



Artful Warrior

LEE AGIUS

Who is Artful Warrior?

Lee Agius is Artful Warrior. Lee is a qualified Creative Arts therapist, Visual Artist, Mental Health and Disability Practitioner who has worked professionally in clinical and community settings with individuals and facilitates group workshops. Lee is also a qualified yoga instructor and can include mindfulness techniques and meditation into her sessions.

What is creative arts therapy?

Creative Arts Therapy offers a nonthreatening way for children, adolescence and adults to express their inner feelings without any need to be artistically proficient. Combining psychotherapy with creative media can offer a support system that strengthens coping skills and a sense of self to explore challenges and issues in life both on an individual basis and within the promotion of group wellbeing.

How will it benefit you?

Lee focuses on you in a non-judgemental, confidential and safe space to explore your goals, your strengths and your challenges. Lee can also help you achieve new skills, assist in the progression of creative ideas through mentoring artists and provide access to a means-to-create.

Who is eligible? And how much does it cost?

Anyone is eligible for an individual or group session. If you have an NDIS plan, a service agreement will outline the ways Lee will work with you to achieve your goals by including Therapeutic Supports into your NDIA plan. The price per session will be stimulated by the NDIS structure of fees. Individual and group session can be held at the private studio in Deer Park or sessions can be facilitated at a common space including home outreach.

Otherwise individual private sessions cost \$150 per hour and group sessions also cost \$150 per hour including \$150 for planning new workshops.

Group workshops will have additional fees associated for art materials.