**Laura Andrew, BSc, DKATI, RCAT**
*Registered Art Therapist with the Canadian Art Therapy Association*

Laura Andrew is a relational, trauma-informed, strengths-based art therapist who has been working with children, youth, families and adults in the community for the last twelve years.

Art therapy combines creative expression with reflection to support healing, self-discovery, resilience, and personal growth. Through artmaking and dialogue, clients can explore emotions, gain new perspectives, and connect with inner strengths. No art experience is needed—the focus is on the process, not the product.

In addition to creative expression, Laura weaves attachment theory, mindfulness, feminist and positive therapy principles into her work to support clients improve overall wellness, overcome creative blocks, and deepen presence in their lives.

As a climate-aware therapist, Laura provides support for navigating feelings of concern and care for the environment. She holds a certificate in ecopsychology from Pacifica Graduate Institute and specializes in ecological art therapy and land-based healing. Laura believes in the transformative power of expressive arts as a pathway to self-inquiry, growth, and wellness. She graduated from the Kutenai Art Therapy Institute in Nelson, BC, in 2015.

**Clinical Experience and Areas of Support**
Laura offers support with:

* Trauma, loss, and grief
* Mental health and wellness (stress, anxiety, depression, overwhelm)
* Relationships, parenting, and family dynamics
* Identity, gender, and attachment
* Neurodiversity (Autism, ADHD/ADD)
* Creative expression and life transitions
* Climate anxiety, eco-grief, and existential concerns