Star City Recovery Begins Art Therapy Classes for Recovery

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TARZANA, CA - January 02, 2026 -
Star City Recovery, a drug and alcohol residential treatment center in Los Angeles, has begun art therapy classes. In these classes, clients will be guided by experienced art therapists towards self-expression and explore the healing potential of creativity in a supportive, emotionally safe environment.

Art therapy classes at Star City Recovery can include multiple kinds of art. Painting, drawing, writing, doodling, and other art forms can be engaged in and explored. All sessions are led by credentialed, licensed art therapists. Using trauma-informed, creative methods, they can help foster freedom of expression as part of the healing process.

Upon arrival at Star City Recovery, all clients undergo an evaluation conducted by staff members. These evaluations can cover the client?s substance use, mental health, history, and more. With this information, Star City Recovery staff created a customized treatment plan. Now, those treatment plans, depending upon the client?s history and needs, can include art therapy classes.

According to a study published in the National Library of Medicine entitled ?Art Therapy?s Engagement of

Brain Networks for Enduring Recovery from Addiction,? by Patricia Quinn, ?art therapy has been shown to complement existing addiction treatment models. Trauma-Focused (TF) cognitive behavioral therapy combined with expressive therapies has been found to increase flexibility and effectiveness.?

The study went on to state that ?art therapy may engage security for rewarding emotional and linguistic skills through behavioral action that brings mastery and self-awareness. Art therapeutically integrated with psycho-education would interject a receptive state of playful openness, making knowledge about addiction more accessible, especially for those with verbal challenges? by stimulating and harmonizing areas of the brain possibly undermined by substance brain injuries, art therapy may bestow more receptive and expressive abilities.?

?Art therapy can be one of the few forms of therapy that can heal without using any words. So many, when they arrive at Star City, have this misconception that treatment is only about loss. You detox, and then you sit in therapy. Yes, that can be part of it, but holistic treatment is designed to be so much more. It?s designed to treat the whole person, not just the addiction. Art therapy, specifically art therapy classes, where people are engaged in art together, can help to heal the entire person,? said Eric, a spokesperson from Star City Recovery.

To learn more about Star City Recovery?s alternatives to art therapy as well as all of the ways they can help, or to make a press inquiry, contact Star City Recovery.

Where the Art Therapy Classes Are Held: Star City Recovery.

Just up the 101 from Los Angeles in Tarzana, Star City Recovery can help clients with detox and on-site residential treatment for substance use and mental health. Shortly after arrival, every client will undergo an evaluation run by staff members, the information from which will be used to create a customized treatment plan for the client?s individual needs. All treatments, if they include art therapy classes or not, are designed to be holistic.

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For more information about Star City Recovery, contact the company here:Star City RecoveryErik B(323) 676-0698whizgi2017@gmail.com4640 Dunas Ln. Tarzana, CA 91356

Star City Recovery

Star City Recovery?Drug & Alcohol Rehab in Los Angeles offers luxury, evidence-based treatment with private

rooms and compassionate, personalized care. Our expert team guides clients toward lasting recovery with dignity, privacy, and 24/7 support.

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