

Art Therapy

Do you find it hard to put what you are experiencing into words?
If so, Art Therapy might be right for you.



What is Art Therapy?

This service is a combination of talking and art making. Using visual art as another way of expressing your thoughts and feelings is an especially powerful treatment when verbal communication feels impossible. Art Therapy provides a supportive, non-judgmental and confidential environment where you can explore



emotions. Another therapeutic creative treatment we offer is Environmental Art Therapy (EAT), which works creatively with the natural world.

Our trained Art Therapist can support you to use art materials as a way of exploring a wide range of sensitive, personal issues. It is available to individuals, groups, young people, children and adults.

Who is the service for?

The service is available to anyone connected to the hospice experiencing any type of bereavement. It is also for any person affected by a terminal diagnosis, which includes the adult patient themselves, a carer or a family member of any age. It doesn't matter if you're a newcomer or returning; Art Therapy is for people of all abilities.

What kind of support is offered?

Art Therapy sessions are usually weekly or fortnightly, whatever feels most beneficial to you, and are mostly on a one-to-one basis.

Your needs are assessed and aims are initially negotiated and reviewed regularly to make sure the therapy is most beneficial to you.

Environmental Art Therapy (EAT)

EAT is a nature-based approach which uses natural materials, settings, themes, seasons and

cycles to help people externalise, explore and process their feelings. Sessions use nature as a safe space and a symbolic mirror to help heal emotional issues.

Who provides the service?

The service is offered by a qualified HCPC registered Art Psychotherapist.

Where do the sessions take place?

They take place in the fully equipped Art Therapy room or in an appropriate confidential space in the hospice. If you are unable to come into the hospice, we can offer online help. Sessions usually last one hour.

How many Art Therapy sessions are available?

The service is usually offered for up to 12 sessions. In certain circumstances when more in-depth work is appropriate, the ongoing support is extended. You are free to end support at a time which is right for you and you can be assessed for further sessions in the future if required.

How much does it cost?

There are no charges for this service but as Birmingham Hospice is a registered charity, any donations are gratefully received and help make it possible for others to access this support in the future.

For more information call **0121 465 2000** or email **wellbeingerdington@birminghamhospice.org.uk**