

## Art Therapy at Safeline



### **What is Art Therapy?**

Broadly speaking, art therapy is a form of psychotherapy that uses a mixture of talking and art making. It uses visual art as another way of expressing thoughts and feelings. An art therapist is trained to facilitate clients to use art materials as a way of exploring a wide range of personal issues. Art therapists work with children, young people, adults and the elderly in both groups and on an individual basis.

Art making offers another mode of communication. As within other psychological therapies, the relationship between art therapist and client is of central importance.

The therapist creates a supportive, non-judgmental and confidential environment where clients have the opportunity to externalise emotions in order to think about or process them.

Art therapists use the appropriate approach when considering how experiences have shaped an individual, enabling growth and change.



## What Art Therapy isn't

Art therapy is not an art lesson and the aim is not to increase your art making skills. Only limited technical advice may be given. Art therapy is not necessarily concerned with making an aesthetic image.

People do not need to have a particular interest in art. All that is required is a willingness to use art materials in an exploratory way.

It is not the task of the art therapist to interpret or judge client art work. The aim is for the client and therapist to work together, using the art to think about what is happening for the client.



## What happens to my artwork?

The art is an important part of the therapy and during therapy will be kept at the organisation. It is the art therapist's job to look after anything that is made and to keep it safe. At the end of individual or group therapy, a client may choose to take their art home or to leave it behind. Art work that is left behind will be confidentially disposed of.

In some circumstances, the client may choose for their art work to be used by Safeline for educational purposes (e.g. like in this leaflet) or exhibited in some form. The art work is very personal and this will not be suitable for everyone. This is an individual choice and entirely the decision of the client and requires a separate confidentiality agreement specifically for art work.

## What is an Art Therapist?

An art therapist/psychotherapist is someone who has completed a recognised Masters training and is registered with the Health and Care Professions Council. The Health and Care Professions Council is a governmental body designed to protect the interests of the public when they seek a health care practitioner ([www.hcpc.org](http://www.hcpc.org)). Art therapists are also registered with the British Association of Art Therapists ([www.baart.org](http://www.baart.org)). An art therapist complies to the guidelines and codes of ethics of professional practice set out by the HCPC and BAAT.

## Find Out More

For more information about the art therapy service at Safeline please contact: [office@safeline.org.uk](mailto:office@safeline.org.uk) or call 01926 402498.