



institute for therapy through the arts

**WHEN WORDS ALONE
ARE NOT ENOUGH**

WHO WE ARE

Founded in 1975, the Institute for Therapy through the Arts (ITA) is one of the few community-based, comprehensive Creative Arts Therapy programs in the United States. ITA therapists, all of whom are fully credentialed in their respective fields, work from a strength-based approach to design clinical arts-based interventions for individuals and groups who have psychological, physical, and developmental needs.

We offer the following services:

Art Therapy

Dance/Movement Therapy

Drama Therapy

Music Therapy



WHAT IS CREATIVE ARTS THERAPY AND HOW DOES IT WORK?

Creative Arts Therapy uses arts to promote emotional, cognitive, psychological, neurological, social, and physical integration of the individual, group and/or community for the purpose of improving awareness, health and well-being. Unlike traditional talk therapy, ITA offers individuals of all ages the opportunity to explore challenges in their lives in a non-threatening, non-judgmental environment through art, dance/movement, drama, and music. Creative Arts Therapy can be particularly effective for those who cannot – or choose not to – use words to express themselves. Skills or experience in an art form is not necessary for the therapeutic process.

Creative Arts Therapy supports individuals who are living with a range of psychological, physical, and developmental needs, including:

acute and chronic
mental illness

aging complications

anxiety and depression

brain injury

cognitive impairment and
developmental delays

communication
disorders

emotional and
behavioral disorders

grief and loss

learning disabilities

memory

neurological disorders

physical limitations

self-identity and
self-esteem

sensory processing
disorders

substance abuse

trauma

WHO WE SERVE

Individuals and families: ITA works with individuals of all ages, from infants to older adults. Sessions generally take place in our Evanston clinic, but in-home and virtual sessions can be considered. ITA therapists tailor their treatment plans to meet the needs of each client. We also create therapy groups in which clients address their needs in a collaborative environment.

Schools: ITA serves children in educational settings from pre-school to high school in both public and private schools, therapeutic day schools and alternative high schools. Our therapists work in mainstream and self-contained special education classrooms and can work with individual children in school as part of their Individualized Education Program (IEP). ITA therapists are also available to co-treat with other professionals who work in educational settings, including social workers, occupational therapists, and speech-language pathologists.

Community-based organizations: ITA provides Creative Arts Therapy to hospitals, assisted living centers, residential communities, adult day vocational and workshop programs for individuals with neuro-developmental disorders, child welfare agencies, healthcare and wellness facilities, and more. We offer individual and group therapy sessions in these settings, and our ITA therapists can co-treat with other professionals who work in community settings, including physical therapists, psychologists, and physicians.

HOW TO GET STARTED **Getting started with ITA begins with a phone call to our office.**

For **individuals**, we will schedule an Intake meeting which provides an opportunity to engage in art, dance/movement, drama, and music with a creative arts therapist. The purpose of this intake is to identify the Creative Arts Therapy program which will best address the client's needs.

For **schools** and **community organizations**, a partnership begins with a discussion with ITA management. An assessment of needs is conducted, and, through a collaborative approach, ITA recommends a creative arts program that best meets your school or organization's expectations, needs, and goals.



CONTACTING ITA



To learn more, contact info@itachicago.org or 847.425.9708.



To start the intake process, contact intake@itachicago.org.

BILLING AND INSURANCE

We accept several forms of payment for services at ITA.

Self-pay: ITA offers a flat rate per session.

Insurance: Our services may be covered by your health insurance. Please contact our office and your insurance company for more information.

Sliding scale: For individuals who are experiencing financial hardship, ITA offers financial assistance based on need.

www.itachicago.org
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