

## Meet Paige



Paige Scheinberg, MS, ATR, CZT, is a well-being enthusiast and lover of all things creative. Her passion is to help you cultivate sustainable happiness and flourish in your personal and professional

life through creative experiences and self-expression - to let your light shine.

As an art therapist, wellness professional, and Certified Zentangle Teacher (CZT®), Paige has worked with people of all ages with diverse needs in community and private settings. Whether you're hoping to discover your strengths, relieve stress or anxiety, feel happier, or instill more positivity in your life, Paige will help you explore and achieve your goals creatively.

### CLIENTS & WORK SETTINGS

- Brooks Museum of Art (TN)
- Foxbridge Assisted Living & Memory Care (TN)
- Achievement School District (TN)
- Georgia Regional Hospital-Atlanta (GA)
- Children's Hospital of the King's Daughters (VA)

### CREDENTIALS

Master of Science, Art Therapy & Counseling  
*Eastern Virginia Medical School*

Registered Art Therapist  
*Art Therapy Credentials Board*

Certified Zentangle Teacher  
*Zentangle, Inc.*

901.493.1479

Paige@SHINEONconsulting.com

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## Art Therapy

## Zentangle®

## Wellness Arts

PRACTICE. INSPIRE. ENERGIZE. FLOURISH. SHINE ON.

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### ART THERAPY DEFINED

Art therapy is a mental health profession in which clients, facilitated by masters-level art therapist, use art media, the creative process, and the resulting artwork to meet personal goals and needs. Art therapy requires knowledge of the creative process, as well as of human development, psychological, and counseling theories and techniques. (arttherapy.org)

### ART THERAPY GOALS

Art therapists work with people of all ages to achieve goals, such as:

- Improve and enhance physical, mental, and emotional well-being
- Identify and cultivate strengths
- Relieve stress and/or anxiety
- Express feelings and thoughts that are difficult to communicate verbally
- Experience and deepen understanding of positive emotions
- Improve self-concept
- Increase self-awareness and/or achieve insight
- Explore and establish self-soothing skills and self-care practices
- Develop interpersonal skills and strengthen relationships
- Cope with change, transition, and/or trauma
- Enhance cognitive abilities
- Improve motor abilities

### ART THERAPY SERVICES

- Group Art Therapy
- Individual Art Therapy
- Art Therapy Assessments



### ZENTANGLE DEFINED

The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Rick Roberts and Maria Thomas developed Zentangle after realizing the state of flow and peace Maria would often experience when creating calligraphy-based artwork. As they devised the Zentangle Method, they aspired for Zentangle to be accessible to all ages and cultures - and that tangling could happen virtually anywhere!

### THE BENEFITS OF ZENTANGLE

Engaging in the Zentangle Method has been found to provide numerous personal, professional, and health benefits. Some include, but are certainly not limited to:

- Reduced stress and anxiety
- Increased focus, motivation, creative thinking, and/or problem-solving
- Improved self-concept, mood, and/or social interactions
- Motor skill development and improvements
- Sense of pride and accomplishment
- Team-building
- Self-care



### WELLNESS ARTS DEFINED

Wellness arts were created from a hybrid of Paige's experiences and love for art therapy, positive psychology, happiness, art and design, discovery, and life. Wellness arts-based workshops and classes offer creative opportunities to learn about topics, tools, and interventions that will help you work through - and with - life challenges. These experiences help participants establish effective, positive practices to flourish in their personal and professional life.

### HOW WELLNESS ARTS CAN HELP

Wellness-arts based workshops and classes can help you explore and enhance:

- Well-being
- Strengths
- Positive emotions
- Stress management
- Resilience
- Team-building and relationship dynamics
- Positive psychology concepts (i.e, gratitude, positivity, flow, intention)
- Self-awareness
- Self-care
- Professional development

### WHERE DO ART THERAPY, ZENTANGLE, AND WELLNESS ARTS HAPPEN?

- Schools (with staff and/or students)
- Offices/Corporations
- Community and wellness centers
- Art museums & organizations
- Yoga & art studios
- Private practices
- Hospitals (with clients, health care providers, caregivers, and/or families)
- Religious settings (i.e., synagogues & churches)
- Private or home gatherings