

Welcome to Hiromi's  
**HEART to HEART**  
Arts therapy...

**Have you ever needed to express yourself, but  
been unable to put it into words?**

*Hiromi has been trained and nationally qualified as an arts therapist to work therapeutically using the visual arts, including drawing, painting, clay, mosaic, and sculpture. Her passion is to help people recognise various emotions through imagination and creativity. You do not need to be an artist or artistic. Just let your art speak and see what happens...*

**Arts therapy can assist with:**

- ❖ reconnecting with self and others
- ❖ expressing feelings that may be difficult to verbalise
- ❖ identifying and clarifying life issues including change, identity, grief & loss, anxiety, stress, depression, conflict, and/or trauma
- ❖ reducing the impact of physical symptoms such as pain, sleeplessness, loss of appetite
- ❖ reflecting on life to address unfinished business... and many more benefits

HEAR YOUR **HEART**  
through **ART**

**CONTACT: [counselling@hiromiogata.com.au](mailto:counselling@hiromiogata.com.au)**

Bachelor of Applied Social Science (Counselling)/Master of Counselling (University of Queensland)  
Graduate Diploma of Arts Psychotherapy  
Registered as Clinical Member of Psychotherapy and Counselling Federation of Australia (PACFA)  
Registered as Clinical Member of Queensland Counselling Association (QCA)  
Member of Palliative Care Queensland / Member of Australian Centre of Grief and Bereavement  
MEDIBANK/BUPA PRIVATE SERVICE PROVIDER ABN: 27742373630