

Art psychotherapy can be provided in the following formats:

- Individual sessions... Long- or short-term interventions.
- Group sessions... Small group. Non-directive or theme-based.
- Workshops... Experiential tasters for staff, etc. Non-analytical.

We are CRB-checked, registered members of the British Association of Art Therapists (BAAT) and professionally insured. Art psychotherapists are trained to MA level, registered with the Health Professions Council (HPC) and abide by the code of conduct and principles of practice set by the above governing bodies.

For further information contact:
BAAT, www.baat.org

All sessions are private and confidential.

For more information about individual art psychotherapy, joining a group or a workshop, contact:

artisan affirmation

Holly Robertson 07748 841 688
hollyrobertson@talktalk.net
www.artisanartpsychotherapy.com

artisan
affirmation

art therapy for the community
information for professionals in education

What is art psychotherapy?

- Art psychotherapy or art therapy is a form of psychotherapy that involves making art to promote healing and growth within a professional therapeutic relationship.
- The overall aim of art psychotherapy is to effect change and growth on a personal level through the use of art materials and the art-making process within a safe, facilitating environment.
- Art psychotherapy is not dependent upon verbal communication and is therefore useful to anyone who finds it difficult to express his or her thoughts and feelings in a traditional 'talking' therapeutic setting.
- The art therapist is not concerned with making a diagnostic or aesthetic assessment of the artwork produced. The engagement with the process is the focus.
- No previous art experience is required to participate in art psychotherapy.
- The therapist keeps the artwork until therapy ends, when it is offered back to the client.

All art materials are provided.

Benefits of art psychotherapy

Art psychotherapy can benefit children and young people who present as being withdrawn, disassociated, anxious, angry and violent. It can encourage and empower them to make better choices, thus improving their behaviour and raising their achievement levels.

Who may benefit:

Those:

- In danger of exclusion.
- With special educational needs.
- With autism, Asperger's or ADHD.
- With learning or physical disabilities.
- Who are refugees or seeking asylum.
- With social & communication difficulties.
- With emotional & behavioural difficulties.
- Who have suffered abuse, bullying or trauma.
- Who are struggling with life events, e.g. changes in family structure, bereavement, illness.

Why art psychotherapy?

When children and young people are experiencing emotional difficulties they find learning and class situations very hard, therefore making their inclusion in school life difficult. Art psychotherapy can help to develop an individual's psychological, educational, physical and social skills. It can also help to develop healthy self-esteem and improve confidence levels.

Art psychotherapy provides support in line with the Special Educational Needs Code of Practice. Art therapists are expected to write reviews and contribute to multi-professional meetings.

How does art psychotherapy help?

Art psychotherapy enables children / young people to look at memories and feelings that may have been unavailable to them before. Together with the use of the art materials and the relationship with the art therapist, the child / young person is given a regular, safe and reflective space to explore their difficulties.

What is needed?

A self-contained room, consistently available and free from interruption to ensure privacy and confidentiality.

A sink and running water, tables and chairs and liaison time with key staff, other professionals, and parents/carers.