

Unleashing Creativity & Healing with Rowena Talusan-Dunn, PhD, ATR, LCA: Art Therapist Serving Westchester County

Offering Personalized Art Therapy Services for Adults, Children, Families, and Couples



a distinguished Adult and Pediatric Art Therapist, Psychotherapist, and Educator, is making a significant impact in the field of mental health and wellness through her practice, Creative Arts Therapy Westchester, PLLC, located in Pleasantville, New York. With over 20 years of experience, Dr. Talusan-Dunn specializes in providing art therapy to individuals of all ages, helping them navigate personal challenges, improve well-being, and discover their creative voices.

At Creative Arts Therapy Westchester, Dr. Talusan-Dunn offers a variety of therapeutic services tailored to meet the diverse needs of her clients. These include individual and group art therapy sessions for children experiencing the challenges of divorce, introverted children seeking to express themselves, families living with autism, and individuals dealing with issues related to fertility and women's health. She also provides couples therapy, parenting support groups, and life coaching services for those looking to enhance their personal growth.

"Art therapy is a powerful medium for self-expression and emotional processing," says Dr. Talusan-Dunn. "Participating in the art process allows us to engage our senses, serving as a vessel for insight, inspiration, and change. I provide various art materials to help clients enhance self-expression, relaxation, and positive coping mechanisms tailored to their unique action plans and goals."

Dr. Talusan-Dunn's qualifications are extensive. She earned her Master of Professional Studies in Art Therapy and Creativity Development from Pratt Institute in 2003, and that same year, she received a Permanent Teaching Certificate in Special Education K-12 from the New York State Board of Education. In 2012, she completed her PhD in Expressive Arts Therapies from Lesley University. Additionally, she holds the Art Therapy Credentials Board certification (ATR #04-179) and is an active member of the American Art Therapy Association, contributing to the Northeastern Professional Chapter in New York.

Her dedication to the field extends beyond individual practice; Dr. Talusan-Dunn is committed to professional development training across school settings in New York and Massachusetts. Her workshops, which have reached institutions such as Yonkers Public Schools, the College of New Rochelle, and Westchester Hills School 29, aim to equip educators with the tools needed to support students' emotional and creative needs.

Dr. Talusan-Dunn's approach to therapy is person-centered, emphasizing the importance of creating a personalized treatment plan that incorporates mindfulness, cognitive behavioral exercises, art therapy, and talk therapy. This holistic approach helps clients build motivation, set personal goals, and achieve successful follow-through.

In addition to her therapeutic work, Dr. Talusan-Dunn is deeply committed to giving back to the community. Through her charitable involvement with organizations like the Food Bank for New York City and the Vietnam Veterans of America, she reflects her dedication to supporting those in need.

When not in the studio or workshop, Dr. Talusan-Dunn enjoys traveling to diverse locations, including Asia, Vermont, Maine, and Denver, where she finds time to relax and recharge. Her personal interests, such as reading, rowing, and practicing Pilates Reformer, help to keep her balanced and active.

For those seeking a compassionate and creative approach to therapy, Dr. Rowena Talusan-Dunn offers a welcoming environment at Creative Arts Therapy Westchester. Her extensive experience and commitment to fostering growth through art therapy make her a valuable resource for individuals and families navigating life's challenges.

Learn More about Dr. Rowena Talusan-Dunn:

Through her findatopdoc profile,
<https://www.findatopdoc.com/doctor/83343251-Rowena-Talusan-Dunn-Counselor-Therapist> or through
Creative Arts Therapy Westchester, PLLC, <https://www.arttherapywestchester.com/>

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Source : Dr. Rowena Talusan-Dunn

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