

Art Psychotherapy Referral Profile

Art Psychotherapy is a specialist treatment option provided through the Adult Psychology Service within NHS Forth Valley. It is a form of psychotherapy in which art materials may be used as an additional way of expressing and working through difficult thoughts and feelings. Sometimes powerful feelings and troubling thoughts are difficult to put into words. Art Psychotherapists are trained to enable patients to use art materials to express and process complex feelings. Using art materials to make images which can be thought about with an Art Psychotherapist can help patients to address numerous issues associated with.

Patients do not need to have experience in art. Art Psychotherapy is not a recreational activity or an art lesson (although it can sometimes be enjoyable). It is not about diversion from one's difficulties, but offers new perspectives and ways of working through these difficulties. Most patients who use Art Psychotherapy have no previous experience or expertise in art.

The service is useful for:

- patients needing emotional or psychological support
- coping with loss and change
- distress (including anxiety/depression)
- low self-esteem
- identity issues
- patients who feel they want or need an opportunity for self expression

Art Psychotherapy can be especially useful for:

- people who find it difficult talking directly about troubling thoughts and feelings
- people who might be very good at using spoken language as a way of managing or avoiding issues

How to refer:

If unsure about referring or if staff wish consultancy, this is available from the Art Psychotherapist.

Referrals can be made in writing to: Tony Chenery, Lead Art Psychotherapist,
Stirling Integrated Mental Health Service,
Livilands Resource Centre,
Stirling Community Hospital,
Stirling FK8 2AU.