

We know that children sometimes get nervous about coming to see us and about meeting new people and going to new places.

We hope that this leaflet might answer some of your questions.



Art therapists are here to help.
Art therapists give you art materials to play with.
Art Therapists talk with you and listen to how you feel.

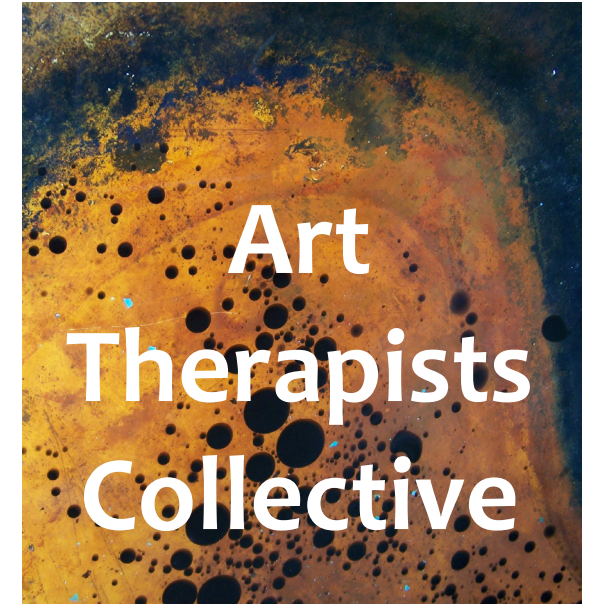
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Art Therapy for Children and Young People

What is Art Therapy?

- Art therapy is a place where you can come and play with art materials.
- You can take time to think about your thoughts and feelings with an art therapist.
- It is often a place where people feel it is safe to bring worries.
- It might be easier to draw something than talk about it.
- You do not need to be good at art.

Why come to Art Therapy?

- You could come to art therapy for all sorts of reasons. You might come because somebody is worried about you and thinks that art therapy can help.
- You might have worries or difficult feelings that you want to share with someone.
- It is your choice if you come to art therapy.

What will happen in Art Therapy?

- You will meet with an art therapist so they can explain art therapy to you.
- You can ask them any questions you may have.
- They may ask you about your family and how you feel.
- You may carry on meeting together to talk and make art work.

Is Art Therapy private?

- What you do or say in art therapy is private. This means that we will not tell your parents or other people that know you, things that you have said or done in art therapy.
- If we think that you or other people are in danger we may have to talk to another professional.
- If you ever have any questions or worries about art therapy, please ask us or look at our website or ask your parent, teacher or referrer.

In Art Therapy:

Here is a list of DO'S and DO NOT'S in art therapy.

- We DO NOT tell you what to do.
- We DO NOT tell you off.
- We DO NOT talk to other children about you.
- We DO NOT tell your parents or teachers exactly what you tell us.
- You DO NOT need to be good at making art.
- You DO NOT harm yourself, the therapist, the room or other peoples art work.
- You ARE FREE to say whatever you want.
- It is YOUR CHOICE how you use your time, the art therapy space and the materials.

