

How to be referred

Talk to your named Nurse or ward consultant in a ward round.

Or you can refer yourself by joining one of our ward Groups.

What service users say

“I attribute a great deal of my recovery to my involvement with the Arts Psychotherapies.”

“At first on admission I felt jumbled up... not knowing if I was up or down. Now my brain is a lot clearer, I can see how I was, and how I used to think, and how I am now. Art Psychotherapy helped me be clearer.”

Contact us

In-Patient Arts Psychotherapies Service,
Woodside, Callington Road Hospital,
Brislington, Bristol BS4 5BJ
Telephone: (0117) 919 5771

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
Freephone: 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.

**Bristol
Mental
Health**
inpatient
services

NHS



**Bristol Inpatient Arts
Psychotherapies
Service**

Lead: Bristol Inpatient Head of Arts Psychotherapies
Leaflet code: AWP-390
Approval date: May 2016
Review due: May 2019

We are a qualified and experienced creative Psychological Therapies Team working across the wards in Callington Road and Southmead Hospitals

How can Arts psychotherapies help?

The arts psychotherapies

- can help you think clearly, understand your pain and distress and make sense of your hospital admission.
- give you some individual time and space to be listened to.
- provide an opportunity to reconnect with your creativity at your own pace.
- give you a safe place to explore your emotions, feelings and thoughts when words may be hard to find.

The psychotherapy can also help you develop confidence, connect with others, have more choices and make changes.

What does it involve?

The arts psychotherapies are available in a group or in individual treatment sessions depending on your needs.

We will respect your confidentiality at all times and what you tell us will be kept within the team and to the people involved in your care.

No previous arts skills or experience is needed to benefit from the treatment.

Art psychotherapy offers

- time to work with your thoughts and feelings non-verbally through image and object making.
- an opportunity to freely engage with a range of art materials to express or contain feelings and to help understand yourself and others better.
- a creative way of exploring issues and themes that are relevant to you at this point in your life.

Music psychotherapy offers

- a way to access your emotions, feelings and thoughts as they emerge through the music, sound and voice.
- a range of instruments to play such as drums, keyboards, guitars and percussion, for which no previous musical skills are required.
- a chance to establish a therapeutic relationship through music making.

Dance movement psychotherapy offers

- a safe space to explore emotions and feelings through movement and dance

with the help of props such as soft fabrics, balls and hoops.

- a variety of ways to communicate with others using movement – sometimes words can't say it all.
- a chance to relax as well as being energised.

Drama psychotherapy offers

- a way to engage the mind, body, heart and soul and to build a therapeutic relationship.
- an opportunity to try out story-making, improvisation, role-play, theatre and games.
- a variety of creative materials to play with including props, hats, masks and puppets.
- a chance to explore story and myth, rich in wisdom, enabling reflection on your own story.
- or you could make up your own ritual to mark or celebrate a part of your life.

