

sacrededge



Pearl Taylor

Pearl Taylor (she/her) is an art therapist (AThR) deeply curious about the endless ways creativity can aid the therapeutic process. With a deep belief that 'creativity is not optional' for our mental, emotional, physical and spiritual health, Pearl offers individual and group creative care from her therapeutic art space, Thou Art Studio within Melbourne Integrative Therapies.

A former high school visual arts & special development teacher, Pearl is in private practice to help meet the needs of children (8+), teens, and adults who may desire or require, to supplement talk therapy modalities with a tangible object for reflection and meaning-making.

With a depth of understanding of how art materials affect us and our neurobiology, Pearl offers a wide range of person-centered art therapy approaches that may aid and assist in the articulation of distress, dysregulation, low mood, identity, life transition, or grief. She is a lover of symbols, myth, storytelling, messy play, messy emotions, and liminal spaces.

Pearl is a huge part of the curation of the Festival spaces and we are so glad to have her back at Sacrededge!

Come to '**Peace of Paper**', her meditative paper-cutting workshop & '**Butterflies for Peace**', a collaboration in origami activism, seeking **to make 1000 butterflies for peace across the course of the weekend.**

