

An introduction to art therapy

Information for patients, relatives and/or carers

This leaflet can be made available in other formats including large print, CD and Braille and in languages other than English, upon request.

What is art therapy?

Art therapy is a safe space where you can express and create using art materials to explore your experiences, feelings, thoughts and emotions in confidence.

Art therapy is not about 'painting pretty pictures', an arts or crafts activity group or an art lesson. There are no 'good' or 'bad' images in art therapy. The images or objects made in art therapy are not judged or assessed (checked) by quality of how it is made or by what the work includes and will only be viewed by you and your art therapist.



What is an art therapist?

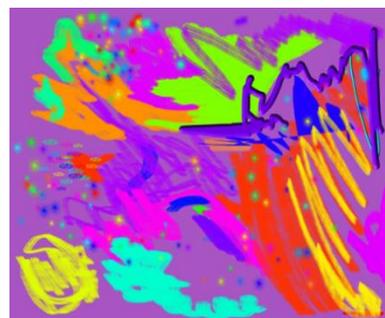
An art therapist is someone trained and registered to deliver art therapy on a one to one basis or in small groups.

What will I do in art therapy?

You will be invited to make art with a range of art materials supported by your art therapist.

You can look at the image or object made together to explore and maybe gain some understanding.

Your image or object is a confidential piece of work and it will be stored within your psychology records.



An introduction to art therapy



How will art therapy help?

You are able to have a voice through your artwork. Art therapy can help you discover your identity (self) through art making, through exploration and expression with art materials.

This may also help with your recovery (psychological rehabilitation) over a period of time.

Is art therapy for me?

If this is something you would like to try or you:

- find it hard to talk about your feelings and thoughts
- have difficulty with your speech

expressing through art making and mark making could be helpful for you.

Contact numbers

If you are interested or would like more information about art therapy please contact:

North Tees and Hartlepool NHS Foundation Trust

Art therapist

Clinical Psychology Department

telephone: 01429 522049

Monday – Friday, 9.00am – 5.00pm

An introduction to art therapy

This leaflet has been produced in partnership with patients and carers. All patient leaflets are regularly reviewed, and any suggestions you have as to how it may be improved are extremely valuable. Please write to the Quality Assurance Team, University Hospital of North Tees or email: patientinformation@nth.nhs.uk

Comments, Concerns, Compliments or Complaints

We are continually trying to improve the services we provide.

We want to know what we're doing well or if there's anything which we can improve, that's why the Patient Experience Team is here to help.

Our Patient Experience Team is here to try to resolve your concerns as quickly as possible. If you would like to contact or request a copy of our PET leaflet, please contact:

telephone: 01642 624719

Monday – Friday, 9.00 am – 4.00 pm

Messages can be left on the answering machine and will be picked up throughout the day.

freephone: 0800 092 0084

Mobile: (can use text): 0779 506 1883

Email: patientexperience@nth.nhs.uk

Out of hours if you wish to speak to a senior member of Trust staff, please contact the hospital switchboard who will bleep the appropriate person.

telephone: 01642 617617

24 hours a day, 7 days a week

The Patient Experience Team is available to discuss your concerns in person Monday – Friday, 1.30 pm – 4.30 pm. The office is based on the ground floor at the University Hospital of North Tees.

Data Protection and use of patient information

The Trust has developed a Data Protection Policy in accordance with the Data Protection Act 1988 and the Freedom of Information Act 2000. All of our staff respect this policy and confidentiality is adhered to at all times. If you require further information please contact the Information Governance Team.

telephone: 01642 833551 or email: information.governance@nth.nhs.uk

University Hospital of North Tees, Hardwick, Stockton-on-Tees. TS19 8PE
University Hospital of Hartlepool, Holdforth Road, Hartlepool. TS24 9AH

Telephone: 01642 617617

Fax: 01642 624089