








Vicki Soar (BA, MA, AThR) is the founder of SOAR Art Therapy and a registered art psychotherapist in Australia and the UK. Her practice is trauma-informed and evidence-based, supporting clients to move through their challenges and build more meaningful, connected lives.

Vicki has is experienced with working with children and adults, particularly those who are neurodivergent (including ASD and ADHD), as well as individuals experiencing PTSD and situational mutism.

Vicki is registered with ANZACATA, Australian Counselling Association and Victim Services. She has a Masters in Art Therapy but has also completed special training in trauma, synergetic play therapy, and acceptance and commitment therapy (ACT).



CONTACT

-  Balaclava, Online and Outreach
-  0449109931
-  info@soararttherapy.com
-  [@soar_arttherapy](https://www.instagram.com/soar_arttherapy)
-  www.soararttherapy.com

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I've seen real growth in my sons confidence and emotional regulation since starting. Highly recommend Soar Art Therapy to any parent considering this kind of support for their child!

SARA



SOAR Art Therapy

A registered mental health service in Melbourne. Providing trauma informed, evidence based **art therapy for children and adults**. Available in person, at schools and online.

Scan me for more info and testimonials





WHAT IS ART THERAPY?

Art therapy is a form of psychotherapy that uses creative processes—like drawing, painting, collage, and sculpture—to support emotional expression and healing. You don't need to be "good at art"—it's not about the finished product but what shows up along the way.

It supports integration of sensory and emotional material—especially helpful when words are hard to find or when experiences are stored in the body (as they often are with trauma).

At Soar Art Therapy there is sometimes a blend with other approaches like Acceptance and Commitment Therapy (ACT) to help clients learn new skills, make helpful connections with their concerns and gently move toward their values with compassion.

SERVICES

- Individual art therapy (using art, play or acceptance commitment therapy interventions).
- Parent and carer support
- Psycho-education Training
- sessions for family violence and victims of crime support including sexual assault (registered victim service counsellor)

Sessions can be accessed - in person (in the studio in Balaclava) online or via outreach at schools, community centres or home.



Sessions can be accessed through a variety of referral and funding pathways. Including private or self-referral, NDIS (self or plan-managed participants), bulk-funded programs (DHHS, Salvation Army and The Orange Door) and private health insurance rebates (Medibank, ahm and ARHG). Also Victim Services (VOCAT, NSW gov).

WHO IS IT FOR?

At Soar Art Therapy, I often work children and adults who need support with:

- **Neurodivergent support (ASD, ADHD)**
- **Anxiety, including situational mutism**
- **PTSD including victims of crime - family violence, sexual assault and terrorist attacks.**
- **Relationship challenges - including jealousy OCD**
- **School refusal**

Soar Art Therapy supports adults, children, teenagers in individual sessions.

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