



Karen Freud
PSYCHOTHERAPY
ART THERAPY



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ART THERAPY

Online Therapy Clinic for Adults in Ontario

Find Relief from Anxiety, Stress, Mood Challenges and More

Support for:

- anxiety
- stress
- life changes
- general life challenges
- issues related to aging
- improving self-esteem
- boosting confidence
- addiction healing aftercare
- chronic illness
- ...and more

416-878-0256
karen@karenfreud.com
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In-Person Contracted Services
Available for Community
Agencies in Toronto

416-878-0256
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Psychotherapy
Art Therapy
Clinical Supervision
Workshops

Karen Freud
RCAT, OATR, RP
Registered Psychotherapist
Registered Art Therapist

www.karenfreud.com

What is *Art Therapy?*

Art therapy (or art psychotherapy) is a mental health profession that combines the creative process and psychotherapy. Art therapy involves incorporating art materials and artmaking (and sometimes other creative means) to help individuals of all ages express, explore and work through their feelings, thoughts, and experiences.

Online Clinic Services

Individual Psychotherapy

Individual Art Therapy

Clinical Supervision



For Community Organizations

Art Psychotherapy

- To address emotional challenges
- To reach therapeutic goals

Therapeutic Art for Wellness

- For general well being
- Stress relief, self-care

Workshops

- Customized themes
- For insight or learning

Let's explore how we can collaborate

Karen Freud

Registered Psychotherapist
Registered Art Therapist



Curious, conversational, open-minded, compassionate, flexible, easy-going, and very patient, I strive to create a nurturing space where you feel safe, heard, and accepted.

Free consult calls to learn how I can help you.

Low cost trial session available for new therapy clients

Contact your insurance provider to inquire about full or partial coverage for psychotherapy