

What is Art Psychotherapy?

Art Psychotherapy is available to all service users living in the community of North, Mid and West Essex. A referral is made to the Arts Therapies team via the Way in Team.

You will be invited to attend an assessment which may be up to six sessions. We aim to provide this support as near to where you live if possible. We can also offer online sessions. If you and your Therapist decide to continue, further sessions will be offered. These will usually be on a once weekly basis. It is important that you try to attend regularly to progress and build a good relationship with your Therapist.

How can Art Psychotherapy help?

Sometimes our past can effect our present and future, maybe without us even realising it. Art Psychotherapy is not about learning to draw or paint. You will however have access to a range of materials such as pencils, clay, pastels and paint.

We all have feelings:

- ❖ Good and bad
- ❖ Happy and sad

But we don't always understand why we feel like we do.

The Art Psychotherapist will try and help you to understand your emotions and thoughts.

Art Psychotherapy sessions are private although if the therapist is concerned about you or another person's safety the therapist will talk to you about this and then talk to your care staff.

If you require any other information or have any questions please contact the Arts Therapies Team on 01206 366653.