

## **Teaching / Therapy Philosophy by Ellen Greene**

My work as an educator and art therapist is rooted in the belief that creative expression supports learning, insight, and connection. I design studio-based experiences that prioritize agency, material exploration, and process over prescribed outcomes, offering structured, open-ended prompts that invite intentional choice and authentic voice.

As an art therapist, I am attentive to emotional safety, developmental needs, and the role of the creative process in regulation and reflection. I view the studio environment as an active part of the work—organized to balance structure and freedom, containment and curiosity. Across both teaching and therapeutic settings, I emphasize practice, experimentation, and dialogue, supporting individuals in seeing themselves as capable makers and thinkers while using art-making as a tool for growth, resilience, and connection.