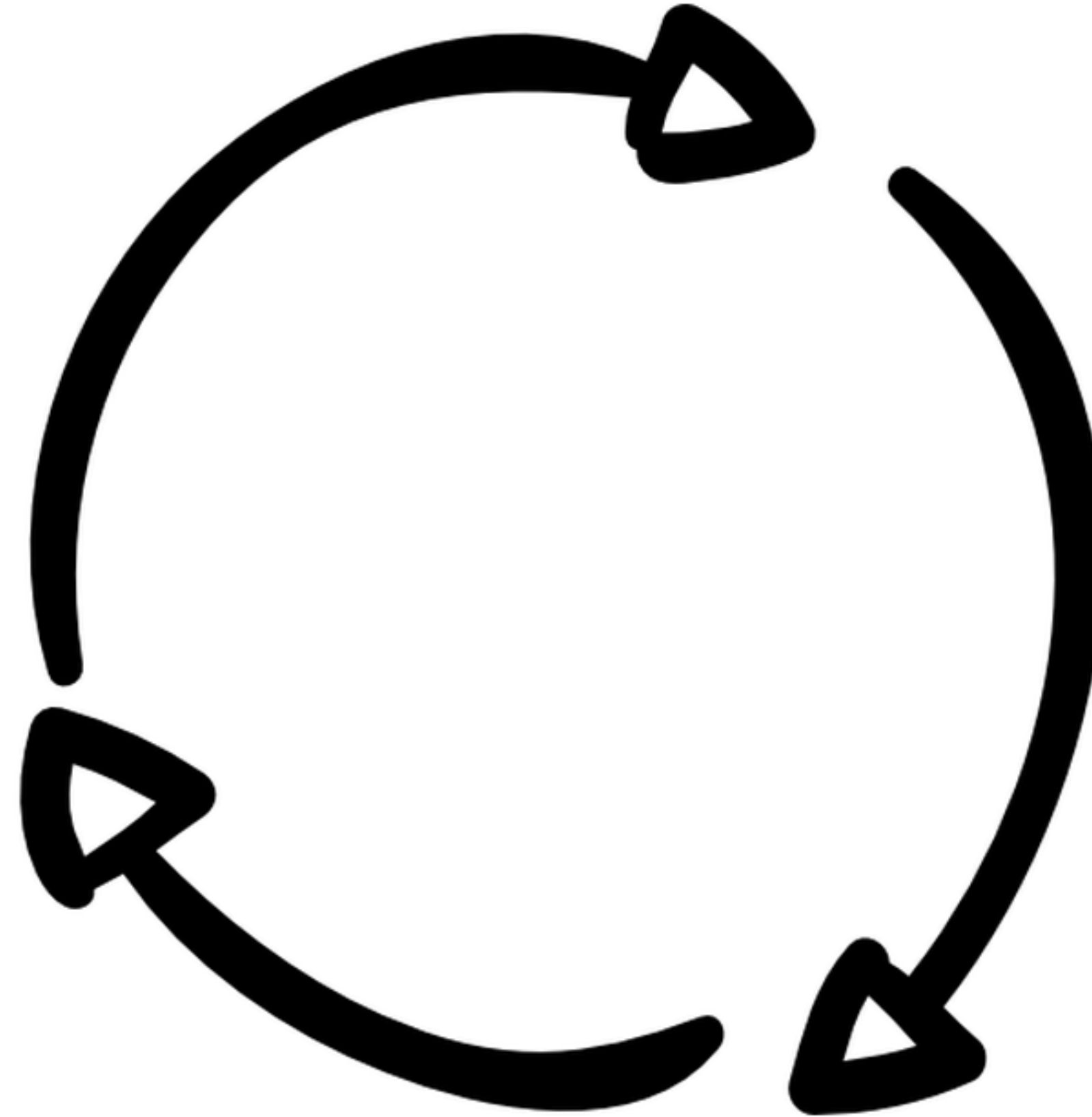




# With Adults

"I'm okay.."  
"ما فيني شئ...."





# With The Elderly

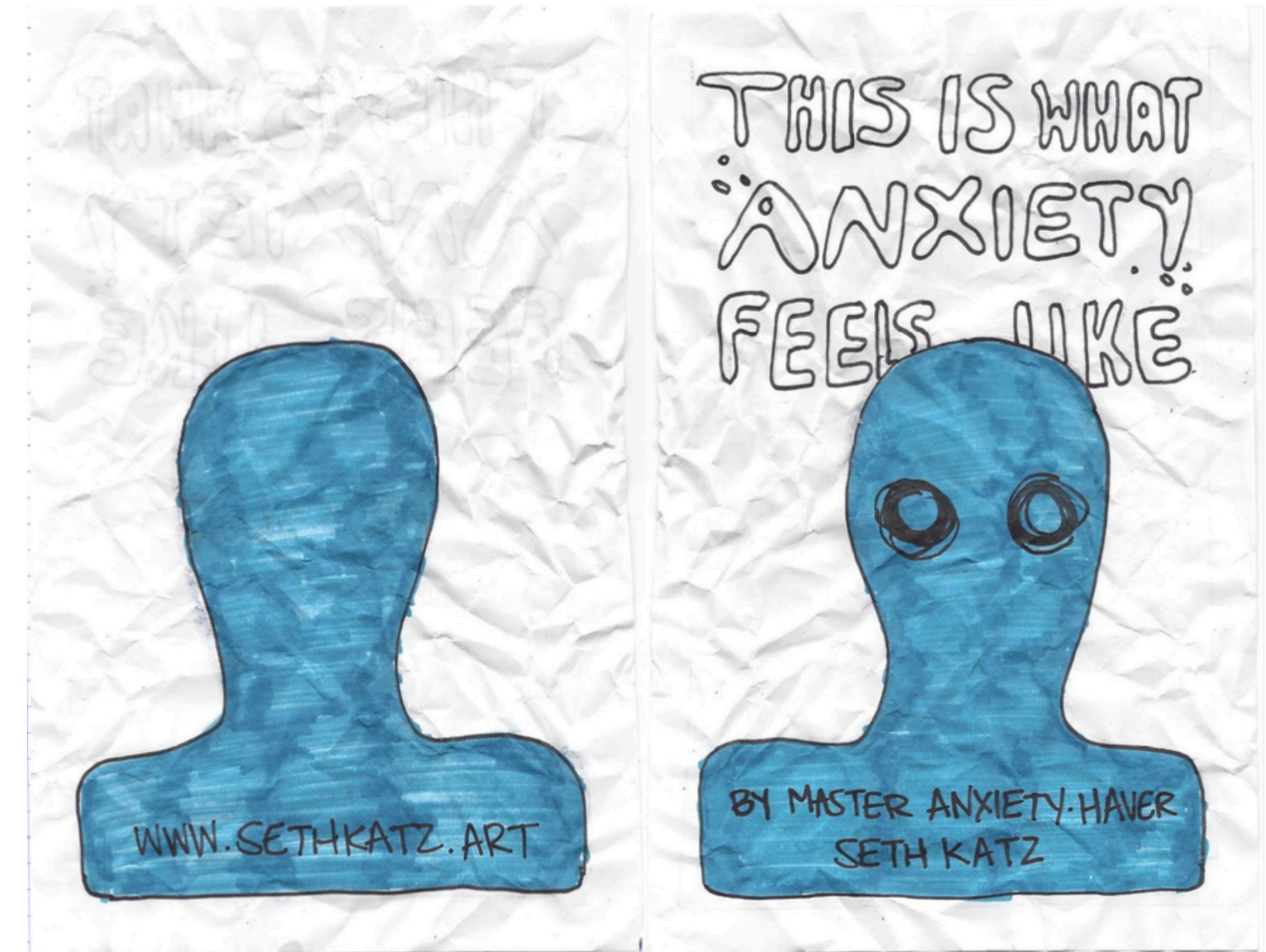
Supporting through the changes...





# And Trauma

Safe space to work through the hard changes



# And Mental Illness

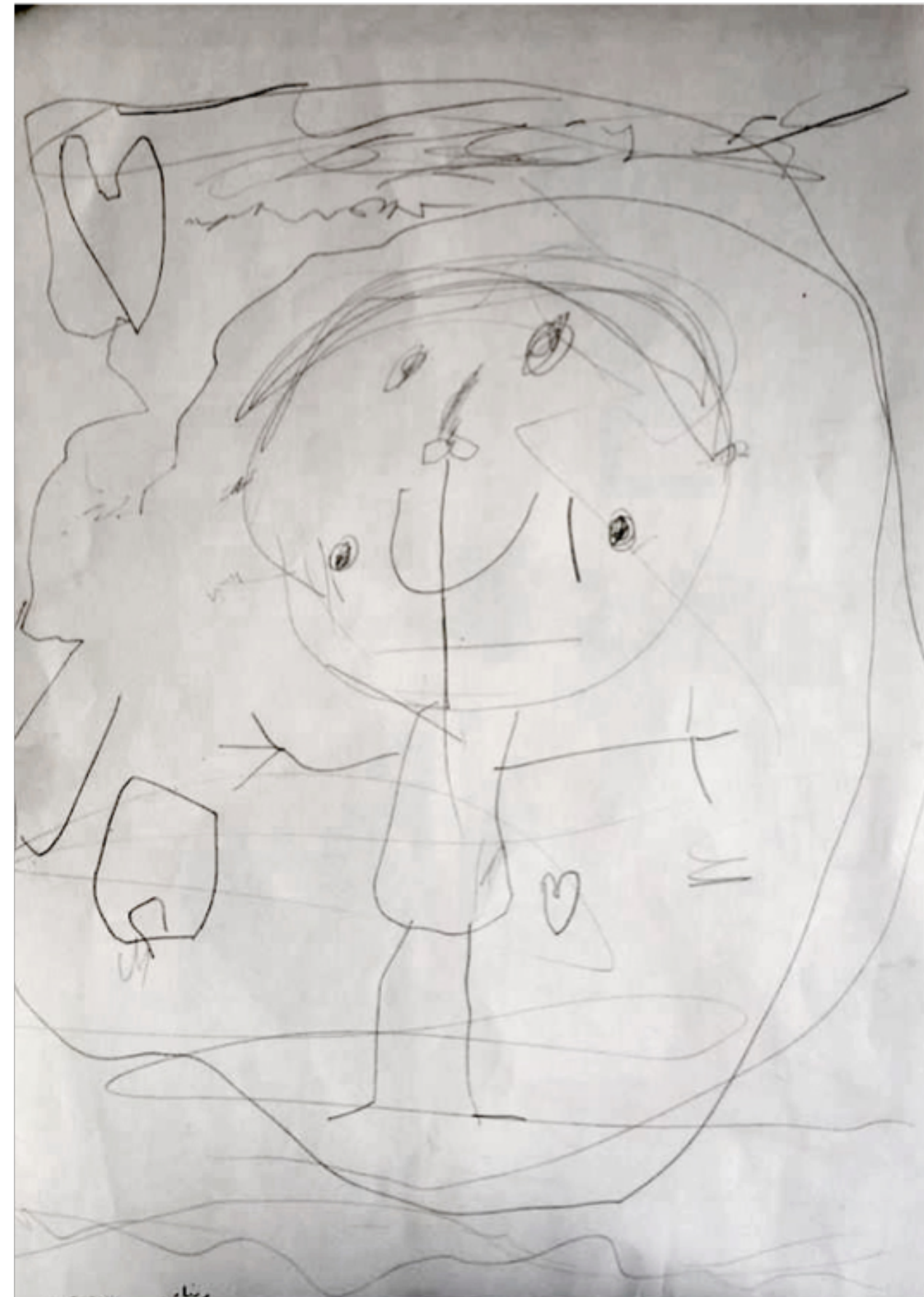
Sensory, expression, language,  
communication...





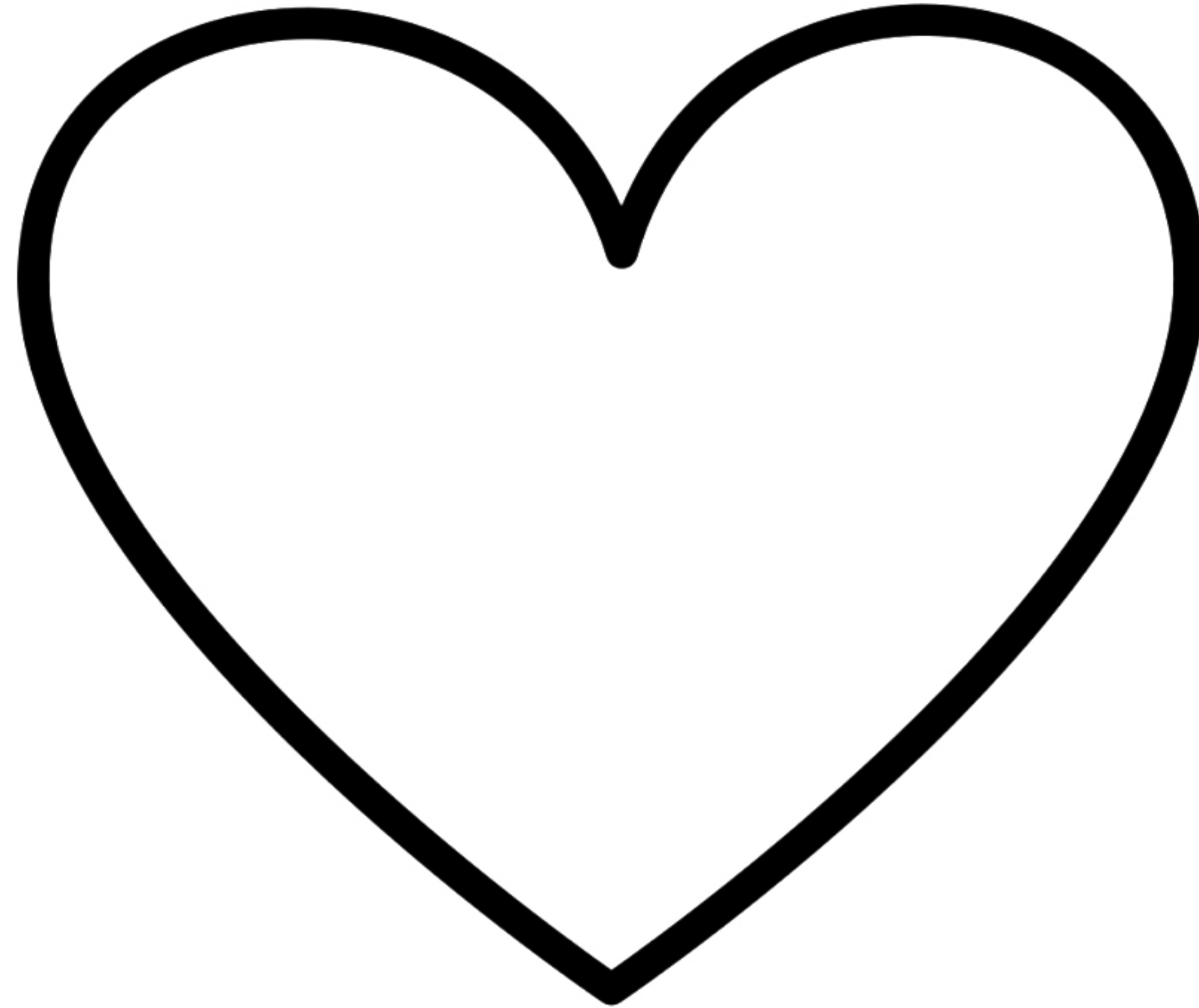
# 3 Tools

# 1- Free Expression



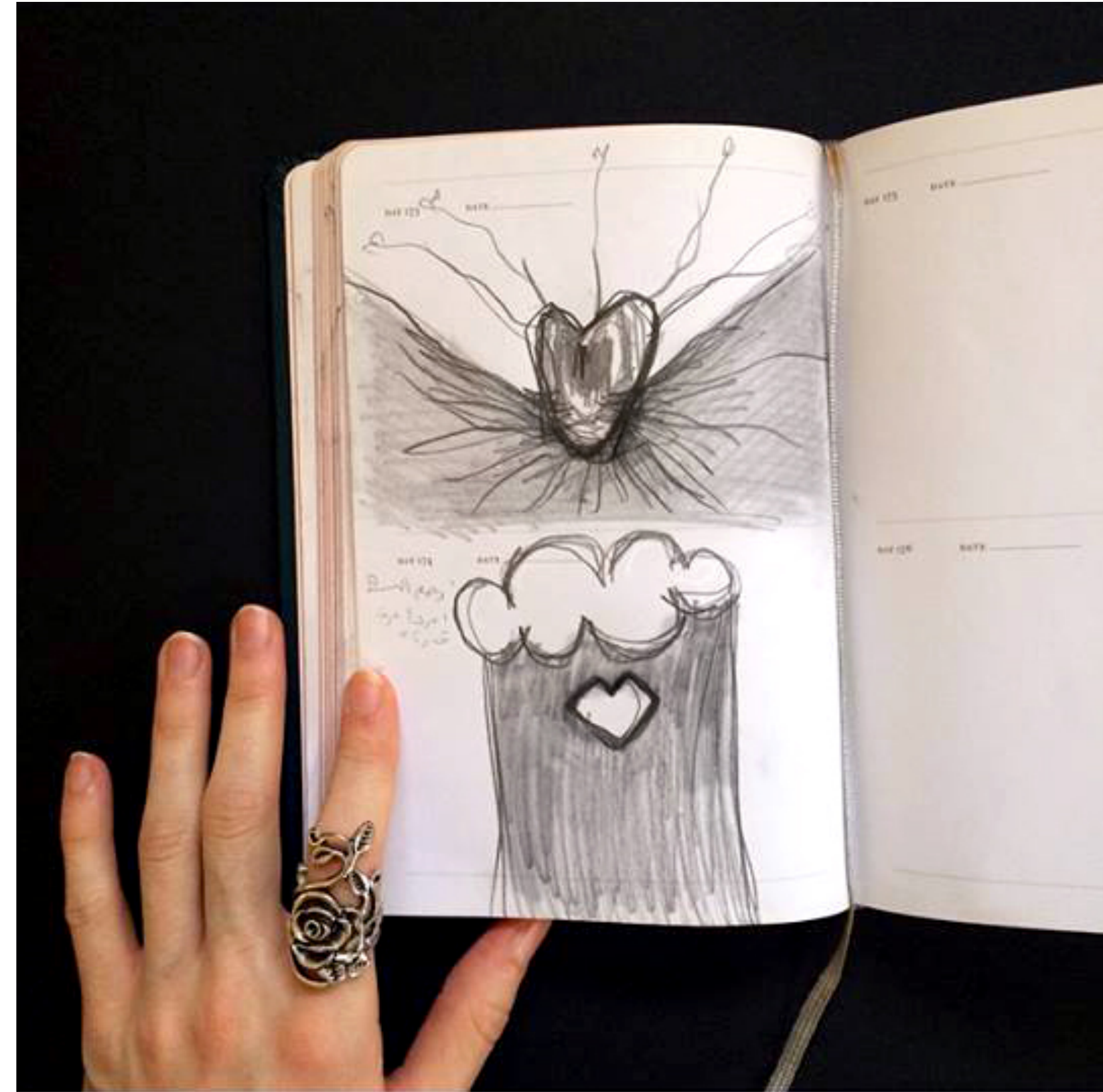
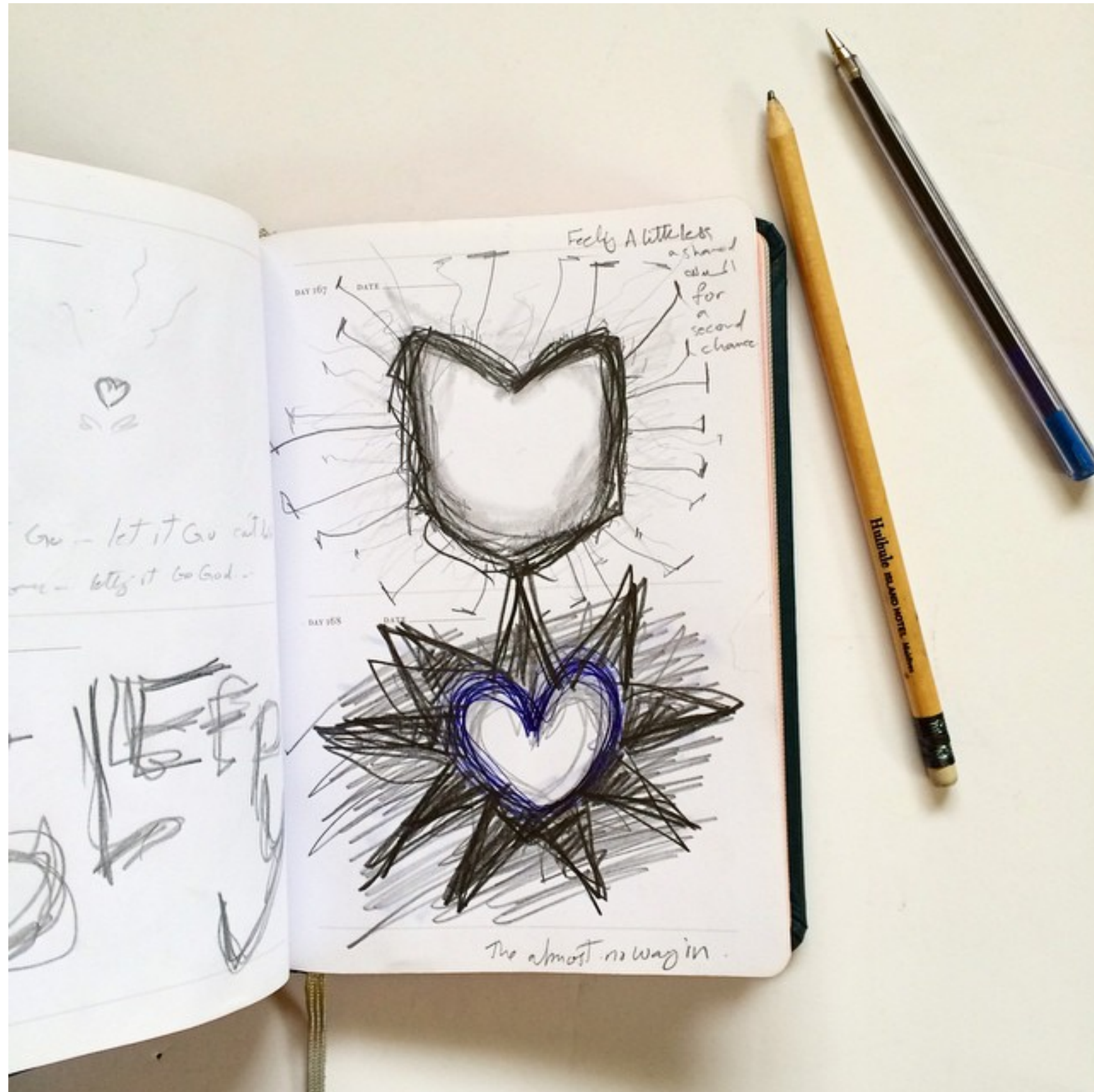


## 2- Your Heart



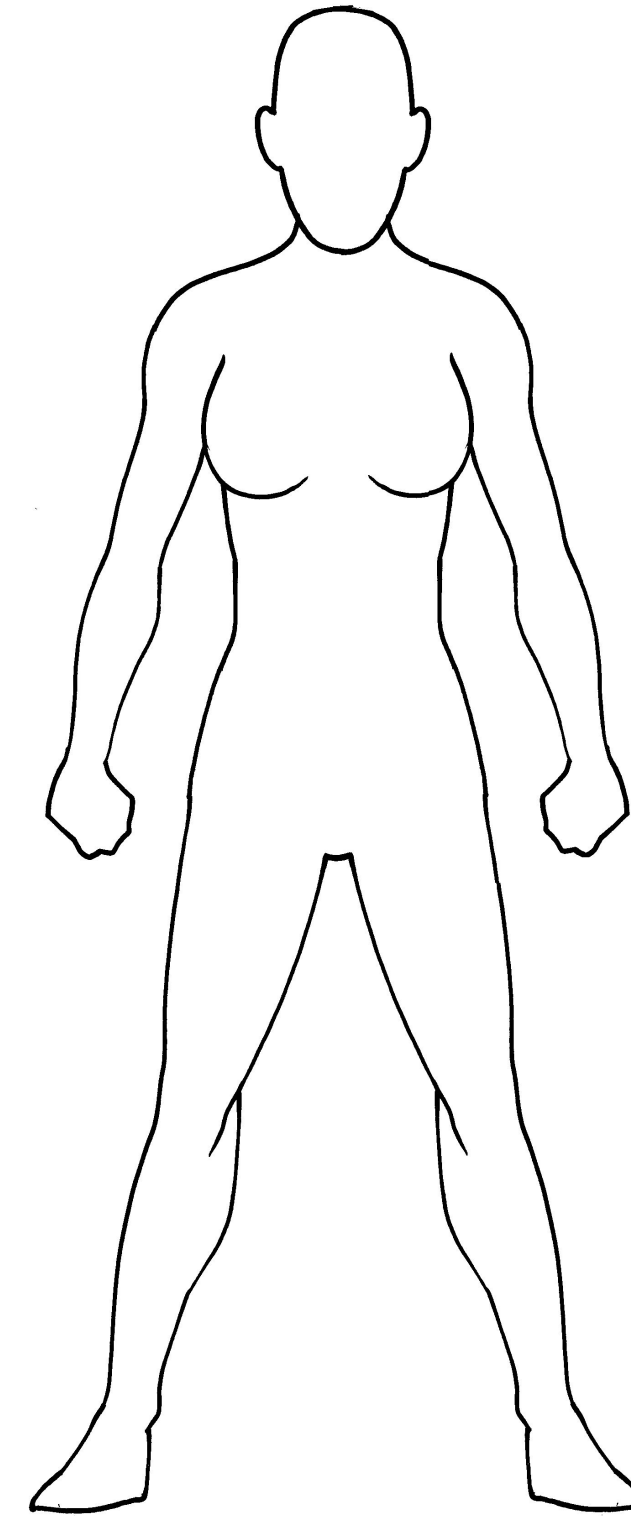






@noorahkareem

### 3- "Me As A Superhero"





Thank You For Being here

**in**  @noorahkareem



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