

Tuesday, December 3, 2024

Mental Health Counseling for Dancers/Artists

Company: Brianna Hawk Psychotherapy
Location: New York, NY
Compensation: Sliding scale rates available

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Hello, My name is Brianna and I am a Mental Health Counselor (LP) in NYC. I have a extensive background in community engagement, somatics, dance, performance research, and yoga. If you are seeking mental health support and identify as a creative, performer, and/or artist, I will be accepting new clients soon.

Dancers and artists can face an extreme amount of pressure, high expectations, and stress. Burnout, creative blocks, performance anxiety, injuries, exhaustion, competition, maltreatment, and self-esteem are all factors that come into play when we look at the relationship between mental health and being an artist. Therapy can be a great outlet for individuals to work through challenges they are experiencing within in their craft. Together we can focus on your personal challenges and concerns, managing injuries and chronic pain, self advocacy, understanding and navigating creative blocks, and exploring coping mechanisms for the stress, pressure, and expectations that you may be experiencing. Additionally, I offer innovation interventions, mindfulness based techniques, and problem solving strategies to help clients tap into their boundless imagination and to access their unique inner resources. I utilize techniques including Acceptance and Committment Therapy, IFS parts work, somatic experiencing, mindfulness, and relational therapy. These tools are aimed to nurture a sense of empowerment and nurturance within your creativity.

Depending on slots available, I can offer sliding scale rates for those in need. Both in-person or virtual sessions available. Contact me at brianna@intuitivehealingnyc.com to schedule a free 15-minute phone consultation. More information is located on my website. www.briannahawkspsychotherapy.com

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