



Alisoun Neville - Creative Arts and Somatic Therapist

Working with adults and children in Cowes, Phillip Island



Hello, I'm Alisoun Neville. I weave together arts therapy with somatic (body-based) approaches to support health and wellbeing. Financial support may be available via NDIS, Carer Gateway, Worksafe, Orange Door, FAS, Aged Care Packages, or Private Health Insurance.



I am a Registered Clinical Counsellor and a member of the Psychotherapy and Counselling Association of Australia. I have a Masters in Therapeutic Arts Practice and recognition as a Somatic Experiencing Practitioner.



Creative Arts Therapy can help us to explore and express experiences and emotions, including thoughts and feelings that are difficult to communicate, and build our capacity to access connection and joy. I can offer opportunities to work across a range of art forms (e.g. visual arts, play, drama, music, craft/sewing, poetry).



I use somatic approaches and psychoeducation to strengthen self-awareness and respond to how our experiences are held within our bodies.



Arts therapy can be offered 1:1 or as a group, through some local schools, online, or in my Cowes studio. I have created a SuperArts program for children, and collaborated with other community practitioners to explore identity, life transitions & carer wellbeing. If you are interested in learning more, call 0405 778 518.

Crayons and Stuff - Doing stuff differently using creative arts

www.alisounneville.com.au