

Frequently asked questions:

What is art therapy?

Art therapy is a process oriented human service profession that recognizes art as a visual language, which offers a less threatening non-verbal alternative to express oneself. The process of making art is viewed as more important than the product. The art product serves as a "container" to hold externalized feelings and experiences. Both the process and product are viewed as tools for gaining self-awareness, personal growth, and safe expression of emotions. Making art is not viewed as a corrective measure, but a process of expressing what needs to be seen.

Since the instructor is an art therapist, is KB Studios offering therapy, art instruction, or both?

It is a mix of both. Art therapists are trained in both art and psychology. Krista believes there is therapeutic value in everything that happens at KB Studios. She also teaches art skills and techniques. Art therapists view the process of art exploration as more important than the product. KB Studios is a studio-based practice where most groups are geared toward art experiences and exploration rather than traditional therapy and art lessons.

Is there an age requirement at KB Studios?

No, people of all ages are welcomed: children, adolescents, and adults alike. However, you may see some age requirements for certain groups on the schedule.

Do you need art experience or talent in order to participate in the offerings at KB Studios?

You don't need art experience, just a desire to experience art!

What are the costs for groups, or individual sessions when fees are not listed on the schedule?

KB Studios offers a sliding scale when rates are not noted on the schedule. Please contact us for more information.

Is insurance accepted for individual sessions?

Unfortunately, insurance cannot be accepted since KB Studios does not offer traditional counseling.

What if I have an idea for a group based on a community need that I do not see in the schedule?

Ideas for new groups are welcomed and encouraged! Please contact us to discuss further.

Where is KB Studios located?

We are located at 26 Irving Street in the Irving Street Studios, Studio #203 in Malden, MA, four blocks from the Malden Center T Station on the Orange Line. Please contact us for more details.

About Krista Bebezas MPS, ATR-BC Registered Board Certified Art Therapist



Krista is a mixed media artist, art therapist, and graphic designer with 7 years experience working with children, adolescents and adults. She uses art as a means to enhance life, develop greater self-awareness, and build self-esteem. She has worked with individuals and groups in hospitals, community afterschool programs and summer camps.

Her approach to the therapeutic process is humanistic. Essential to this orientation is the concept of holistic healing. Not only should a person's problems be explored, but also their highest potential. The mission at KB Studios is to use art to build self-esteem, improve social skills and embrace the self.

"I want KB Studios to be a sanctuary for inspiration and creativity: a space where people will feel a sense of belonging. It is my belief that in a creative safe environment, people are empowered to take risks, try new things, and grow personally."



*Supporting you creatively
along your journey*

• Creativity • Community • Connections

Krista Bebezas MPS, ATR-BC
Registered Board Certified Art Therapist

Mixed media art for all ages:
- expression, self-discovery, & learning
- individuals & groups
- open studio

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Philosophy:

KB Studios provides a therapeutic, non-judgmental, safe space that celebrates the artist in everyone by acknowledging that each person's mark is unique. Past art experience is not required.

KB Studios strives to create a community of people of all ages who share some commonalities, but honors that each person has individual characteristics, heritage, talents, and interests. Taking this into consideration, each person's traits are used to support him or her along their creative journey.

At KB Studios, we all work together in groups to express ourselves, as well as draw on each other's talents, strengths, and ideas for inspiration. Mastery, self-esteem, teamwork, and the feeling of being part of the larger whole are some of the benefits gained from our programs.

*"You don't need art experience,
just a desire to experience art"*

What's happening at KB Studios:

Please see separate schedule for age groups, costs, and current schedule.

What is Art? / Materials Exploration

This group focuses on the exploration of different art mediums that are age appropriate and non-toxic. Come explore and learn about the use of dry and wet materials for drawing, collage, and sculpture including colored pencils, chalk, oil pastels, paint, and sculpting media.

Parent/Child

Come to KB Studios with your child to make art! This "mommy/daddy/caregiver and me" group allows you to spend quality time with your family while learning about art and creativity by exploring various art mediums.

Parent/Toddler Sensory Exploration

Come to KB Studios with your toddler and learn how to encourage the development of creativity while exploring art materials! This "mommy/daddy/caregiver and me" group allows you to spend quality time with your toddler while having a safe space for sensory exploration of materials. Toddlers will be provided with non-toxic age appropriate materials and will be allowed to make a mess while having fun.

Afterschool / Summer Creative Art Groups

This is an ongoing afterschool and summer art group, which teaches art techniques and encourages each person's unique creativity via exploration of different art materials and structured projects. By attending, participants' creativity and their development of social skills will be enhanced.

Teen Art Program (TAP) / Community Access Art Coming soon!

This group will be for teens who want to help beautify the community by participating in mural and other larger scale projects around the community. Stay tuned for more details...

Open Studio

This is an unstructured group that allows for personal development of talents and creativity in a stress-free environment. A wide variety of materials will be available for creative freedom and experimentation. Personal instruction will be available as needed to aid in each person's creative journey!

Individual Sessions

Personal art therapy sessions for people of all ages are available by Krista Bebezias, a Registered Board Certified Art Therapist. Sessions allow you to express yourself both verbally and non-verbally in a non-judgmental, safe environment for greater insight and awareness.

Examples of client work:



Afterschool Program's Community Mosaic
48x36
(ages 5-14)



Colored Pencils & Watercolor
(ages 9 & 7)



Ceramic Emotion/
Character Masks
(ages 5 & 10)



Ceramics
Supportive Open Studio
(adults & seniors)



Doll Making & Play Therapy
(medically fragile children 4+)