



The Mindgarden Centre
A Centre for Healing,
Personal Development, &
Creative Renewal

Spartanburg, SC
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www.themindgardencentre.com

Deborah Armstrong,
Ph.D., LMFT-S, RPT-S, REAT, REACE, CFP
(she, her, hers, they)
A Licensed Marriage & Family
Therapist Specializing in Play,
Expressive Arts, & Experiential
Therapies

Individual, Couples, & Family
Therapy

Child Play Therapy &
Filial Family Therapy

Sandtray Therapy

Focusing

Dreamplay Circles
& Individual Dreamwork

Clinical Supervision &
Consultation

Sound Healing Treatment

Workshops/Salons



Dr. Deborah Armstrong
has been licensed as a Marriage &
Family Therapist specializing in
Play, Expressive Arts, & Experiential
Therapies for over 35 years. She is a
Past-President of the California &
South Carolina Associations for
Play Therapy; is a Clinical Member
of the American Association of
Marriage & Family Therapists; &
has served on the Board of
Directors for the International
Association for the Study of
Dreams.

Deborah also served as
Coordinator of the Expressive Arts
Therapy Concentration at
Goddard College until its' closure
in 2024; & currently serves on the
working BOD for the Global Assn.
for Interpersonal Neurobiology
(Mindgains).

ESSENTIAL BELIEFS

All people have an innate ability to be creative.

The creative process is healing.

Expressive therapies lead us into places that hold resources for our healing, development, and renewal.

Expressive therapies connect us with our essence, our wholeness, and our relatedness to the outer world.

-Natalie Rogers-



Creativity is like freedom. Once you taste it, you cannot live without it. It is a transformative force, enhancing self-esteem and empowerment.

-Natalie Rogers-



Please reach out.

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In-Person & Virtual



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