



### About Me

Diane Quiroga, Owner of Art Talks LLC, is a Board Certified and Registered Art Therapist as well as a Mental Health Consultant in New Jersey.

Diane specializes in early childhood and children with special needs. She has over 7 years of clinical experience with children from varied populations and ages.

Diane truly believes that every child is unique and therefore, has individual needs. She affirms that Art Therapy provides a method of communication and expression when words simply cannot. Her therapeutic approach is child-centered and she practices this through her focus on building a trusting relationship with the child, as well as creating a safe environment in which the child can express and create freely.



Through the art therapy process, your child-- guided by Diane-- has the opportunity to grow socially, emotionally, cognitively, and developmentally.

## Diane Quiroga, MA, ATR-BC

### Art Talks LLC

500 Morris Avenue, Suite 105  
Springfield, NJ 07081

For your convenience, please ask about my Livingston, NJ location.

Phone: (908)-397-9118

E-mail: [info@dianequiroga.com](mailto:info@dianequiroga.com)

Website: [www.ArtTalksLLC.com](http://www.ArtTalksLLC.com)

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**Art talks. It's time to listen.**

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# Art talks. It's time to listen.

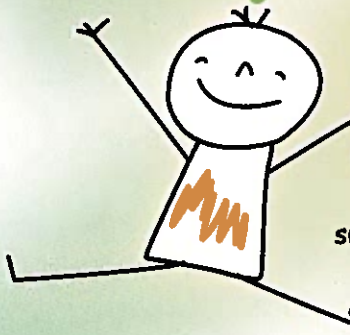
## About Art Therapy

Art therapy is a psychotherapeutic service, and a form of expressive therapy, which provides a safe therapeutic environment and the opportunity to participate in creative, non-verbal expression through the use of art materials. The creative process in art therapy can be used with all ages, and in many settings. Art therapy can be used as a valuable diagnostic tool in determining a child's emotional state, developmental level, and social functioning.

The art therapy process will support and encourage your child in the following ways:

- assist in expressing his or her feelings
- enhance social skills and conflict resolution
- resolve frustrations and work through obstacles
- increase coping skills
- learn and practice problem-solving strategies
- engage in sensorimotor skills, which includes hand-eye coordination, fine motor, & sensory stimulation
- promote self-expression and creativity
- enhance self-esteem
- grow cognitively

... and much more.



Board Certified & Registered Art Therapists have a Master's degree, undergo extensive training and supervision, and must pass a board certification exam.

## About You

In order to create the most optimal and efficient method of treatment, Diane collaborates with members present in the child's life to understand the child's needs as well as consistently participate in treatment.

Diane has worked with a range of various disorders and concerns including the following:

- autism spectrum disorders
  - pervasive developmental disorder
  - sensory processing disorder
  - attention deficit hyperactivity disorder
  - conduct and oppositional defiant disorders
  - school, separation, & social anxieties
  - depression and mood disorders
  - trauma
  - domestic violence
  - sexual abuse
  - cerebral palsy
  - global developmental delay
  - down's syndrome
  - grief and bereavement
  - adoption and divorce
  - bipolar disorder
  - personality and psychiatric disorders
- ... and a series of varied and / or co-occurring physical and cognitive concerns.

In addition, Diane is knowledgeable in employing an extensive array of communication devices and ambulation equipment that support children with disabilities / disorders.



Diane is available for consultation and workshops as well as therapeutic support for children, parents, and families. She holds individual sessions and small art therapy groups at her private practice location: 500 Morris Avenue, Suite 105, Springfield, NJ.

Diane has developed and piloted 5 successful Art Therapy programs ranging from ages 0 to 95. She currently writes a parenting column, *Creative Parenting: Fresh Coat of Paint*, for *Hometown Quarterly Magazine*. She also serves as Diversity Chair on the New Jersey Art Therapy Association Board. To learn more about Diane, please visit [www.ArtTalksLLC.com](http://www.ArtTalksLLC.com).



Please contact Diane for an appointment or more information at (908)-397-9118 or e-mail: [info@dianequioga.com](mailto:info@dianequioga.com).