

## Art Therapy

Art therapy can be done on an individual basis, group, or family. This therapy can also be done in facilities or during transition periods. Art therapy is evidence-based, and I use cognitive behavioral modalities to influence this. This is a great way to connect with youth or families because in the doing of the art their protective boundaries go down and they're more open to say how they feel. As well, the artwork can portray different therapeutic interventions that can be needed on an individual, family, or during a transition situation.

The main difference with Art Therapy compared to other forms of talk therapy is we not only talk about the issues, but we also create artwork about them. This deepens the therapeutic process by giving the individual more ways to express their feelings, and numerous metaphors from how they creates the artwork and also the content of the artwork.

## Skill-Based Life Coaching

Basic mentoring involves a relationship that helps to influence and create hope and understanding from a role model. Skill-based life coaching includes this, but also takes mindfulness and emotional regulation practices that can be taught through experiences such as artwork, woodcarving, hiking, fishing, and outdoor activities.

Skill-based life coaching pulls from the core skills of Dialectic Behavioral Therapy (DBT) to help influence communication skills and healthier emotional choices that promote healthy living.

## Experiential Fly Fishing Therapy

The difference between fishing and fishing therapy is the use of fishing as a therapeutic tool to teach mindfulness and stress relief, staying in the moment and using the metaphors and lessons that are learned on the water to apply to help a person's life.

When you are fishing, your awareness heightens and this is a great link to being able to observe your thoughts and feelings in the moment. It also gives a powerful natural setting, where you are at one with nature. Catching fish could be called a random reinforcement from behavior psychology. We never know when it is exactly going to happen, but the anticipation can create a yearning and drive to experience more. This is a great metaphor for wanting more healing, passion, and positivity in one's life.

## Life Skills

Basic knowledge around shopping, cooking, time management, and budgeting.

Another service that can be added for transitional situations is drug testing.



## Services Provided

I am dual-trained as an Art Therapist and a Licensed Professional Counselor.

## Counseling Services for Mental Health Issues

- Individual and Individual Art Therapy
- Group Therapy: 2-3 hours
- Open group, closed group, team building, one-time workshops or on-going groups
- Group can be educational, skill-based, or therapeutic

## Theoretical Backgrounds used in Art Therapy and Counseling

For education and concrete coping skills...Rational Emotive Therapy, Dialectic Behavioral Therapy, Cognitive Therapy

## Areas of Expertise

- Anger Management
- Anxiety Disorders
- Assertive Communication
- Bipolar
- Personal growth/problem solving
- Depression
- Men's Issues
- Personality Disorders
- PTSD
- Self Injury Behaviors
- Self Esteem
- Sexual Abuse
- Stress Management
- Suicidality
- Suicide Survivors

# James Schultz, MA LPC



James Schultz is a Licensed Professional Counselor with nearly 20 years of experience. James came into the therapy field as an artist and is successful in blending his creativity, experience, and education to help his clients lead healthier lives. James facilitates therapy through art, fishing, and traditional therapy methods.

James has been featured on 9 News, The Coloradoan, and a Storyteller's Event put on by the Fort Collins Coloradoan for his work providing the an experiential fly fishing therapy program that integrates therapy with the healing powers of fly fishing.

Since receiving his Masters degree in Art Therapy and Transpersonal Counseling from Naropa University, James has worked in outpatient clinics, hospitals, detention facilities, and in his private practice in Fort Collins.

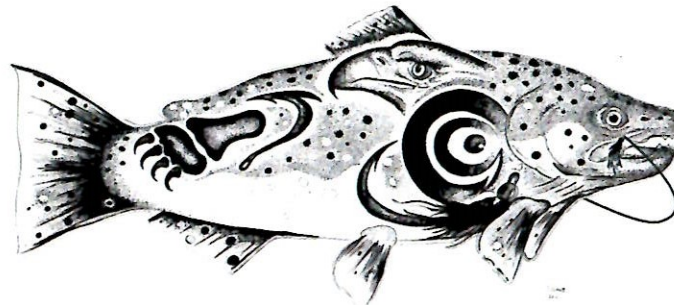
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Mental Health  
Experiential Fly Fishing Therapy  
Art Therapy

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Depression | Transitions  
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