

Who we are

We are qualified art therapists who have come together due to shared interests in the way that we work. Art therapists and art psychotherapists are protected titles. Art Therapists will have completed an MA in Art Psychotherapy. We are registered with and strictly governed by the Health and Care Professionals Council (HCPC) and the British Association of Art Therapists (BAAT).

What we offer

We offer art therapy services for children, young people and adults. We work with individuals, groups, families and organisations within a variety of settings with a wide range of client groups.

We can provide:

- Consultation
- Assessment and evaluation
- Individual and group sessions
- Art therapy workshops
- Presentations
- Written and verbal feedback
- Signposting to other resources

For more detailed information on our services please contact us.

Norfolk & East Anglia

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**Delivering Art
Therapy services in
and around
Norfolk and Bristol**

BAAT and HCPC Reg.

What is Art Therapy?



Art Therapy is an accessible form of Psychotherapy which focuses on the creative process of making art. It is a client-led intervention where people can freely create and play with materials. The artwork is not interpreted or judged by the therapist. People do not need to be good at art.

In a safe and confidential space people can explore difficult thoughts and feelings that may be hard to express, in order to promote positive change.

Art Therapy uses the process of creating art and the therapeutic relationship to improve a person's physical, mental and emotional well-being.

Why use Art?

Art and visual expression have long been known to have therapeutic properties. Art is not dependent on spoken language and can therefore be helpful for those who find it difficult to express their thoughts and feelings verbally.

Art can offer a non-judgmental way to externalise emotions in order to think about or process them. The therapist creates a supportive, confidential environment where clients have the opportunity to explore issues through free expression.



How can it help?

Individuals can gain a greater sense of self, improve relationships with others and come to terms with difficult emotions or overwhelming feelings. Art therapy may benefit those:

- struggling with fear, anger, anxiety or depression
- affected by bereavement, feelings of loss or life changes
- with mental health or addiction problems
- dealing with stress or pressure
- affected by illness, physical disability or neurological conditions
- with a learning disability or autistic spectrum disorder
- affected by abuse, violence or bullying
- suffering with trauma or post-traumatic stress disorder (PTSD)
- with low self-esteem or confidence
- with emotional, behavioural difficulties
- with personal growth and development