

Who are art psychotherapists or art therapists?

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.

If you have any questions about art therapy,
please ask your art therapist Holly Robertson.

artisan affirmation

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www.artisanartpsychotherapy.com

artisan affirmation

art therapy for the community
information for participants

What is art psychotherapy?

Art psychotherapy is also known as art therapy. It is a way of using art materials to help you understand your feelings and share them with other people. This can help if you find it hard to explain your feelings in words.

It takes place in a room with lots of different art materials and a specially trained and qualified art therapist. Your art therapist will help you to make sense of and understand your feelings so that you will be able to help yourself.

What do I do in art therapy?

You come along and are given time with different art materials such as paints, crayons, pencils, clay and collage materials. You can make things and talk in a safe place, either just with your art therapist or in a small group.

Do I have to be good at art?

No. Those who take part do not need to have any art-making skills. The art therapist is not concerned with the look of what you make but more about what you are feeling when you make it.

Why do people see art therapists?

There are many reasons why art therapy may be useful. Some might be:

- To help you with emotional difficulties and anxiety.
- To help you explore anxieties, depression and trauma.
- To help you explore changes in your life, such as people leaving or dying.
- If you are feeling sad or angry about things and you want to hurt yourself or other people.
- To help you to understand why you do things you don't want to do.
- To help you to look at and understand bad past experiences and help to put them behind you.
- To help you if you have a problem eating or sleeping.
- To give you a secure and safe place to go when things seem confusing.
- To help you manage aggressive feelings and anger.
- To aid conflict resolution skills.

Who will know that I am taking part?

The person who has referred you.

If other professionals work with you, we may want to meet with them, to make sure we are all working together to help you and your family in the best way possible.

What do I say to my friends?

You can tell people you are doing art therapy if you want to. If people ask and you want to tell them we can help you to find a way that you feel comfortable with.

Art therapy is private. Everything that is shared in the sessions is confidential within the group unless you or someone you know is unsafe and have been hurt or is at risk of being hurt. We will talk to you more about this when we meet you.

When & where will I see the art therapist?

You will see the same art therapist once a week for each session. Your session will take place in the same room each week.

All art materials are provided.