

CCAT Practitioners

Our CCAT practitioners have been offering play therapy services to children in need since year 2003. Our client groups have expanded in response to other professional disciplines in health, social and community welfare services seeking us out after noting the efficacy and accessibility of creative arts therapy for a whole range of children and families with behavioural, social, emotional and psychological problems and needs.

CCAT practitioners are members of the Association for Creative Arts Therapy, Penang and adhere to the CCAT Ethical Code of Practice and its Practice Guidelines. CCAT practitioners are qualified BAPT (UK) registered therapist as well as therapist currently in training under regular supervision. Since 2003, all our clinical work is being supervised by a very experience consultant drama therapist, counsellor, supervisor and trainer from UK.

Contact us to find out more about the services we offer!



Our Executive Committee

Leong Min See President
Vivien Lee Vice President
Chin Phaik Nie Honorary Secretary
Lim Seok Binn Honorary Treasurer
Alex Chew Comm. Mem. (Hon Advisor)
Ding I Ling Comm. Mem.
Lai Chee Fern Comm. Mem.
Lim Pei Shyuan Comm. Mem.

Contact Us

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(Mon-Sat 9 am – 6 pm)

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Email: centre@creativeartstherapy.org.my

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CCAT Offices

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Macalister Road, 10350 Penang.

1, Lorong Sutera Prima 4, Seberang Jaya.

*Would you like to help us promote & make
Creative Arts Therapy increasingly available,
accessible and affordable?
Join us today! Become a member or a
volunteer for The Centre of
Creative Arts Therapy!*



“Creative Solutions for Life”

Developing your inner creative
potentials for learning, growing
and healing

ROS Reg Number: 1751-11-PPG

What is Creative Arts Therapy?

Creative Arts Therapy (CAT) is the intentional use of the various art forms and its inherent creative processes for healing, learning and personal growth. It is through the use of our imaginative and creative expressions that feelings, sensations, thoughts and actions become available for exploration and provide accompanying insights and understanding, which then acts as a catalyst for new learning, change and transformation.



Who can benefit from Creative Arts Therapy?

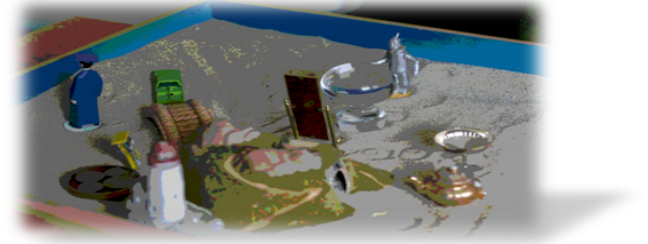
Creative Arts Therapy is appropriate for anyone who is interested in deeper self-awareness and personal growth, without any previous arts experience as a pre-requisite. It is helpful for any age group and for a wide range of situations, including mental health, learning difficulties, intellectual disability, emotional and behavioural issues in children and adolescence, chronic illness, dementia, social and family relationships, grief and loss, anxiety, anger and depression, addictions, acute and post traumatic stress disorders. It is also beneficial for those who wish to access their intuitive, creative selves as well as those in the helping profession requiring professional development, supervision or self-care.

Our Mission

To develop a Centre of excellence in Penang for Creative Arts Therapy in helping children, young people, adults and the elderly to learn, grow and be healed.

Our Goals

Using Creative Arts Therapy to promote psychological & emotional resiliency; offer skilled therapeutic interventions; provide training and professional development; as well as to initiate and conduct relevant research in Creative Arts Therapy.



Our Current Programmes

Creative Arts Therapy

Increase the self esteem of children and young people with challenging mood and behaviour, strengthens their resilience and enhances their abilities to cope with crises in life.

Creative Parenting

Enable parents to acquire positive and creative parenting skills to meet the developmental, emotional, social and educational needs of their children.

Creative Therapeutic Group Work

Facilitate the development of self confidence, social skills and communication skills of children and young people of of Autism, Attention Deficit Hyperactivity Disorder (ADHD), Attention Deficit Disorder (ADD), Developmental Delay, Emotional and Behavioural Difficulties (EBD).

Creative Therapeutic Programme at Penang General Hospital

Enable chronically ill children and young people to release their sadness, anger and frustration of having to cope with their chronic illness.

Consultation for School Teachers and Principals

Enable teachers to modify their teaching strategies to meet the developmental, emotional, social and educational needs of students of diverse abilities and needs.

Consultation for Children Homes

Enable staff to meet the developmental, emotional, social and educational needs of children and young people living in the Home.

Please enquire at CCAT for

Individual Adult CAT Sessions

Programmes for Elderly and Community groups

Creative Arts Therapy Training and Workshops

