



Ana Cabrera

LICENSED CREATIVE ARTS THERAPIST-LCAT
CREATIVE WELLNESS COACH

ABOUT ME

I am a bilingual Latina artist, Licensed Creative Arts Therapist, and Creative Wellness Coach dedicated to helping individuals unlock their inner potential through creativity and holistic practices.

I specialize in creativity development, emotional wellness, and expressive art practices. Through immersive workshops, I support individuals and teams in reconnecting with their creativity, building emotional awareness, and developing practical tools to manage stress, anxiety, and the demands of modern life in New York City.

EDUCATION

Master of Professional Studies in
Art Therapy and Creativity
Development
Pratt Institute
2018 - 2020

Bachelor's degree in Art
**Pontificia Universidad
Católica Del Perú**
2005 - 2012

OVERVIEW

As an experienced artist, therapist, and wellness coach, I design and lead immersive workshops for corporate teams, creative professionals, and diverse communities. Integrating expressive arts with holistic practices, my work fosters creativity, emotional wellness, and meaningful connection.

These workshops offer a space to slow down, release stress, and gently deepen emotional awareness. Through the creative process, art becomes a doorway inviting participants to reconnect with their inner world, rediscover their creativity, and return to the present moment. Along the way, participants gain insight, practice resilience, and experience a more genuine connection with themselves and the people around them.

No artistic experience is needed, only curiosity and a willingness to create. Each session is thoughtfully shaped to meet the unique rhythm and needs of the group.

WHAT MAKES THIS WORKSHOP UNIQUE

- Led by a licensed therapist, professional artist, and wellness coach
- Blends evidence-based practices with creative, expressive approaches
- Guided through a lens of cultural awareness and inclusive, bilingual facilitation
- Open to all skill levels—no art experience required
- Balances immersive, hands-on experience with practical tools for growth and well-being

WHO IS THIS FOR

- Teams and organizations wanting to bring more creativity, presence, and well-being into the workplace.
- Creatives who feel blocked, disconnected, or curious to explore their creative process more deeply.
- Communities seeking safe, expressive spaces for connection and emotional exploration.
- Anyone open to using creativity as a tool for self-discovery, stress relief, and growth

FORMAT AND LOGISTICS

- Duration: 60–120 minutes (customizable to your group)
- Group size: 15–25 participants maximum
- Materials: Provided or adapted to the space
- Location: Flexible—held at a space you provide or a location of your choice

Participants leave with:

- Tangible artwork they've created themselves
- Practical tools for managing stress and navigating emotions
- A deeper, more playful connection to their own creativity

SELECTED WORKSHOP MOMENTS



Collage as a mirror: BlackRock employees expressed stress, balance, and resilience through creative play.



At Palantir Technologies, participants closed their eyes and drew freely, embracing the unknown, letting go of control, and celebrating mistakes as part of the creative journey.

BOOKING DETAILS

Thank you for taking the time to read this, and for your interest in working with me .



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