



Stephanie McLeod-Estevez, LCPC

Art Therapist & Breast Cancer Survivor

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SERVICES OFFERED

(in person and virtually)

- Consultation & Program Development
- Training & Professional Development
- Psychology of Cancer blogs & articles
- Individual & group coaching for cancer survivors and caregivers
- Experiential Workshops that incorporate:
 - Psychoeducation
 - Live practice of tools presented
 - Blend of Art Therapy and Acceptance & Commitment

EXPERIENTIAL WORKSHOPS

Each workshop offers relevant information, tools and experiential exercises to help the participants actualize the goals of each offering. Promotional blogs provided to sponsors to engage the audience. Participants receive handouts to continue practicing and learning at home. Full descriptions available on the Creative Transformations website.

- **Back to Life, Back to Reality?! Decoding Cancer Survivorship**
- **Building Resiliency**
- **Radical Acceptance of Body and Self**
- **SCANxiety: Taming the Beast through Art Therapy**
- **Mapping out Your Emotional Recovery from Cancer**
- **Loving Yourself from the Inside Out: Art Therapy as Meditation**
- **Take Home Tools: Creative Coping and Expression**
- **Telling Your Cancer Story through Art**

About: Stephanie began Creative Transformations in 2016 to provide information, tools, and services to the cancer community to enhance their emotional health and wellness. By blending her personal cancer experience with professional expertise, she has developed unique art therapy protocols and programming that empowers cancer survivors and their caregivers to heal emotionally from cancer.

Bio: In 2004, Stephanie obtained her Masters of Mental Health Counseling and Expressive Arts Therapy from Lesley University in Cambridge, Massachusetts. She is a licensed clinical professional counselor with 15 years of clinical expertise in treating anxiety, depression and trauma. Since 2009, she has been in private practice. Stephanie has published in Wildfire Magazine, Coping with Cancer, and Breast Cancer Wellness magazines, and she maintains an active social media presence.

Stephanie workshops have been sponsored by local cancer organizations, including: New England Cancer Specialists, the Dempsey Center, Cancer Community Center, and Caring Connections. She facilitates a virtual survivorship focused support group for Beth C Wright Center. Stephanie was a featured speaker & facilitator at Living Beyond Breast Cancer's 2019 metastatic conference.

