

KindlyKierva



ART THERAPY DEMYSTIFIED

In the realm of wellness, Kiera's unwavering commitment shines through as she compassionately works to alleviate psychological suffering in individuals deeply affected by it. The harmonization of art and psychotherapy serves as a conduit for Kiera, allowing her to transcend conventional perspectives. This enables her to identify triggers, facilitate the implementation of healthy coping mechanisms, guide individuals towards positive transformations, and aid in releasing patterns that no longer serve their well-being.

The practice of kindness underpins Kiera's approach, fostering a sense of connection and understanding with her clients. Through her actions, Kiera's impact extends beyond herself, providing a beacon of hope and relief for those in need.

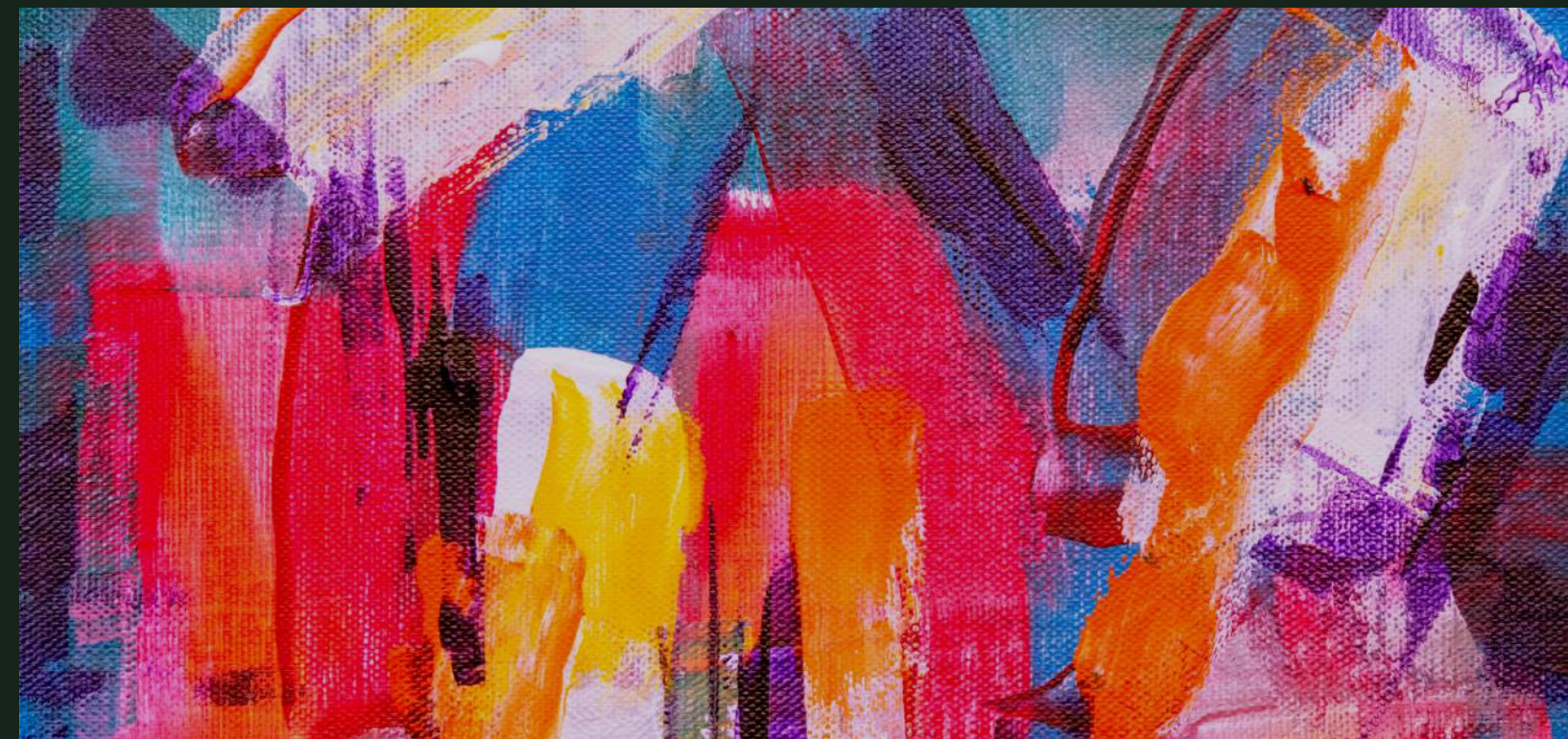


THERAPY X HUMAN EXPERIENCE

Combining the principles of psychological theory and the therapeutic bond with art, Kiera facilitates pathways to the depths of the mind through the transformative power of the creative process. She skillfully builds trust within a secure and inviting environment, utilizing a range of art materials and a customized blend of directive and non-directive prompts. To nurture the individual healing journey, Kiera incorporates breathing exercises and mindfulness practices tailored to the unique needs of each person.



KindlyKiera



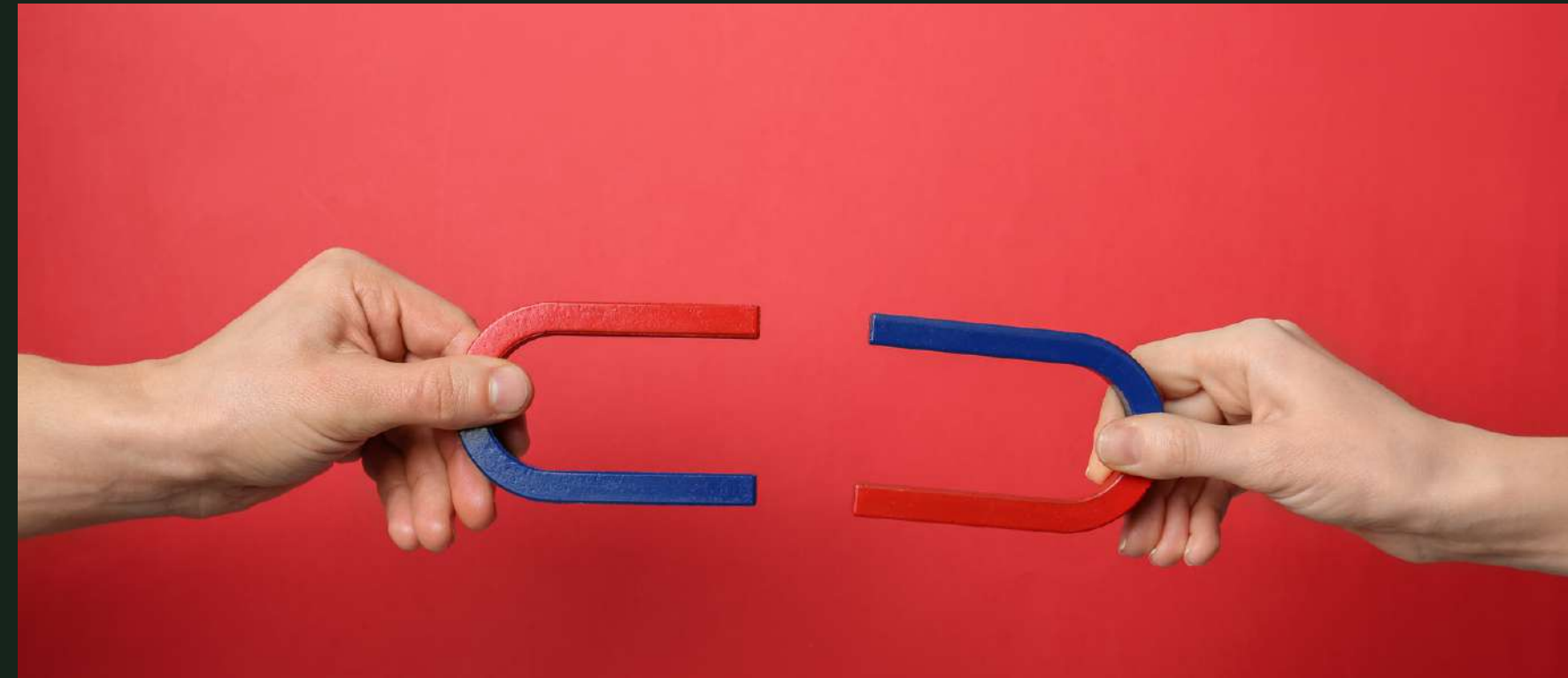
BRAAND ETHOS

DEVELOPMENT

Kindness: Kindly Kiera embodies the values of patience, grace, and a commitment to spreading kindness. The mission of Kindly Kiera is to foster growth and facilitate positive change in others.

Inclusivity: At Kindly Kiera, inclusivity, acceptance, and equality are fundamental principles. We reject biases, prejudice, or discrimination based on race, ethnicity, religion, age, abilities, gender identity, or sexual orientation. Our practice is a safe and welcoming space for all individuals.

Accessibility: We believe that therapy and healthcare should be accessible to everyone. Art therapy and other healing modalities should not be considered luxuries. Kindly Kiera is dedicated to ensuring that these services are available to all individuals, regardless of economic status. We advocate for equal economic, environmental, healthcare, and social rights opportunities for all.



BRAND STORYTELLING

Born in Staten Island, New York, to a family of powerful healers, I've always been a caretaker. My mom was a nurse for more than 40 years, which inspired me to study nursing in undergraduate college and work as a nurse aide to support my education.

While working in the patient psychiatric unit, I met an art therapist and decided to return to school to obtain my master's degree from the School of Visual Arts in Manhattan. Upon graduating, I immediately submerged myself in the medical community, collaborating with other healers and mental health professionals.

I provided art therapy and yoga to children and women in multiple homeless shelters throughout NYC. In response to Hurricane Sandy, I developed an art therapy program for displaced victims in shelters that allowed them to express their traumatic experiences through oral and visual communication.



A PASSION

PRACTICE

In 2018 I relocated to Denver and became certified by the Art Therapy Credentials Board to provide art therapy as the primary therapeutic, and Kindly Kiera was born in September 2021.

When I am not lending myself to therapy and healing, I am home in Colorado, hanging out with my partner and furbaby cat, Ozzy. I love to play the ukulele, and I am on a pretty awesome local bowling team.



KindlyKiend

THE MOOD



BRAND COLORS

SLATE



ELECTRIC PINK



FERN



GOLDEN GLOW



PUMPKIN SPICE



TAGLINE

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