

Creative/Expressive Arts Therapies Resources:

Name/Organization:	Contact information:	What do I do as a mental health provider?
<p>My name is Rayni Collins, BC-DMT, LCMHC. I work at the Center for Emotional Health (Ballantyne) – an outpatient facility.</p>	<p>Email: RayniC@CEHCharlotte.com</p> <p>Phone number: 704-237-4240</p>	<p>I believe in taking an action-oriented approach to help people make changes in their lives and that optimal functioning of an individual is through the mind and body connection. I enjoy empowering others to find practical ways to improve their lives through the exploration of their internal physical and mental responses. Over the years, I have provided short-term to long-term therapeutic support for children, adolescents, and adults with various psychiatric disorders using movement interventions with traditional talk therapy techniques.</p>
<p>Meredith Whitlow, MT-BC</p> <p>Rejoice Music Therapy in Mooresville, NC</p>	<p>Email: rejoicemusictherapy@gmail.com</p> <p>Phone number: 704-654-2731</p> <p>Social Media: http://www.facebook.com/rejoicemusictherapy</p> <p>Address: P.O. Box 1854, Mooresville, NC 28115</p>	<p>Meredith Whitlow is a music therapist at a small private practice in Mooresville, NC.</p>
<p>Amy J. Seitlin, ATR-P, LCMHCA Art Therapist & Licensed Clinical Mental Health Counselor Associate</p> <p>Bluebird Avenue Art Therapy & Counseling PLLC</p>	<p>Email: hello@bluebirdavenue.com</p> <p>Phone number: 704-228-4444</p> <p>Website: www.bluebirdavenue.com</p>	<p>At Bluebird Avenue, Amy offers individual, in-person art therapy for autistic and neurodivergent children, adolescents, & young adults who are seeking a neurodivergent-affirming and creative mental health care service.</p>

	<p>Address: 2017 E. 7th Street Charlotte, NC 28204</p>	<p>Art therapy is a psychotherapy practice that involves engagement, along with a credentialed art therapist, in the creative arts with the intention of improving one's mental health and well-being. Art therapy may include painting, drawing, collage, sculpting, and other creative activities.</p> <p>No artistic skill or training is required to participate in art therapy.</p> <p>Please contact Bluebird Avenue for availability. By appointment Monday-Friday and some Saturdays.</p>
<p>Barbara J Brown, MSW, LCSW, RDT Candidate</p> <p>Creative Perspectives Therapy</p>	<p>Phone number: 704-759-6525</p> <p>Website: www.creativeperspectivestherapy.com</p> <p>For more information on Drama Therapy, please visit: http://www.nadta.org/what-is-drama-therapy.html</p>	<p>My versatile therapeutic approach uses cognitive-behavioral, client-centered, solution-focused, and motivational interviewing techniques to draw out clients strengths and passions. I integrate creative approaches to therapy (such as theater/movement, visual arts, and play) while focusing on both empowerment and positive changes.</p> <p>I am a Licensed Clinical Social Worker and a Registered Drama Therapist (RDT) candidate offering a creative perspective to the therapy process.</p> <p>Drama therapy is the intentional use of drama and/or theater processes to achieve therapeutic goals. Drama Therapy is an active, experiential approach to facilitating change. Through storytelling, projective play,</p>

		<p>purposeful improvisation, and performance, participants are invited to rehearse desired behaviors, practice being in a relationship, expand and find flexibility between life roles, and perform the change they wish to be and see in the world.</p> <p>Specialties</p> <ul style="list-style-type: none"> ● Women’s Issues ● Child and Adolescent ● Career Counseling ● Anxiety ● Autism/ADHD: Social/Emotional Skills ● Couples (Same-sex couples welcome)
<p>Piedmont Music Therapy, LLC</p>	<p>Phone number: 803-206-2044</p> <p>Email: director@piedmontmusictherapy.com</p> <p>Website: https://www.piedmontmusictherapy.com/</p> <p>Address: 224 Westinghouse Blvd Suite 608, Charlotte, NC 28273</p>	<p>The mission of PMT is to engage, empower and accompany individuals to reach their goals grounded in the frameworks of music therapy and social work. PMT strives to meet students and clients where they are and support them in improving their quality of life. Additionally PMT serves to promote the growth of music therapy students and board certified music therapists by offering educational opportunities plus increasing the community's awareness of the field of music therapy.</p>