

Expressive Arts Therapist Salley-Ann Ross to be Featured on Close Up Radio

NORTH VANCOUVER, BRITISH COLUMBIA, CANADA, September 28, 2020 /EINPresswire.com/ -- People have always used the arts to express themselves, but music goes deeper than our conscious state. Music touches us in a way that allows us to both express ourselves and heal. Our emotions react to music. Our bodies react to music. And sometimes a song can express our deepest feelings in ways words never could.

Music has always been Salley-Ann Ross's best friend. Now music is her co-therapist.

As clinical counsellor, Salley-Ann works with individuals of all ages and circumstances, but she says her training as a music and expressive arts therapist has allowed her to reach people faster and deeper than traditional talk therapy.

"Music is provocative and evocative," says Salley-Ann. "We use music to access the unconscious: our memories, our pain, grief, trauma, even happiness. Let's pull it out."

Music therapists are highly specialized. It requires extensive training.

With a Masters in Counselling Psychology, Music Therapy, Expressive Arts Therapy and 20 years as a Royal Conservatory Pianist, Salley-Ann's unique combination of training has enabled her to provide clients with extensive resources to meet their unique needs.

Salley-Ann specializes in families in high conflict, working directly with children to explore different ways of expressing themselves.



“Music offers a safe platform to actually explore vulnerability. There's a quality to music that feels safe to surface the unconscious thoughts we carry with us,” says Salley-Ann. “In the therapeutic context, music is a great way to get the conversation started, to open up dialogue and open up their heart.”

Close Up Radio will feature Salley-Ann Ross in an interview with Jim Masters on September 29th at 5pm EST

Listen to the show on [BlogTalkRadio](#)

If you have any questions for our guest, please call (347) 996-3389

For more information about our guest, please visit her page on [LinkedIn](#)

Lou Ceparano
Close Up Television & Radio
+1 631-850-3314

[email us here](#)

Visit us on social media:

[Facebook](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/527224822>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.