



# Art Therapy

## **What is art therapy?**

At times it can be difficult to put experiences and feelings into words. An inability to express and explore these experiences and feelings may potentially have a negative impact on a person's wellbeing and ability to cope.

Art therapy is a form of psychotherapy, a psychological and emotional support that provides the opportunity to use art as a mode of expression and communication. Introducing art materials into the therapeutic process permits the expression of feelings and experiences without the reliance on too many words.

Art therapy is not about artistic ability and you do not have to be good at art to benefit from it.

## **How can art therapy help?**

Art therapy at Keech Hospice Care can help people address many needs and issues. Art therapy can help with:

- Communication and expression of experience
- Exploration of confusing thoughts and feelings
- Expression of physical or emotional pain
- Sharing feelings and thoughts that are 'unacceptable' in a safe space without hurting others
- Decrease anxiety and provide additional support during times of distress
- Assist with processing strong feelings such as anger or deep sadness
- Provide additional support during times of change and loss.
- Provide bereavement support
- Thinking about diagnosis/prognosis either in themselves or others
- Assist with reflecting on past events and memories in a meaningful way.

## **What happens during an art therapy session?**

The art therapist will provide a safe and private space in which the art materials are used in any manner desired. There are no 'rules' to this as long as the materials are used safely. The art therapist will encourage reflection on the art and help create links between the art and the life of the person attending the session.

The relationship between the therapist and client is essential. The therapeutic relationship promotes trust and freedom of expression in the session. To further facilitate this, whatever you say, make and do is kept confidential between you and the therapist. Only basic need-to-know information is added to clinical notes.

Sessions are held weekly at Keech Hospice Care in the KPCC Art Room; however, if requested, sessions at home or other venues can be provided if appropriate to do so.

The art therapist can provide one-to-one, group or family sessions.

## **Accessing the service**

Art therapy sessions are issued on a case-by-case basis after an initial assessment.

If you would like to know more or would like any further information on how to initiate a referral, please contact the Supportive Care team on 01582 492339.

Further information regarding art therapy can be found on the British Association of Art Therapy website:  
[www.baat.org.uk](http://www.baat.org.uk)



If you would like this information in other languages, large print, braille, audio tape/CD or other formats please contact [comms@keech.org.uk](mailto:comms@keech.org.uk).

اگر آپ ان معلومات کو کسی دوسری زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی ہماری رابطہ ٹیم (Communications Team) سے رابطہ کریں۔ رابطہ تفصیلات اس ورچوں کے نچلے حصے میں درج ہیں۔

Uwaga: Jeśli wolelibyście Państwo otrzymać poniższe informacje w innych językach, dużą czcionką lub w innych formatach (np. na kasecie, płycie, inne), proszę o kontakt z naszym Zespołem ds. Komunikacji Polish

যদি আন্তর্ভুক্ত করে আপনার জন্য এই তথ্য চান, তাহলে অনুগ্রহ করে আমাদের কমিউনিটেকশনস টিম (Communications Team) এর সঙ্গে যোগাযোগ করুন। এই প্রচারপত্রের নিচে যোগাযোগের বিস্তারিত তথ্য দেওয়া হয়েছে। Bengali

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੀ ਸੰਚਾਰ ਟੀਮ (Communications Team) ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਸੰਪਰਕ ਵੇਰਵੇ ਇਸ ਲੀਫਲੈਟ ਦੇ ਹੇਠਲੇ ਹਿੱਸੇ ਵਿਚ ਦਿੱਤੇ ਗਏ ਹਨ। Punjabi



As a charity, Keech Hospice Care's survival depends on the community for 70% of its funding with only a small amount (30%) provided by the NHS, local authorities and the Department of Health.

To help us continue to look after local families when they need us most please donate at  
[www.keech.org.uk/donate](http://www.keech.org.uk/donate)

## Where we provide care

- Adult and children's service
- Children's service

