

Veterans Health and Trauma Clinic

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ART THERAPY

Art therapy serves as a valuable resource for those healing from traumatic experiences. By engaging in creative expression, individuals can reduce symptoms of anxiety and depression, enhance emotional regulation, and communicate feelings without relying on words. These sessions offer a secure and nurturing space where people can explore and work through their emotions.



Noel Simmons, LCP, ATR, (Licensed Counselor & Art Therapist)

As a Licensed Professional Counselor and Registered Art Therapist, Noel Simmons is committed to supporting trauma survivors on their path to healing. Drawing from her experience as both an artist and licensed psychotherapist, she harnesses the transformative power of art to facilitate recovery. As clients begin to open up, they often discover self-compassion and a deeper awareness of the mind-body connection. Through this journey, Noel helps individuals build a renewed set of coping tools that foster calm, compassion, and self-acceptance.

Noel's approach is both accessible and therapeutic, guiding clients toward a sense of wholeness. She recognizes that life's overwhelming challenges can leave people feeling broken, anxious, stressed, or depressed. By helping to unravel the thoughts and behaviors that contribute to these struggles, she empowers individuals to move forward. With more than 15 years of experience working in art and children's museums as an educator and administrator, Noel brings a unique insight into how art can help people feel seen and heard.

Her holistic style encourages relaxation and the release of tension, creating space for clients to connect with their inner selves. For those working to overcome the lingering effects of trauma, Noel offers compassionate guidance along the road to healing.

To learn more about art therapy, better understand how art therapy can play a role in your healing journey, or to schedule an appointment, you can contact the Veterans Health and Trauma Clinic at 719-255-8003.