



Art Psychotherapy at The Windfall Centre



What is Art Psychotherapy

Art psychotherapy enables verbal and non-verbal forms of communication. Creating images may help to express thoughts and feelings, giving a tangible form to issues that may be difficult to put into words.

The therapist supports an individual in their own reflections upon their work. There is no judgement of artistic or technical ability nor an attempt to interpret the meaning of a picture.

The art psychotherapist is concerned with encouraging an individual to use art in a way which allows for self-expression and personal growth. The framework of a safe and containing space, and the connection of a developing trusting relationship with the therapist, will empower an individual to engage with their creativity and positively reflect upon their experiences.

An individual does not need to have any prior experience of using art materials. Images made during sessions may be reflected upon at that time, and can also be revisited at a later date.



Art psychotherapy is used in a variety of settings both with adults and children; in hospitals, residential and day care provision, the private sector, forensic and prison services, education, charities, social services, child and adolescent and adult mental health services.

Access to Art Psychotherapy

Referrals are made in discussion with individuals, their families and members of the multi-disciplinary team.

Sessions are offered on a weekly basis providing a safe, containing and consistent environment in which to think and explore.

Confidentiality

The content of art psychotherapy sessions remains confidential unless the therapist has concerns about a risk to that individual or others.

In that event, and in discussion with the individual, an appropriate member of the multi-disciplinary team will be involved.

Art work is stored safely and can be revisited and reflected upon throughout therapy.

Principles of Professional Practice

Art psychotherapists hold a post graduate qualification to practice and are state registered with HCPC (Health and Care Professions Council). They are bound by HCPC and BAAT (British Association of Art Therapists), to observe the professional principles and codes of practice.

**Further information about art psychotherapy can be obtained from BAAT
(British Association of Art Therapists)
info@baat.org**



**If you have any questions or wish to make a referral, please contact
The Windfall Centre
Tel: 01597 829346
Email: info@windfallcentre.co.uk**