

Art Therapy

Information for service users

Easy read



A member of staff or a carer can support you to read this booklet. They will be able to answer any questions that you have.

What is art therapy?



Art therapy can help you to try and understand your feelings. You will be working with an art therapist. They will work with you on any difficulties you are having.



Art therapy can help you to think about:

- how you get on with other people
- managing with things at home
- why you might feel lonely and upset



In art therapy you can draw, paint and make things. You can use paint, pens, pastels, clay or collage.



Art can be a good way to tell stories. Pictures can help explain feelings that are hard to put into words.

Art therapy can help you think about:

- things that matter to you
- things that make you happy or sad
- things that you would like to change

The art therapist can help even if you find talking difficult.

Some people find art helps them to express themselves. This helps them feel better.

You might find you learn new things and have some fun.

The art therapist is there to help you. They will listen to you and respect your feelings and privacy.



Sometimes sharing your feelings with the art therapist can help you. It may help you feel less upset or lonely.

Who will be there?



You will usually see the art therapist on your own.

Sometimes there will be art therapy groups. You might meet other people you have a lot in common with and make new friends.

How long will the art therapy last?



The art therapist will talk to you about when and where you are going to meet. How long you see the art therapist for will depend on what you want to work on.

Do I have to be good at art?



You don't have to be good at art. The art therapist will help you with your art.

The idea is that you can express yourself freely using art.

You decide who will see your art.

What will happen to my art?



Any pictures or things you make will be kept safe by the therapist. They will be kept private.

The art is for you and the therapist to look at and talk about. You can look back at your old artwork to see how things might have changed over time.



Sometimes the art therapist might ask if they can take photos of your work. These will be kept private but you will be able to see them if you wish.

When your therapy ends you can choose to take your artwork away with you. If you don't want to take it your therapist will keep it for a certain length of time and then dispose of it safely. This respects your privacy.

Will other people know what is happening in art therapy?



The art therapist will keep a confidential record of the session; they will respect your privacy.

The art therapist might write a report but will talk to you about this with you.

The art therapist will answer any questions you have.

How do I get art therapy?



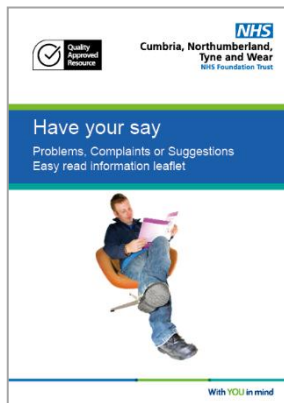
Art therapy is currently available to both inpatient and community patients. If you would like to come to art therapy you should talk to a member of staff who can make a referral.

They can contact the art therapist for you.

The art therapist will then come to see you. They will assess if art therapy would be helpful to you.

If it will be helpful the art therapist will talk to you about when you will start art therapy.

Problems, complaints or suggestions



Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust has a complaints policy. We will give you a leaflet about how to make a complaint.

If you think that we could improve our service then please let an art therapist know your idea.

Or you can call the Patient Advice and Liaison Service (PALS)



Sunderland, Gateshead and South Tyneside

0800 328 4397



North of Tyne

0800 032 0202



Further information about the content, reference sources or production of this leaflet can be obtained from the Patient Information Centre. If you would like to tell us what you think about this leaflet please get in touch.

This information can be made available in a range of formats on request (Braille, audio, larger print, BSL or other languages). Please telephone the Patient Information Centre on 0191 246 7288.

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