

FAQS

DO I HAVE TO BE GOOD AT (OR EVEN LIKE) ART?

To benefit from Art Therapy, you do not even need to have ever made artwork before. It helps if you are interested in exploring the art materials in some way. The therapist will have range of materials which you can choose from.

I THINK I MIGHT LIKE THERAPY BUT I'M NOT SURE. WHO CAN I TALK TO?

Speak to Harriet directly to make sure you have all your questions answered and feel comfortable with your decision - use the contact details on this leaflet.

HOW LONG CAN I SEE A THERAPIST?

Therapy generally begins as a 6 week booking but this can be extended for much longer periods of time, as needed. Harriet uses her professional judgement about this. This will be discussed and explored with you.

WHERE ELSE CAN I GET SUPPORT?

- **Mind**, The Mental Health Charity - www.mind.org.uk
- **Samaritans**, a safe place for you to talk anytime - Call: 116123
- **Your local GP** can often refer you for short term counselling on the NHS if you request it or you can now refer yourself here: <https://www.nhs.uk/service-search/find-a-psychological-therapies-service/>

ABOUT THE ART THERAPIST

Harriet is an experienced Art Therapist with over a decade of experience working with children and young people in educational settings. She is registered with the HCPC (Health Care Professions Council) and BAAT (British Association of Art Therapists) and warmly encourages you to check this through their websites so you feel reassured. She is fully insured with Public Liability insurance for Art Therapy.

Harriet's therapeutic style is person-centred and holistic in it's approach with elements of Psychodynamic work. In real life this looks like: the client leading the direction of the sessions with Harriet's support and guidance, using different elements of personal development and emotional learning. It also means that she helps clients to explore past trauma which may not have been fully emotionally processed in order to understand it from a safe 'now' perspective and release any unhelpful or limiting beliefs or behaviours which have resulted from that.



HEART SMART
ARTS

A Safe Space.



WHAT IS ART THERAPY?

Art therapy is a safe space which usually happens at the same time every week.

During these sessions you can explore your feelings or just have some time and space to yourself.

It is up to you whether you choose to use art materials during a session but it is gently encouraged as a way of communication. Sometimes you might find expressing yourself easier this way. No one will judge the art you've made and it will be kept safe by the Art Therapist for the duration of therapy or even longer if you choose.

The therapist will always be interested in what you have to say, whether you use the art materials or not - it is completely up to you.

**ART THERAPY IS CONFIDENTIAL
SO YOUR INFORMATION WON'T BE
SHARED WITH ANYONE ELSE
UNLESS DISCUSSED WITH YOU
FIRST.**

WHY SHOULD I HAVE THERAPY?

Art Therapy can give you:

- a safe space where you can feel listened to;
- some time where you choose what you would like to do, make or talk about;
- the opportunity to talk about things you find difficult;
- someone to talk to who isn't your close family or friends and can give you a different perspective.

You might experience some difficult feelings in Therapy which is why the therapist is here - to help you work through them and give you strategies for coping with difficult feelings in the future.

You don't have to do it on your own.

ART THERAPY VS ART LESSONS

You decide what to do

A teacher decides what to do

Focus is on building a helpful relationship with the Art Therapist

Focus is on learning

Looking at feelings

Looking at other artists

Using Art as a tool for understanding

Learning Art skills

FIND MORE ONLINE

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