

How does a child cope with a distressing family situation?

Or being bullied?

How does a child manage his anxiety?

Or find a way to learn how to focus and enjoy school?

*Discovering
the healing power of
creative expression
can be life-changing!*

Witness how the arts in therapeutic practice will enhance the physical, mental, emotional and social well-being of your child.



My Services

1. EXPRESSIVE THERAPIES: Healing through the arts and play for children with a wide range of challenges. A non-clinical approach to psychotherapy.

2. LEARNING IN MOTION: A cutting edge program for elementary and middle school children who are seeking remedial help or are having learning challenges.

About Me

My love for children and my experience with the magical ability of the expressive arts to help them grow and cope with life's challenges inspire me to facilitate this powerful therapeutic process. Using an integrated strengths-based and child-centered approach, I lay great emphasis on the quality and nature of the therapeutic connection with my client. I continue to witness that a child possesses the inner wisdom to find their own unique way to balance and emotional well-being. I am warm, empathic, occasionally comical, and passionate about my life's purpose. Working briefly as a school teacher, I had great success in introducing an innovative approach to helping children with learning challenges. This evolving and unique body of work, a synthesis of Expressive Therapies, elements of brain gym, martial arts and waldorf education, I am now introducing to the schools of Greater Victoria.



SOPHIE VON HERRMANN
Expressive Arts Therapist B.Ed. M.A.

Sophie is a school teacher
and a professional member of the
BC Art Therapy Association.

VICTORIA EXPRESSIVE THERAPIES



Helping children heal in ways
that are natural to them

SOPHIE VON HERRMANN
Expressive Arts Therapist B.Ed. M.A.

250.710.7047
sophie@victoriaexpressivetherapies.ca
VictoriaExpressiveTherapies.ca

EXPRESSIVE THERAPIES

Expressive Therapies is an established health service using the creative arts in counselling. Using visual art, drama, music and movement it allows for self-exploration and communication. Working directly with our senses and emotions, this non-verbal and experiential process is particularly effective with young children. Children can explore and transform their inner world in ways that are natural to them, through the arts and play.

My Work

My work with children typically addresses the deeper experiences and emotions that may be underlying current challenges. By engaging creatively, the child can reveal and begin to move through inner conflicts, emotional patterns and memories, allowing them to be released or integrated. This empowering experience leads to a natural restoration, allowing for movement towards a more balanced and joyful place.



Therapeutic Specialties

- Attachment
- Grief and loss
- Social/emotional issues
- Sleep, elimination and eating
- Anxiety/depression
- Mental health
- Autism Spectrum
- Gender Identity
- Separation and Divorce
- Parental Support

LEARNING IN MOTION

Is your child struggling with comprehension, focus, memory or motivation at school? In today's world, lack of motivation is widespread and partial attention issues are chronic among school-age children.

Learning in Motion helps children with learning challenges. It is based on physical exercises that put the child into an optimal state for receptivity and engagement in the classroom. Sounds too simple, but it actually works!

Kids are kinesthetic beings, in particular boys. This holistic and physical approach works with brain plasticity and the mind/body connection. It has a positive impact on academic abilities as well as self-esteem and social interactions.



When the Body Moves the Mind Moves

Specific exercises can put kids into an optimal learning state. These movements:

- fire up the brain
- facilitate cognition and ignite learning
- help overcome boredom and fatigue
- release stress, flood the body with endorphins
- improve memory, focus and perception
- support the developing brain
- enhance attitude, self-responsibility and executive functioning
- help with depression and anxiety
- improve behaviour

