

Art Psychotherapy

My Background

Having graduated with a Masters 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. Previously working within Education, a Trauma Charity, and for the last 3 years in the NHS.

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

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 and last around 50 mins.



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. Some people come to Art Therapy if they have tried other types of therapy and find them to be unhelpful or felt unable to do talking therapies.

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, with sessions remaining confidential, and only if the therapist is concerned about you or someone else then Common Law dictates that it is the responsibility of the therapist to report to the necessary people.

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

Remember:

- You don't need to be "good" at art
- You are in control of what you share
- Art therapy is a space for you

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