



## Art Psychotherapy

This is like talking therapy but using art materials as another form of expression and a way of 'getting things out' alongside words; it can be ideal for people who find talking difficult or find it easier to express with a pen and paper as well as speech. I tend to use art as a guided way of exploring thoughts and feelings and it can help give another perspective of the problem. The work made is NEVER judged, graded or shown to others on display.

You don't have to be good at art to do it - spontaneous scribbles and marks are just great. Some people can understandably feel vulnerable or exposed at first when they are asked to make something; this does tend to change over time for most clients as they get used to the process and understand it is not about making 'good' art. I may use working with art in my session with you, but it depends on how you feel and what you are comfortable with.

You don't need fancy art materials – a biro and a pad of note paper can work just as well as a full painting set! I will find out from you what you have to hand and we can work with that. You don't have to go out and buy extra equipment unless you would like to.

Please visit [www.baat.org](http://www.baat.org) for further information about Art Therapy.

