

Milestones Resilience Care

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Art Therapy

Art therapy can be a powerful tool for individuals recovering from traumatic experiences. Through the creative process, art therapy can help reduce anxiety and depression, promote emotional processing and control, and provide a non-verbal outlet for communication. Art therapy sessions can create a safe and supportive environment for individuals to express and process their emotions.



Noel Simmons, LCP, ATR, (Licensed Counselor & Art Therapist)

As a Licensed Professional Counselor and Registered Art Therapist, Noel Simmons is dedicated to helping trauma survivors recover from trauma. With her background as an artist and licensed psychotherapist, Noel utilizes the power of art as a catalyst for healing. As clients open up, they can imagine feeling compassion for themselves and ease into a deeper understanding of the mind-body connection. Through this process, Noel helps individuals refill their toolbox with new coping skills that encourage calm, compassion, and acceptance.

Noel offers an accessible and therapeutic approach to help clients move towards a feeling of wholeness. She understands that life's intense challenges can leave individuals feeling broken, stressed, anxious, and depressed. By untangling thoughts and behaviors that contribute to these feelings, Noel can help individuals overcome their struggles. With over 15 years of experience as an educator and administrator in art and children's museums, Noel has a unique understanding of how art can help individuals feel seen and heard.

Her holistic approach helps individuals relax and release tension, allowing them to focus on their inner selves. For individuals who have survived traumatic experiences and are looking to overcome their lasting impact, Noel is the perfect guide on their journey to healing.

To learn more about art therapy, better understand how art therapy can play a role in your healing journey, or to schedule an appointment, you can contact Milestones Resilience Care at 719-255-6453.