



## **Art Therapy**

Art therapy is an established form of psychological therapy delivered by trained art therapists / art psychotherapists. It's designed to help anyone, including those whose life has been affected by adverse experiences, illness or disability, by supporting their social, emotional and mental health needs.

### **Why is art therapy needed?**

Art therapy participants use art to express their experiences, to find the words to articulate how they have been affected, and to support their wellbeing, and any social, emotional and mental health needs.

When our lives are affected by adversity, it can have an impact on our wellbeing – but this experience may be difficult to put into words. Because of this, art therapists are often able to work with people who have not been able to access talking therapies. In this way, art therapy helps to ensure that no one is left behind.

### **Who is art therapy suitable for?**

Art therapy can be used by anyone of any cultural background and age (infants and parents, children, young people, adults and older people). Participants are usually interested in what creativity and imagination can offer, but do not need any previous experience in making art.