

The Arts Therapies Department

Further Information

- The Arts Therapies Department receive referrals via the Way in Team.
- The Arts Therapies include Music Therapy, Dramatherapy and Art Psychotherapy. They are psychological interventions.
- Whilst it is important that people who use our services show a willingness to engage with one of the Arts Therapies they do not need to be skilled in any of these.
- The Arts Therapies can be compared with psychotherapy, the arts medium offering an important and central factor to the intervention. They provide a creative process through which people who use our services can express themselves and become more aware of their emotions, their thoughts and how they behave. One of the main aims is to help people who use our services to develop functional ways of relating to others.
- The Arts Therapies are for people who are both verbal and non-verbal. Using words to reflect on the experience of engaging with the arts can be an important part of the therapeutic process.
- The Arts Therapies Department offers both individual and group therapy.

Anxiety
Depression
Psychosis
Bi-Polar
Eating
Disorders

Challenging
Behaviour
Destructive
behaviour
Self harm
Self neglect

Psychological
Issues

Help with
Developing
and
Maintaining
Meaningful
Relationships

Notable and
unexplained
changes in
behaviour

Complex
behavioural
difficulties

Personality
Disorder

Art Psychotherapy
Dramatherapy
Music Therapy

Complex
Bereavement

Trauma

Autism
Spectrum
Disorders

Communication
Difficulties

Difficulty with
self-expression
Relational
difficulties
between self and
others

Abuse
Neglect
Victim or
witness of a
crime

The Arts Therapies will look to prioritise those referrals that fall within the Moderate to Severe category. Service Users whose needs fall within the other two categories may not be best served by the arts therapies, which specialise in offering long term psychological intervention (up to 60 sessions)



Mild:

Increase in distress but able to maintain most activities;
Slight decrease in emotional control;
Assessed low risk.

Moderate to Severe:

Episodes of distress that have an impact on life;
Daily detriment to quality of life;
Coping mechanisms are vulnerable;
Presentation of self harm, aggression;
Withdrawn;
Known history of attempts or actual self harm;
Self-care and daily activity affected;
Relationships showing signs of breakdown.

Severe/Crisis:

Immediate support required;
Severe pre-occupation of thought;
Unremitting distress;
Severe problems with functioning or being supported in day-to-day tasks;
Clear indication of high level of frequent risk with intent.

Other Helpful Information

Music Therapy and Dramatherapy are open to people who use our services across North Essex but there is a requirement to travel to Lexden Hospital for sessions.

Art Psychotherapy is also open to open to people who use our services across North Essex and can be accessed at both Lexden Hospital and Kao Park.

It may be possible that Art Psychotherapy can be accessed at Teknicon House but this would need to be discussed prior to any referral being made.

Once a referral has been made someone from the Department will make contact with the person or their carer to discuss the referral in more detail including both clinical and practical issues.