

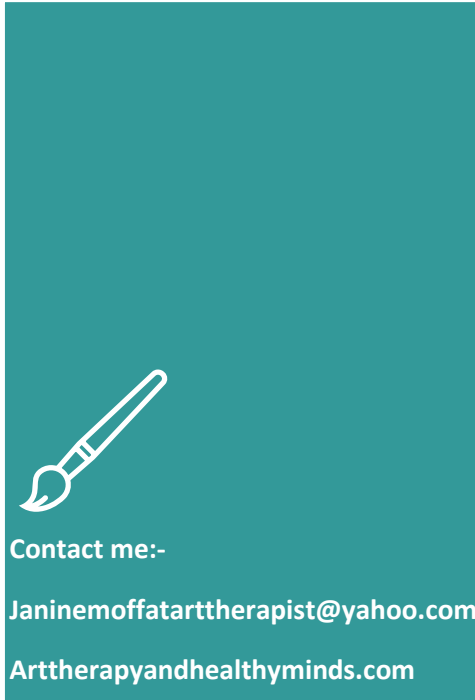
My Background?

Having graduated with a master's in Art Psychotherapy in 2016, I have considerable experience working with children, adolescents, and adults working on a one-to-one or group art psychotherapy intervention. Working within the NHS, Education and with a Trauma Charity.

Art Therapy works to improve and enhance the physical, mental, and emotional well-being of individuals of all ages, from any background.

The Art therapist will show you the materials available:

- You can draw, paint, build, or create
- You can talk... or not talk at all
- There is no right or wrong way

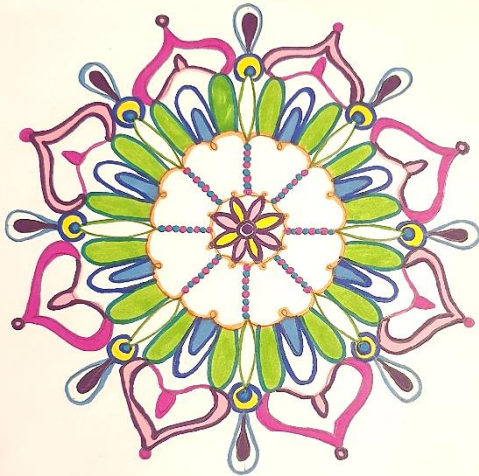


Art Psychotherapy

Janine Moffat



"I am my own muse; I am the subject I know best.



The subject I want to know better." –
Frida Kahlo

What is Art Therapy?

Art therapy is a form of therapy where feelings and emotions can be explored through using painting, drawing and any other form of art making. It is a process we can use when words are not enough.

The Sessions can take place in person or online, with an initial assessment session. Sessions usually last around 50 minutes.

Who is it for?

Art Therapy is for anyone who struggles to understand their emotions and feelings.

Who may have experienced some form of loss, grief, abuse, attachment issues, or trauma, and feels that they may need a way of understanding it all, but words either don't seem to be enough or can be too much.

How Can Art Therapy Help You?

- Providing a safe and confidential space to express yourself freely.
- It can help you to understand and express emotions or feelings that might be too difficult to hold, and could help you transform these feelings into more comfortable ones
- Art therapy can help you explore situations and parts of yourself you might not understand.
- You can create and share what you want, you do not have to be 'good' as we see it as a safe space free for expression and curiosity, with no judgement.

Confidentiality



Confidentiality is very important in Art therapy, which would be discussed with the client and if under 16 years with their guardian.

Consent will be asked from the client and their guardian (under 16) regarding confidentiality and the agreed contracted art therapy sessions.

The therapist has a supervisor to make sure you are given the best service possible.