

What to expect

Once referred to an arts psychotherapist, you will be offered an appointment to discuss whether group or individual therapy will be best for you and what you want from therapy.

You do not need to have any previous arts skills or experience to be able to make use of the therapy at a personal level.



Further information

Association of Professional Music Therapists
www.apmt.org

British Association of Dramatherapists
www.badth.org.uk

British Association of Art Therapists
www.baat.org

The Association for Dance Movement
Psychotherapy UK
www.admt.org.uk

Contact us

Please contact your care coordinator for further information.

For information on Trust services visit
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, Braille) or in another language, please call the PALS number.

Lead: Head of Profession for Arts
Psychotherapies
Leaflet Code: AWPSept2010-114
Last reviewed: Sept 2013
Next review due: Sept 2016



Avon and Wiltshire
Mental Health Partnership
NHS Trust

Arts Psychotherapies

Art, Music, Drama, Dance, Movement



Information for service users

You matter, we care

What are Arts psychotherapies?

There are four arts psychotherapies

- Music psychotherapy
- Drama psychotherapy
- Art psychotherapy
- Dance movement psychotherapy

The arts can help us to make sense of our experiences of life.

People of all cultures across the world express themselves through the arts.

Many people referred to mental health services find that engaging in the arts is an important part of their recovery.

The National Institute for Health and Clinical Excellence (NICE) recommends arts therapies to people with schizophrenia, dementia and those who may self harm.
www.nice.org.uk

What do arts psychotherapies offer ?

- Giving you a welcoming and safe space.
- Offering other ways of communicating when words are difficult to find or not enough.
- Offering you time and space for reflection on your current mental health difficulties and your recovery.
- People to listen to you and help you to understand yourself better by exploring the relationship between current difficulties and past experiences.
- An opportunity to developing a therapeutic relationship with the arts psychotherapist so you can engage in meaningful work together.
- Offering you opportunities to engage freely with a range of arts materials, and express your feelings creatively.
- Working towards raising your self-esteem and confidence.
- Art psychotherapy can make a big difference to people with physical, mental, social and emotional difficulties.



Arts psychotherapists

Arts psychotherapists are specialists, who have been trained in both their own art forms and as psychological therapists.

We work in inpatient units and in community teams within the Trust.

We use a person centered approach – keeping your needs at the centre of your care.

We also promote social inclusion, by introducing people to the wider arts community, which can also as helping emotional well being.