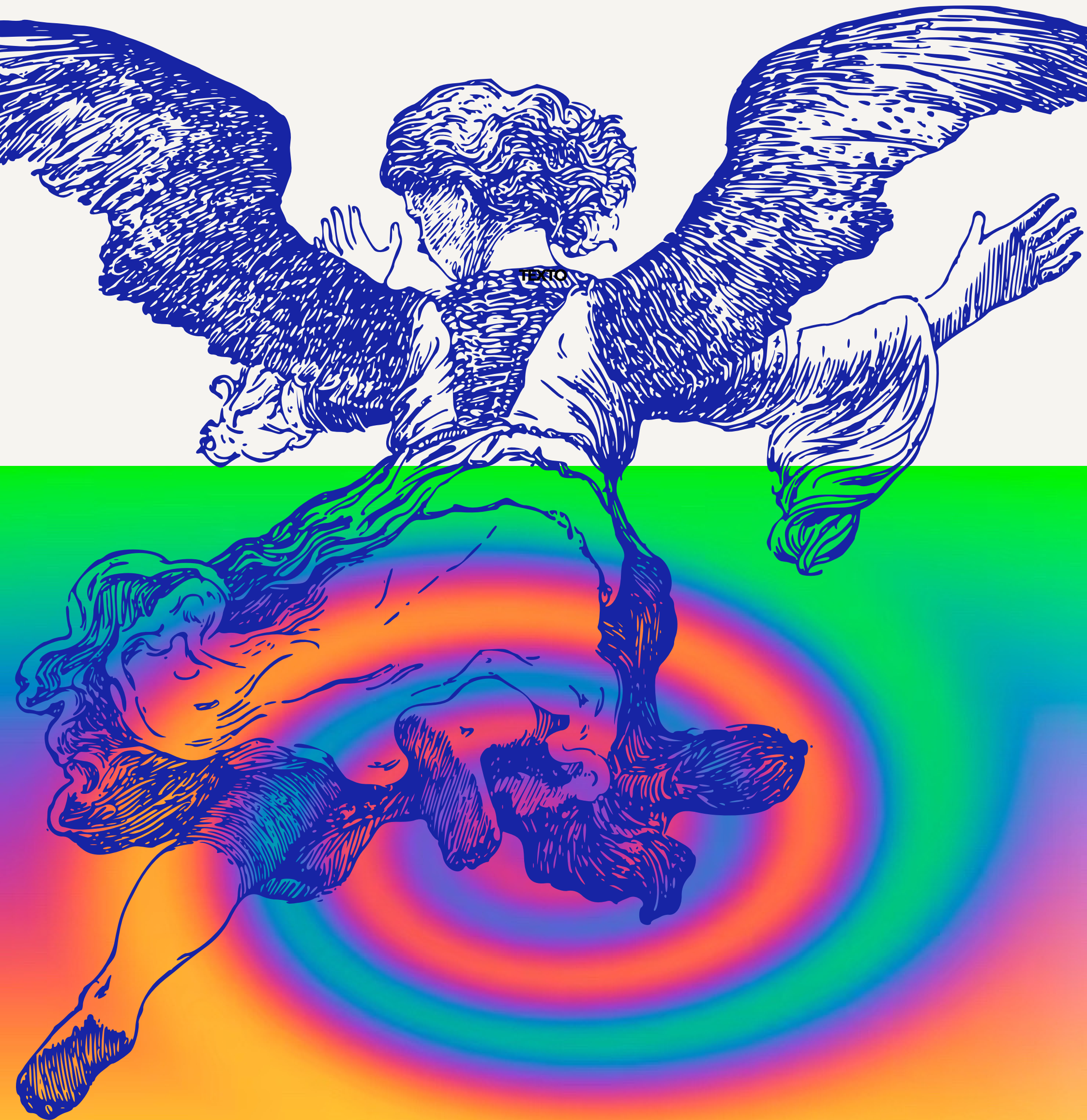


ART THERAPY

SABRINA BERMUDEZ



THE WORK

Why This Work, Why Now?

Art therapy offers a space for inquiry, integration, and genuine exploration. Through dialogue, artistic expression, and contemplative practices, these sessions support people in relating to their experience with greater honesty and awareness.

This work integrates personal development and spiritual development as part of a shared process of maturation and self-discovery.

A central aspect of this approach is learning to discern between the idea of who we think we are, shaped by the past; the idealized self, projected into the future; and the experiential self, which can only be fully encountered in the present moment.

We live in a time when the same images, desires, and narratives circulate at tremendous speed. We often surrender our attention to ways of thinking, feeling, and wanting that are endlessly repeated, while imagination, intuition, and symbolic understanding are pushed into the background.

Stepping out of repetition and the homogenization of human experience becomes, therefore, a deeply vital and necessary task.

Art offers something radically simple and profoundly human: a way of participating in life rather than merely consuming it. It invites us to reclaim our creative capacity — an innate force of life itself that seeks to express itself through us.

The result is greater vitality, inner freedom, clarity of direction, authenticity, and a more responsible and fulfilling way of inhabiting our lives in relationship with the wider ecosystem of which we are part of.

1. HOW I WORK

I accompany processes of self-discovery, integration, and human development through art, creativity, and the therapeutic relationship.

I see each person in their **wholeness**: body, emotions, mind, relationships, creativity, and spiritual dimension. My intention is not to help you become someone different, but to support you in recognizing more clearly who you are and bringing more fully into your life **the potential that you already are**.

Art holds a central place in this process. Not as an aesthetic or technical pursuit, but as a deeply human space and language through which we can express, explore, and integrate what often cannot be put into words.

In art therapy, **the creative process and our relationship with what is created** naturally foster **the recognition of our own inner authority**, allowing us to recover an inner point of reference that is **essential** amidst the noise and demands of contemporary life.

Through drawing, painting, movement, voice, writing, meditation, Yoga Nidra, and a conscious relationship with nature, we create a space where what needs to be seen, heard, or transformed can emerge.

The artwork and the process of creating become a mirror, a dialogue partner, and a source of insight that expands our capacity to listen to and understand ourselves.

Experience has shown me that the real work happens **through connection and relationship.**

The therapeutic relationship provides a space of trust where we can explore our experience with honesty, develop new ways of relating to ourselves and to the world, and strengthen our capacity for inner listening.

The presence of the therapist supports one's capacity to be alone with one's inner experience, creating a space where whatever emerges can be observed, expressed, and welcomed.

For this reason, I prefer to speak of participants rather than patients. This is not a process that someone does for you, but a path that we build together. Your **active participation, curiosity, and commitment are an essential** part of the work.

There are no universal formulas and no two processes are the same. Every journey is unique. For me, each session is a creative opportunity in itself, where a broad view of the process over time coexists with the capacity to respond intuitively to the particular needs of the present moment.

Does This Path Resonate with You?

I would love to get to know you and tell you more about my work.

Every process is unique, which is why I take the time to speak personally with each person before we begin. I am interested in hearing about what you are living through, what brings you here, and sensing together whether this form of support may be valuable for you.

My work is **deeply handcrafted**. I do not believe in standardized processes or one-size-fits-all answers.

This path requires **commitment over time and a clear sense of direction**. We live in a culture that values immediacy, yet profound processes of transformation, integration, and maturation need space to unfold. We are not seeking quick results, but a more honest, authentic, conscious, and free relationship with our own lives.

We can meet for a **free 30-minute introductory conversation** to get to know each other, answer any questions, and explore whether this path feels right for both of us.

You are welcome to contact me directly via WhatsApp or by phone:

+34 678 314 232

You can also find me at:

www.sabrina-bermudez.com

hola@sabrina-bermudez.com

3. MODALITIES AND FEES

1:1 sessions

Individual sessions last between **75 and 90 minutes** and are priced at **€80**, both online and in person. At the beginning of the process, an additional €10 fee is charged to cover the art materials available throughout our work together.

Sessions can take place **weekly or every two weeks**.

For those seeking support around a specific issue or life situation, I generally recommend a minimum of three sessions to allow sufficient depth and continuity. We can discuss together what feels most appropriate for your needs.

(Occasionally, if a particular session requires different conditions — such as meeting in another location or spending additional time together — the session fee remains the same.)

Cancellations must be made at least 48 hours in advance. Sessions cancelled with less notice, or missed without prior cancellation, are charged in full.

Art therapy Circles

Group sessions for **3 to 5 participants** who choose to embark on an **intimate and committed journey together**. Through art and mutual support, we cultivate a meaningful space that becomes an integrated part of our lives. Over time, what is sown and harvested is a true **sense of community, deep bonds**, and an expansion of both the therapeutic process and self-expression through shared experience.

I recommend a **minimum commitment of 9 months** to allow the process to unfold its full potential. The duration is reviewed and redefined together according to each person's needs and stage of life.

Monthly fee: €140

If you are unable to attend a session, I will prepare personalized material and support you in integrating the work explored within the circle.

****Participants in the circle who wish to explore a specific issue in an individual session benefit from a reduced fee of €60 per session.**

4. GRACIAS

Thank you for making it this far.

I believe it is deeply important that we reclaim our capacity to read with calm, attention, and presence—without haste, distraction, or information overload.

The art therapy process requires a commitment that only you can know whether you are willing to make.

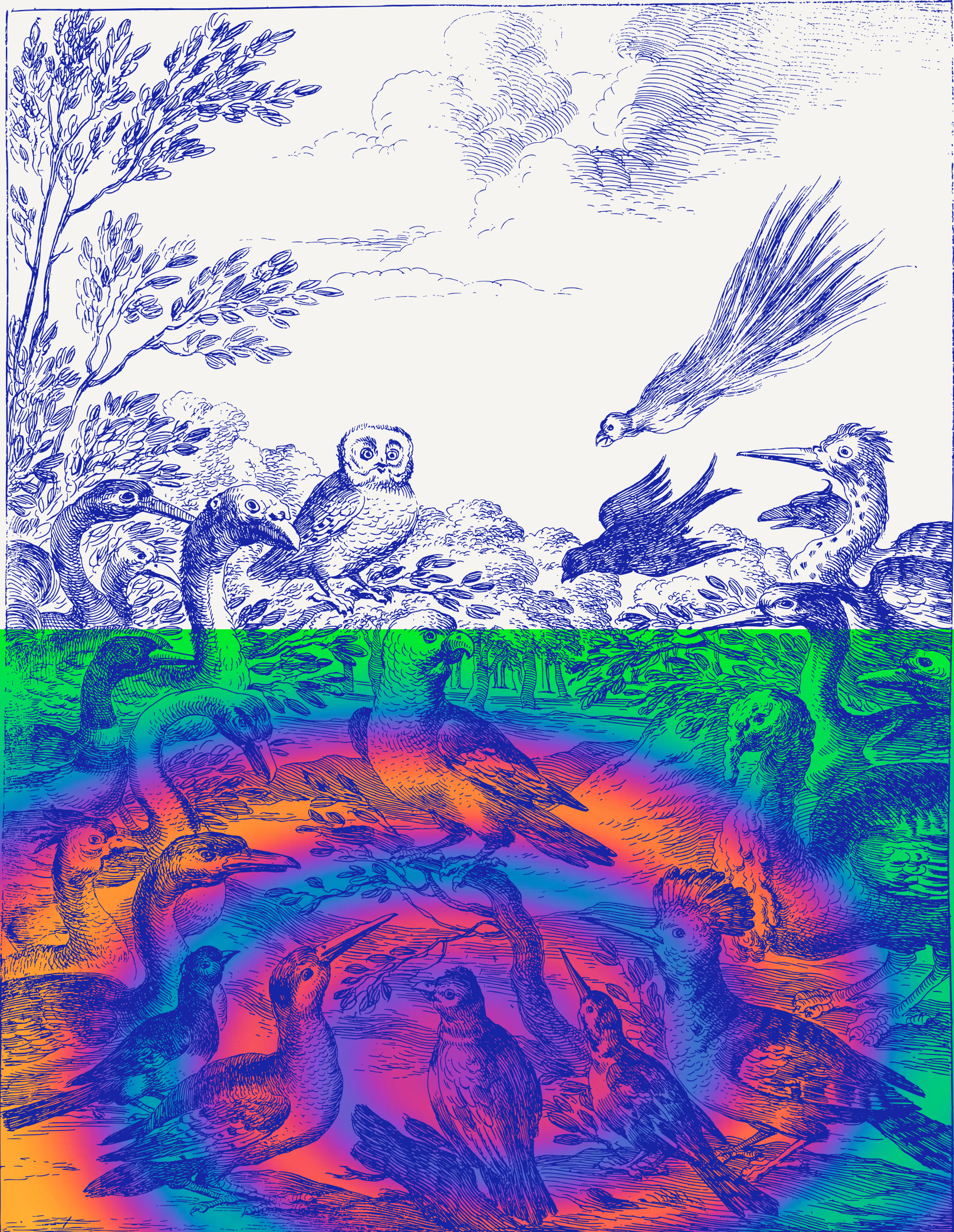
What I can assure you is that I will bring my whole heart to this work—with deep respect, devotion to service, and the honesty to bring a process to a close or refer you elsewhere if I feel I am not the right person to accompany you.

I invite you to continue reading and discover the words of those who have experienced this work.



SABRINA BERMUDEZ

WORDS FROM THE COMMUNITY



WHAT IS THIS ABOUT?

TESTIMONIALS

Emilia

"The session I had with Sabri was one of the most moving experiences I've had in a long time. With the information I had shared, she created a tailored experience, carefully designed down to every detail.

In the way she structured the session, she integrated playfulness, emotional depth, and imagination to transform my perspective on what I wanted to work through. Through the body and the elements she brought into the session, I was able to see parts of myself materialise — parts that had been buried for decades.

I never thought a single session could be so transformative. Sabri holds you with gentleness, while guiding and supporting you with true professionalism.

The magic didn't end with the session — it continued in the days that followed, as inner parts kept moving and my way of seeing and feeling what I was working on kept shifting.

Thank you, Sabri, for your generosity and wholehearted presence."

Noor

"I started art therapy with Sabrina not really knowing what to expect, I just felt drawn to be part of whatever world she creates because whatever she does is so intentional, deeply human, and led with genuine love.

I'm so grateful I followed that instinct because working with her has truly been life changing! I feel freer, more connected to my inner self, and far less judgmental - both toward myself and others. I especially love how she combines art and expression in so many forms - crafts, music, dance, writing, speaking.

Sabrina has created a safe space in the most authentic way, which feels incredibly rare. Being there feels like coming home. She cares deeply about every single person and their individual journey, and that care has a ripple effect - it helps everyone around her soften and love themselves more.

Sabrina is truly a gift in my life. If you're curious about getting to know yourself more deeply, connect in a more honest and authentic way, speak your truth without fear of judgment - and be held in a safe, supportive space while doing it - this is absolutely for you!"

TESTIMONIALS

Saheli

"I began working with Sabrina for her sessions in September because I wanted to go back into therapy, and I was not sure if I wanted to pursue talking therapy.

I decided that an unstructured approach might shift something deeper in me, so I decided to trust the process with Sabri, and I was beyond surprised at how much growth I have found.

Her approach is unconventional, and sometimes in the moment, I don't always see the purpose or the intent of the exercise, but it ALWAYS hits somewhere in my subconscious and becomes integrated. I then go out into the world and notice myself acting differently from my usual patterns. That is when I realise the impact and the value of what we did in each session.

Each time I have gone back, I have come home with a shift, new learning and opened up more to discover myself. This is what keeps me coming back.

I highly recommend working with her if you are looking for something to help you move energy from your body, but don't understand what is stored and why it is stored there."

Kubra

"Working with Sabrina has been such a life changer for me at a time when I deeply needed it. She connects with so much love and openness. Whenever I am in the sessions, I feel like anything is possible and life expands.

She connects with all parts of you at the same time — she truly sees you and brings infinite love and acceptance to each part of who you are.

When we started the sessions, I was just beginning to discover my spiritual side, and I had so many doubts. Working with Sabrina was not about removing those doubts or trying to make sense of everything. It was about going on a journey within yourself in each session, discovering places you didn't even know were there.

I am so grateful that she is holding my hand, together with this group of beautiful women, throughout my journey into all the beautiful paths I found within my inner jungles. I couldn't have done this alone and I wouldn't have wanted to.

I now feel so much more in tune with my body, my spirituality, and life itself. Every time, when I leave a session, I feel like some part of me has been seen and held in a very beautiful way.

I feel the caress of the universe, the caress of these amazing women around me. Sabri's big heart and powerful energy create a kind of tunnel — between the circle, between us and ourselves, and between us and the universe.

I have so much appreciation and love for this circle and for the process. Thank you, Sabri. I love you. 10

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TESTIMONIALS

Fanny

"My experience with Sabri has truly become one of my favorite moments of the week — sometimes even of the whole month.

Every time I leave a session, I feel lighter, happier, and deeply held. I feel loved, supported, and grounded in a way that stays with me long after.

The sessions usually take place in small groups of four to five people, which creates an incredible sense of closeness, trust, and genuine connection. Over time, these sessions have built not only support, but real friendships.

There is so much love and safety in the space Sabri creates. Sabri herself is such a creative, intuitive, sensitive, and spiritual person. She has this natural ability to truly read people and understand what is needed in the moment.

Each session feels uniquely tailored to our current emotional states and life themes. She gently guides us exactly where we need to go, often deeper than we expected, yet always in a way that feels safe.

Through her Jungian-based methodology, we have explored profound questions: Who am I? How do I react? What are my shadows? What archetypes live within me? What does my subconscious try to communicate?

The process has helped me understand not only myself, but life itself in a deeper way. Art therapy has reawakened my creativity. It reminded me that life is not only about performance and productivity, but also about play, expression, and connection with oneself.

Writing, painting, moving, dancing — it feels like giving space to parts of myself that were waiting to be expressed.

What I love most is that we go deep, but in a joyful way. We laugh, we dance, we listen to amazing music, scream-everything is allowed. The depth does not feel heavy; it feels alive.

Sometimes we experience what we jokingly called a "spiritual orgasm", that moment of sudden clarity, when everything makes sense and you feel aligned with your path.

I have witnessed incredible transformations within the group. People started new projects, overcame personal challenges, and supported each other with such authenticity. There is a strong circle that truly holds you.

I feel more inspired, more grounded, and clearer about who I am — including my strengths and my shadows. And I know I am supported.

I would wholeheartedly recommend this experience to anyone, whether you want to heal, understand yourself better, process something difficult, or simply try something new. You will be guided by an exceptional human being.

I am deeply grateful to have found this circle. Experiences like this, combining joy, spirituality, creativity, and true connection, are rare. And this one is truly special."

TESTIMONIALS

Daniela

“My individual process with Sabri has been a very special space to return to myself. Through art therapy I have been able to explore myself from a place that doesn’t go so much through the mind: we have worked with clay, painting, writing, the body and movement. It is not about learning art, it is about using expression, creation and movement as a bridge to meet yourself. It is about expressing what is there in another way, less mental, without having to explain everything or give it a name. The process of creating ends up being a balm.

Art therapy opens a space to express what is difficult to name, and for me that has been very powerful. It has helped me get to know myself more, to see patterns, needs and parts of myself with more clarity, from a kinder place.

It is a very alive process, where there is no need to “do it right”, only to let yourself be moved through and to trust. And there, Sabri holds in a very special way, and that is what I value the most — she accompanies your process with a loving presence, without judgment, with a deep listening that makes you feel truly supported. You feel in a safe place where you can open up at your own pace, a space of openness, vulnerability and holding. One of those spaces where you can simply be and know that you are not alone.”

Anna

“I loved spending time with Sabrina and allowing myself to be immersed in her energy and her unique approach. I have participated both in the Art Therapy Circle and in 1:1 sessions to go deeper in specific situations.

I worked with her on themes that I would normally explore with my therapist, but in a completely different way—intuitive, embodied, and experiential. By giving emotions space to express themselves through action, movement, and art, I was able to process them in an entirely new way.

Her intuitive presence is essential. Sabrina knows how to welcome you and guide you step by step through a journey whose destination cannot be defined in advance, because it is unique to each person—and undoubtedly filled with light.”

SOME IMAGES



SOME IMAGES



SOME IMAGES

