

**NHS Forth Valley
Mental Health Services**

Art Therapy

Patient Information



People experiencing life challenges, illness or disability, often feel stressed, anxious or depressed. Art Therapy helps by offering psychological support which contributes to improved wellbeing.

Art Therapy addresses a range of identity issues: coping with change, loss and uncertainty, meaning and existential questions, depression and distress.

If you think Art Therapy might help, (contact details are on page 7 of this leaflet) or ask a member of your healthcare team for a referral.

What is Art Therapy?

Art Therapy uses a mixture of talking and artwork to help people with their problems. You can talk with your Art Therapist about your personal problems, your artwork, your feelings and thoughts. You work with your therapist, using the art you make and the art making process, to think about what is happening personally to you. This can sometimes be very moving or upsetting for a while.

Your Art Therapist will have had extensive training in working with personal problems and distress. He/she will work with you to reflect on things.

However you decide if you want to use Art Therapy. If you do not wish to take up an offer of Art Therapy that is absolutely fine.



Do I need to be good at art?

No - Art Therapy is not an 'art lesson' and you do not need previous experience or expertise in art. Nor does the Art Therapist judge whether the art is 'good' or 'bad', or make a clinical diagnosis based on your artwork.



What happens first?

You meet your Art Therapist and discuss your problems to assess how you can best be helped.

He/she will subsequently talk or write to you with the outcome of your assessment.

You may then be offered individual (or group) Art Therapy. There may be a wait before your Therapy starts.

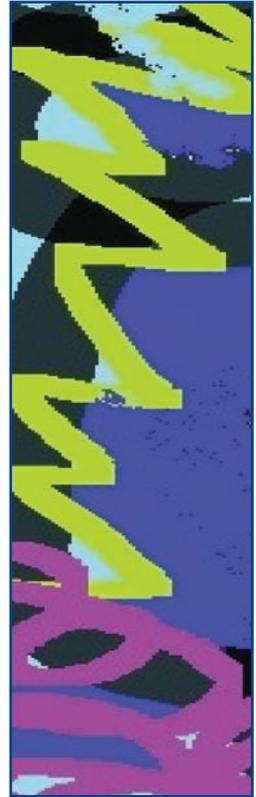
How many sessions shall I need?

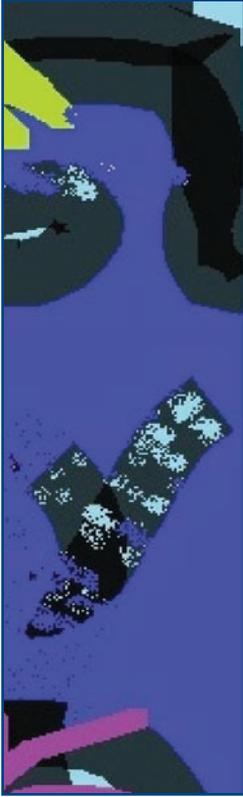
This depends on your personal needs and circumstances. Weekly sessions usually last one hour - sometimes only a single session is needed, which is often very beneficial. If you are suitable for a longer course of therapy, the Art Therapist will generally offer an initial four session block, followed by a review where the opportunity for further sessions will be discussed. We encourage you to consider seeing the Art Therapist even when you feel unwell or distressed. Art Therapy during those times can be important. If you wish to terminate your therapy, we ask that you first discuss it with your therapist.

Confidentiality

All information you share and artwork you produce is confidential. However, it may benefit you if some information is shared with the team caring for you; (only with your permission).

Only in exceptional circumstances, when either you or someone else is at risk would we proceed without your permission.





Can I keep my artwork?

It is kept in the department for the duration of your treatment. You may take it with you at the end of the treatment.

Any remaining artwork is kept for a period of three years after which it is confidentially disposed of.

Who is an Art Therapist?

Only someone who has completed a recognised training at Masters Level, and is registered with the Health Professions Council can call themselves an Art Therapist/ Art Psychotherapist.

They will be professional members of the British Association of Art Therapists (BAAT – www.baat-org)

Can Art Therapy help me?

Art therapy provides a valuable creative experience that is interesting, challenging, productive, 'therapeutic', and relaxing.

The therapy is shown to have a wide range of benefits, helping people to cope with:

- Feelings of isolation and the need for communication
- Altered sense of yourself, feelings of loss and change in lifestyle, health, work and relationships
- Sharing 'unacceptable' feelings without fear of hurting others or of retribution
- Recalling memories and important life events
- Other concerns





An Art Therapist can be available for an informal chat or an appointment at one of the locations where Art Therapy is provided:

- **Tony Chenery** Lead Art Psychotherapist, Stirling Mental Health Resource Centre, Kildean Hospital, Drip Road, Raploch, Stirling FK8 1RW. Tel. 01786 446 913

Westbank Day Hospital, Westbank Street, Falkirk FK1 5RT. Tel. 01324 624 111

Or

- **Pierre Turton**, Senior Art Psychotherapist, Activity Centre at Bellsdyke Hospital, Bellsdyke Road, Larbert FK5 4WS. Tel. 01324 550806

Mental Health Unit, Forth Valley Royal, Stirling Road Larbert FK5 4WR. Tel. 01324 566 172

Or

- **Alison Brough**, Senior Art Psychotherapist, Clackmannanshire Community Health Centre, Hall Park Road, Sauchie FK10 3JQ Tel. 01259 290343



Art Therapy and Art Psychotherapy are interchangeable titles protected by the Health Professions Council. Patient confidentiality is respected therefore all artwork is provided by **Ann Trevanion**. Copyright is with the artist.

If you can't go let us know!

Every month around 2,000 people across Forth Valley fail to turn up for hospital appointments. This costs the NHS millions of pounds each year and increases waiting times. So if you are unable to attend or no longer require your hospital appointment please let us know so we can offer it to someone else.

We are happy to consider requests for this publication in other languages or formats such as large print.

For other languages contact *01786 434784*.

**For other formats contact *01324 590886*, text *07990 690605*,
fax *01324 590867* or email *fv-uhb.nhsfv-alternativeformats@nhs.net***

SMOKING IS NOT PERMITTED ON NHS FORTH VALLEY PREMISES

This includes corridors, doorways, car parks and any of our grounds. If you do smoke on NHS premises you may be liable to prosecution and a fine.



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Westburn Avenue, Falkirk FK1 5SU
www.nhsforthvalley.com

Re-order Ref: PIL/1070/CG



Printed on Recycled Stock by Falkirk Printworks Tel: 01324 501490 Fax: 01324 501491 e-mail: printworks@falkirk.gov.uk