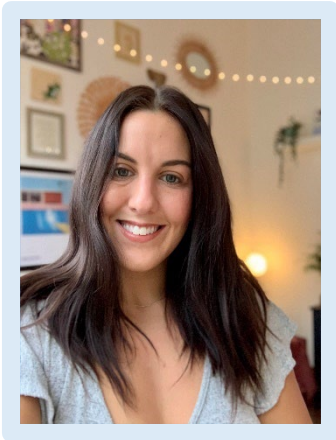


MAREAS

Comprehensive Therapeutic Services for Children & Families



LAUREN BOWERING, RP(Q) **Art Therapist**

Lauren is an artist and art psychotherapist living and working in Hamilton Ontario. She completed her Bachelor of Fine Arts degree from OCAD University and Art Therapy training from the Kutenai Art Therapy Institute based in Nelson, BC.

The heart of her practice is believing that the client is the expert of themselves. Lauren's working principles are that everyone has the answers within themselves, and that the role of an Art Therapist is to use innovative tools, along with creative expression, to help you find those answers. Using a client-led and strength-based approach, Lauren will help you build on your strengths and help develop your sense of confidence and identity, so you feel ready to take on any problem that comes your way.

Lauren's practice is trauma-informed and rooted in mindfulness, giving space and attention to the connection with the body. I believe both the client and therapist bring wisdom, creativity, and insight into the art studio. Together, we co-create a therapeutic relationship.

In her spare time, Lauren enjoys painting, walking her dog, hiking, and connecting with friends and family!

“Art is the meeting ground of the inner and outer world.” — Elinor Ulman