



## Creative Arts Therapy Services — Agency Information Sheet

### Contact

**Elizabeth Riach - AThR**

**Registered Creative Arts Therapist (ANZACATA)**

MAAT (Clinical), PGDipAT, PGDipFA, GradDipIE, BDes(VisCom)

✉ Email: [wildflowerandwillows@outlook.co.nz](mailto:wildflowerandwillows@outlook.co.nz)

📍 Location: Christchurch

🌐 Website: [www.wildflowerandwillows.co.nz](http://www.wildflowerandwillows.co.nz)



### About Wildflower & Willows

Wildflower & Willows was created with the vision to re-define and humanise mental health care in Aotearoa New Zealand, specialising in paediatric and women's health. Through the expressive power of art, we offer safe, nurturing spaces for children, youth, and adults to explore emotions, restore balance, and reconnect with their sense of agency and growth. Our approach is trauma-informed, neuroscience-based, and developmentally grounded, integrating creative expression with psychodynamic and attachment frameworks. Sessions are person-centred, culturally responsive, and tailored to each individual's needs and sensory profile.

---

### Who we work with

We accept referrals for:

- Children and youth (ages 2 -18)
- Adults seeking creative, trauma-informed therapy
- Individuals experiencing:
  - Trauma, grief, or loss
  - Emotional dysregulation or anxiety
  - Autism and neurodiversity-related challenges
  - Social, behavioural, or sensory integration needs
  - Transitions, attachment, or identity concerns

### Therapeutic Approach

We use an Open Studio model and a blend of creative modalities such as painting, clay, collage, and mixed media.

Therapy is guided by:

- The Expressive Therapies Continuum (ETC)
- Attachment and developmental frameworks
- Psychodynamic and Jungian theories
- Neuroscience and sensory integration principles

The creative process becomes a means of expression, regulation, and insight — helping clients connect with their inner resilience and restore wellbeing.

## **Session Structure**

- Session Length: 45-60 minutes
- Frequency: Weekly or fortnightly (based on needs/funding)
- Duration: Short-term (10 weeks) or longer-term engagement
- Settings:
  - Wildflower & Willows Clinic
  - School or community-based outreach
  - Online or hybrid (where appropriate)

## **Referral & Funding Options**

We accept referrals from:

- Schools, social service agencies, Oranga Tamariki, MSD, and private providers
- Health professionals and family/whānau self-referrals
- Funding Options Include:
  - School or community agency funding
  - Private payment options (with concession rates for 10-week programs)
  - Enquire for more

## **Reporting and Collaboration**

We value working collaboratively within multi-disciplinary teams and offer:

- Progress summaries or case reports (on request)
- Case meetings or joint care planning
- Shared goal-setting and review

## **How to Refer**

Contact us to book an appointment and complete our referral form together.

- We review the referral and determine service fit.
- If suitable, we contact the family to schedule an initial assessment.
- Waitlisted referrals remain eligible for intake once space becomes available.

---

## **Our Philosophy**

At Wildflower & Willows, we believe healing grows through creativity, connection, and compassion. Every client is met with respect, curiosity, and the belief in their innate capacity to heal and grow.

*“Like wildflowers, we may bend through the storms — but with care, we anchor our roots and rise again like the willows...”*