

Juniper Monypenny, LCAT ATR-BC  
*Art Therapist, Children's Hospital at Montefiore*



# The art of healing

A hospital experience can come with a lot of big feelings. At the Children's Hospital at Montefiore, art therapy helps young patients work through their emotions. Juniper Monypenny, a board-certified art therapist, brings her art cart to the bedside, playroom groups, the emergency department and outpatient clinics. "Art therapy offers a platform for young people to express themselves, and my role is to respond skillfully using my training in psychotherapy," says Monypenny. In this role she builds therapeutic relationships with children and families on their journey through hospitalization. Along the way, she cultivates moments of wonder and self-discovery. Her cart delivers more than colorful supplies—it brings hope and comfort.

## Expertise Highlights

- Art therapy • Promote self-expression surrounding feelings, thoughts and experiences related to illness, injury or hospitalization • Build verbal and nonverbal communication skills • Provide opportunities for choice and control in all aspects of art making • Develop and strengthen positive coping strategies • Support pain management • Facilitate exploration of identity and formation of self-esteem

[www.cham.org/artstherapy](http://www.cham.org/artstherapy)

Contact us at 718-741-2360.

Children's Hospital at Montefiore (CHAM) has been consistently recognized by *U.S. News & World Report* as one of the nation's best in areas including Pediatric Cancer, Gastroenterology & GI Surgery and Nephrology.

