

Art Psychotherapy

Information for parents, carers and young people



Key points



We can help you think about your thoughts and feelings by doing some art.



We don't tell you what to do or how good you are, we just want you to have a go.

Art Psychotherapy is a form of therapy where various art materials can be used, alongside words, to help express and communicate thoughts and feelings.

There is no age limit as to who can be referred to Art Psychotherapy, and individuals, siblings, groups and families can be worked with. You do not have to be 'good' at art, or clever or technical.

The Art Psychotherapist is not an art critic (so not judging in any way) or a teacher (saying what has to be done in what way), rather they encourage the use and exploration of the art materials like clay, paint, plaster etc to help make changes and growth on a personal level.

More information on Art Therapy can be found on the website of the British Association of Art Therapists www.baat.org


Please tell us how you feel about the services we provide.

If you have a compliment, concern or complaint please contact the Patient Advice and Liaison (PALS) and Complaints Services on **0800 013 2319** or Snhs.solentfeedback@nhs.net
Alternatively, visit: www.solent.nhs.uk/contact-us

www.solent.nhs.uk

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