Art therapy is an expressive therapy approach, which can be used across the life span and is beneficial for those who may feel traditional “talk therapy” is too restrictive. This panel discussion will examine the role of art therapy with diverse populations thereby demonstrating an inclusive therapy modality that increases overall quality of life, and reduces depression and anxiety. **No registration required.**

To request accessibility accommodations for the event — students contact Disability Support Services at 934-4205 or dss@uab.edu; faculty/staff contact AWARE Program at 975-9973 or srmoult@uab.edu.