

# CREATIVE THERAPY

## CREATIVE THERAPY

Group therapy is led by a creative therapist in a relaxed atmosphere. It offers people the opportunity to work on increasing self-confidence and self-reliance, improving social skills and functioning better in a group, by means of creative activities and cooperation.

Individual therapy offers people, who, for example, have experienced a trauma or loss, the opportunity to work on the processing process, by means of creative activities, guided imagination, and visualization.

In addition, creative therapy is applied both individually and in groups to reduce stress and stress sensitivity, overstrain and burnout complaints, and for behavioural problems and concentration problems.



## DAY CARE, SUPPORTIVE AND ACTIVATING COUNSELLING

The counselling we provide is flexible and can take place both day and night. Your request for help is key. We aim wherever possible to offer you the counselling that fits you best. We don't look so much at what you cannot, but rather what you can do. From there we determine together the counselling you need.

# COURSES WORKSHOPS

## COURSES AND WORKSHOPS

We offer a number of fixed courses, including 'Customized drawing and painting' and 'Glass mosaic'. You can also indulge yourself once every 2 weeks in our 'Open studio'. For children there are courses such as 'Customized drawing and painting' and 'Introduction to art'. Are you looking for an original interpretation of your party, company outing, children's party, creative afternoon for school, or otherwise? You are welcome to join creative workshops in our studio or on location. Good atmosphere and conviviality are paramount. Let your creativity run wild and an original work of art will be the result.

## HOLIDAY WORKSHOPS IN ERMELO

On holiday in Ermelo and want to be creative? At Artista you can go for a single or multi-day creative workshop in the studio or at your holiday address, or, depending on the weather, in the beautiful nature of the Veluwe. In consultation we put together a program based on your wishes and ideas.

## CREATIVE TEAM BUILDING

Get inspired by our experience, creativity, and know-how. There are countless opportunities to be creative together in small and larger groups. The big plus is that the daily division of roles of the workplace disappears for a while, which can lead to new insights and ensure that people start listening to each other's ideas and opinions again. Many people will discover their own creativity, but above all they will experience a relaxing day out with colleagues.

# ART PROJECTS

## COMMISSIONED ART

We would be happy to make a commissioned work of art for you. For example, a painting, mosaic, mural, grave monument, statue, or another art object. Artista uses a very individual, customer-oriented approach when producing commissioned works of art. In contrast to the working method of many other artists and, for example, galleries, which often start from the vision of the artists themselves, Artista starts from the wishes of you as a customer. You can determine the subject, the desired colour scheme, the style, the size and the material to be used.

## ART PROJECTS

Artista has years of experience with tailored art projects and social art projects, for particularly the government, schools, institutions, and companies, but also for private individuals, associations, and clubs. Social art projects led by Artista are carried out in cooperation with, for example, local communities, youth groups, schools, community centres, clubs, or other groups. The big advantage of social art projects is the involvement of third parties in the production of a work of art for their immediate surroundings. Participants can develop their own ideas into real self-made pieces of art. Because Artista is closely involved during the entire process and ensures the final finish, the artistic quality of the artworks is guaranteed.



# ART FOR YOU!

## ART RENTAL AND SALE

On our website you will find an online gallery, where works of art are offered for both rent and sale. We gladly advise you which pieces of art are best for you and your environment. Of course, you have the possibility to come and view a work of art that you are interested in by appointment. Art rental offers you the advantage to change the artworks whenever you want. If you'd like to keep them a little longer, you can extend the rental period or purchase to endlessly enjoy them. When you buy a rented artwork, the rent of the first year will be deducted. In other words, every artwork is free to enjoy for a year.



## ART AT WORK

For you as daily leader of your company, school or institution, the layout, furnishing, and decoration are important to the appearance and functionality of the working environment. Art at work creates atmosphere, a good distribution of energy and tranquillity, offers inspiration and helps to determine the identity of the workplace. Art can be seen as a business card. It is important to choose art that fits your environment. We are happy to advise you.

# FUNCTIONAL ART

## FUNCTIONAL ART

Artista's specialization is functional art. Functional art is ideal for public places and companies. The combination of art and utensils is an asset to the living / working environment. With functional art you kill two birds with one stone. The functional aspect in combination with appealing art, which can be understood by everyone, will be appreciated by a wide audience. The artists of Artista work with glass mosaic, amongst other things. It is weather resistant and therefore suitable for both indoor and outdoor use. Any design, be it a photo or a sketch, can be turned into a mosaic work of art. Glass mosaic can be applied to a variety of surfaces. Painting mosaics or pixel paintings are ideal for group projects. One image is composed of several separate canvases, which can be worked on individually. This often gives a surprising result. Artista can also provide murals for both interior and exterior walls.

## CONTACT

Feel free to explore our website and make an appointment.

We are happy to tell you more!

### Artista

Julianalaan 54

3851 RD Ermelo

The Netherlands

T: +31 (0)341-554979

M: +31 (0)6-22501731

E: info@artista.nu

[www.artista.nu](http://www.artista.nu)

# Artista



**Courses & tailored workshops**  
**Creative therapy**  
**Daytime activities & counselling**  
**Team building & company outings**  
**Art projects**  
**Commissioned art**  
**Guest lectures at schools**  
**Art rental and sale**  
**Holiday workshops in Ermelo**  
**Creative holidays in Greece**

