

ART THERAPY GROUP

Art Therapy is a type of psychological help that uses both images and talking. Facilitated by an art therapist who will help you explore your artwork and what it means to you.



You do not need any experience of art making to come to art therapy.



Making art can be therapeutic in itself, helping you relax and be creative. It can also help to express things that are hard to put into words and through your relationship to the images, gain more understanding of how you feel.



There will be different art materials available for you to use and as the art therapist understands how image making works, they can support you in thinking about difficulties in your life and ways you might approach them through the images you have created.

This group will run for six weeks and will be closed, meaning you will be the same people each time. The group dynamic gives a social aspect to the therapy, and you will be encouraged to share your work and thoughts with others. The sessions will be 2hrs long to give time for members to get settled and tidy up.