



ART PSYCHOTHERAPIST ATHR, A.C.A LEVEL 4

VICKI SOAR

Registered Art Psychotherapist with experience supporting a variety of clients using trauma-informed art therapy, play-based interventions and ACT-aligned methods. I have been fortunate enough to teach other professionals about these beneficial techniques and am proud to support clients with art therapy in my private practice.

CONTACT

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MEMBERSHIPS

ANZACATA (Australian, New Zealand and Asian Creative Arts Therapies Association) P2016-095
Australian Counsellors Association Level 4
81750 eligible **PACFA Clinical Member**
Victims Support Counsellor NSW A4479.
HCPC (Health and Care Professions Council) A515488 **BAAT** (British Association of Art Therapists) 42818
WWC (Working with Children) 0915828A-01
NDIS Worker Screening 79001904

TRAINING

- Trauma Focused Acceptance Commitment Therapy
- Acceptance Commitment Therapy Beginner
- Psychotherapy Networker Symposium: Brain spotting: Processing trauma without speaking about it
- Certification in (EMDR) Therapy
- Certification in Art Therapy for PTSD,
- Understanding ADHD (The Open University)
- Introduction to Autism Awareness and Support
- How to Target the Limbic System to Reverse Trauma's Physiological Imprint
- Blue Knot Foundation Working with Complex Trauma Clients
- FIRST AID (Including CPR).
- ASIST (Suicide Skills Training)
- Working relationally with BPD
- Synergetic Play Therapy: integrating aggression and death in the playroom
- Trauma Focused Therapeutic Adventure Training
- Snow White Model: complex trauma training
- Sexual Exploitation Training
- Training in SABTS/TTO

EXPERIENCE

FOUNDER OF SOAR ART THERAPY

2023 - now

Founded a trauma informed mental health service in Balaclava supporting clients (4+) with individual art therapy sessions (via telehealth and in person). Completing Art Therapy assessments, reports, VOCAT, parent support and school support if required. Vicki is a registered victim support counsellor.

SENIOR CLINICIAN

06-2020 - now

Play Therapy Melbourne. Offering art/play Therapy sessions to a range of ages and parent support, predominately working with neurodivergent clients. Co-ordinating and planning care teams. Writing VOCAT reports and comprehensive NDIS plans. In person and telehealth sessions..

ART THERAPIST GROUP FACILITATOR

05- 2020

Adult acute psychiatric inpatient ward at Monash Medical Centre. Establishing and running an art therapy studio group for the consumers. The group members have a range of diagnosis commonly acute schizoaffective disorder. Completed a comprehensive report on the outcome of the group programme.

COUNSELLOR ADVOCATE

2017-2020

Gippsland Centre Against Sexual Assault. Art Psychotherapist/counsellor advocate for individuals. Establishing the art therapy group, also co-facilitating eating disorders group. Working in an MDT (SOCIT, DHHS), in the community and with the prevention team. Writing successful VOCAT reports. Attending court and first response to crisis clients, when needed.

EDUCATION

UNIVERSITY OF DERBY, UK

2013-2015

MA Art Therapy. Psychodynamic and psychoanalytic model. Distinction for heuristic research in art psychoanalysis which was published in the university library. Two clinical placements in an eating disorders charity and acute psychiatric unit.

OXFORD BROOKES UNIVERSITY

2010 - 2013

BA Fine Art (Upper 2:1 combined Honours). Dissertation on the use of art in psychotherapy.

ACHIEVEMENTS

Presented at the International ANZACATA conference in Melbourne: "Introduction to Synergetic Play Therapy: Integrating Trauma in the Art Psychotherapy Room".

Popular Blog post: Exploring Neurobiological Links between Synergetic Play Therapy and Art Psychotherapy on www.soararttherapy.com

Personal achievements include solo exhibitions centred on art as a tool for empowerment, and being featured in a short documentary highlighting and advocating for art therapy.

referrals available on request.