

How do I get referred?

You may already have done some psychology work with the Primary Care Psychology Service and/or with your mental health worker.

If you are interested in taking part in a Living Creatively Group, speak to a member of your mental health team. They will need to fill out a Psychological Therapies Service referral form.

An art therapist will then arrange to meet with you. This will be a chance for you to see the Art therapy room.

This meeting will allow you to find out more about the Living Creatively programme.

It will help us to think about how the group might be useful for you.

Based on leaflet written by Fiona Harrison Art Psychotherapist.

Contact us

North Somerset
Psychological Therapies Service
The Coast Resource Centre
Diamond Batch
Locking Castle
Weston Super Mare
BS24 7FY

Tel: 01934 523 700

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.

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Avon and Wiltshire
Mental Health Partnership
NHS Trust

Living Creatively



An art therapy group run by
North Somerset
Psychological Therapies Service

You matter, we care

What is art therapy?

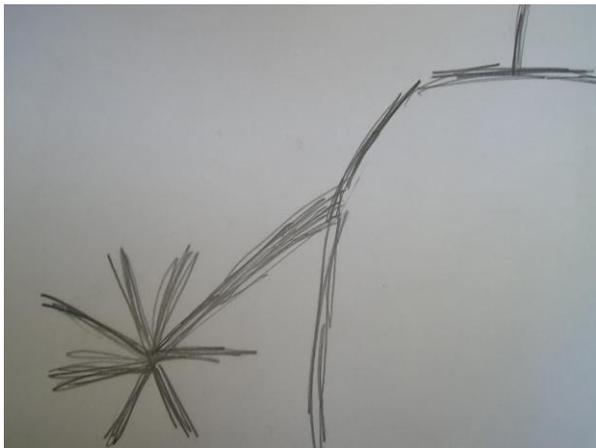
Art is a largely non-verbal way of communicating. Art can be used to explore ideas, feelings and experiences.

You may have ideas, feelings and experiences that are hard to talk about. These can be explored using art therapy.

Sometimes, the right words are hard to find and the art work can provide a focus for thoughts, feelings and talking,

Art therapy can be fun and playful, giving you the opportunity to try new things.

It is done alongside an art psychotherapist and other people.



Do I have to be good at art?

No. Art therapy is not an art lesson or an activity group.

You do not need to have used art materials to benefit from art therapy.

You do not have to make a skilled piece of art work.

The art work is not used to make a diagnosis and is not judged by the therapist. We don't use words like ought, should or must!

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

What does it involve?

There will be:

- demonstrations of ways to use some of the materials.
- a chance to try different art materials and have fun.

If you are unsure about what to do, the therapist can help you.

What will happen?

You don't have to talk if you don't want to.

You can work at your own pace in a place where you can feel safe and supported.

You can develop new ways to cope with difficult feelings or experiences in your everyday life.

It can also be a chance to think about what is happening to you now and what you might want for your future.

We won't make judgements about you and will treat what you say as confidential.

How long does it last?

The sessions run for 90 minutes. There are 12 sessions in a group.