

Who are the Arts Therapies for?

You may have experiences that are difficult to talk about. These may be explored through the Arts Therapies.

No special skills or knowledge are required and you can work at your own pace in an atmosphere of support and trust.

You can come to a session however you are feeling at the time.

Confidentiality is kept within the team and the people involved in your care.

Where do the sessions take place?

There are group and individual sessions.

Sessions usually take place weekly in the Malago centre where there are well equipped rooms or on the ward.

How long do they last ?

Individual sessions usually last for one hour though groups may be longer

The length of therapy is agreed between you and the therapist.

How to begin

If you would like to find out more:

- speak to your named nurse
- discuss it at your weekly Integrated Care Plan Approach meeting
- speak directly to an Arts Therapist.

Contact us

Arts Psychotherapies Department

Fromeside
Blackberry Hill
Stapleton
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BS16 1ED

Tel: **0117 3784012**

www.awp.nhs.uk

PALS

To make a comment, raise a concern or make a complaint, please contact the Trust's Patient Advice and Liaison Service (PALS)

Tel: 01225 362900

Free phone: 0800 073 1778

Email: awp.pals@nhs.net

Other formats and languages

If you need this information in other formats (such as large print, audio, Braille) or in another language, please call the PALS number.

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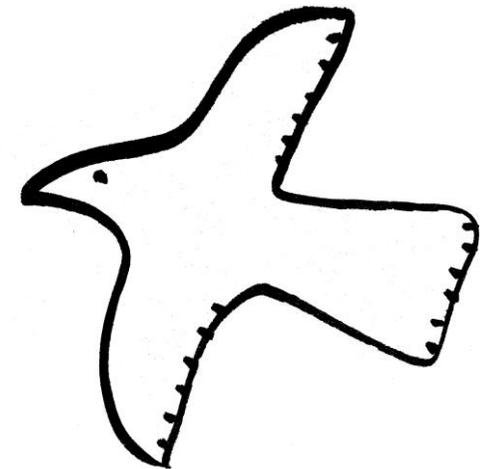
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Avon and Wiltshire
Mental Health Partnership
NHS Trust

Arts Psychotherapies at Fromeside



This is one of a series of leaflets on psychological therapies for service users. The therapy is described, what it involves and how it may be helpful.

You matter, we care

Art Psychotherapy offers you

- An opportunity to work non-verbally through image and object making.
- Opportunity to explore issues/themes that are relevant and personal to you.
- Sessions offering the patient space and a range of choices, with time for reflection.
- Opportunity to freely engage with a range of art materials, to express feelings, emotions, in a personal way.
- Possibility of taking responsibility and being independent in the session.
- Establishing a psychotherapeutic relationship.
- Although it is not a class, the art therapist will help you in using and exploring different materials.



Drama Psychotherapy offers you

- A safe space to explore your feelings through the many forms of drama.
- An opportunity to try out movement, story-making, mime, improvisation, role-play, theatre and games.
- A variety of creative materials to play with including objects, props, hats, pictures, masks, puppets, cloth, and text work.
- With support you may make up a story and explore the characters and themes.
- Or you could make up your own ritual to mark or celebrate a part of your life.
- By establishing a therapeutic relationship, dramatherapy engages the mind, body, heart and soul.



Music Psychotherapy offers you

- An opportunity to explore sound and music through the use of instruments and voice.
- A range of instruments that you can use such as drums, synthesizer, guitars and percussion, for which no musical skills are required.
- The opportunity to write songs, rhymes or lyrics to music.
- A supportive and non-judgemental space.
- The opportunity of establishing a therapeutic relationship through music and words.
- By establishing a therapeutic relationship through music you can experience new ways of relating, leading to development and positive change.

