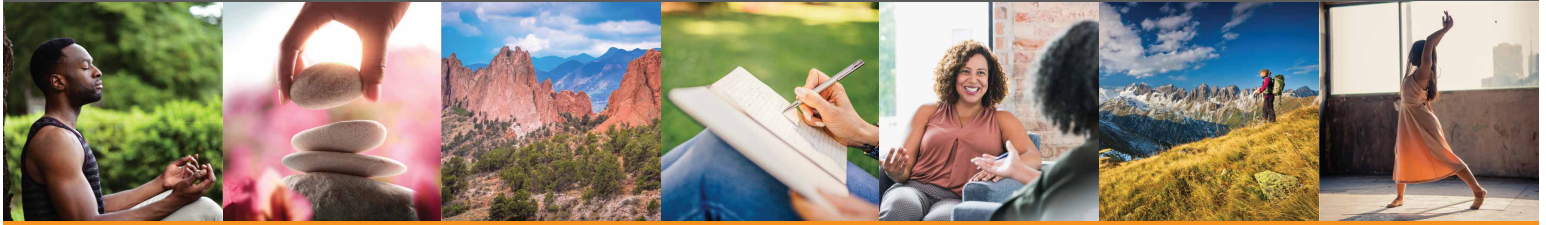


Milestones Resilience Care

4863 N. Nevada Avenue, Suite 421
Colorado Springs, CO 80918
719-255-6453



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.



Rachel Cimino, LPC (Licensed Counselor & Art Therapist)

Rachel is a Board-Certified Art Therapist and a Licensed Professional Counselor in Colorado with over 12 years of experience in the mental health field. She earned her Master of Professional Studies in Art Therapy and Creativity Development from Pratt Institute in 2013. Since then, Rachel has worked in hospital and school settings for five years in New York City before relocating to Colorado, where she continued working in a hospital setting and later transitioned into private practice in 2023.

Art therapy is for anyone seeking help, support, and personal growth—especially when words feel inadequate. No prior art experience is required, and clients do not need to consider themselves “good” at art. Instead, art is used as a tool for self-reflection, allowing individuals to access their creativity in support of their overall wellbeing. Through this process, clients can explore their sense of self, develop coping skills, and receive meaningful support in a way that feels accessible and empowering.

Rachel approaches therapy with a collaborative and compassionate mindset, tailoring each session to meet the unique needs of the individual. Her goal is to create a safe, supportive space where clients feel encouraged to explore, reflect, and grow at their own pace. By integrating creativity with evidence-based counseling practices, Rachel helps clients move toward greater self-understanding, balance, and a renewed sense of control in their lives.

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.