

## Psychological Therapy Factsheet 2 Art Therapy

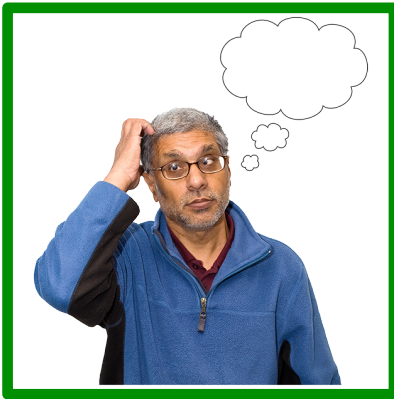
### What is psychological therapy

**Psychological therapy** is treatment you get from a **therapist** to help you feel better in your mind.

A **therapist** is someone who has been trained to help people with their thoughts and feelings.

This factsheet is about a **psychological therapy** that uses art. This is called **art therapy**.

You do not need to be good at art to have **art therapy**.





## What is art therapy

**Art therapy** is a way to feel better about yourself by drawing, painting or making.

Your therapist will work with you to bring out your thoughts and feelings in the art you make.



## How art therapy can help you

**Art therapy** helps you to draw or paint what you are thinking or feeling instead of using words.

**Art therapy** helps you to show or share what you are thinking and feeling, in a different way.



**Art therapy** can be used with other therapies to help you find out more about yourself and how relate to people.



**Art therapy** helps you to show or share how you feel about things in your life that might be painful or hard to talk about.

## **What happens in art therapy sessions**



You will have your **art therapy sessions** in a room that feels nice and has space to draw and paint.



You will work with your therapist to make art that helps you understand who you are and how you feel.

You will make the art first then talk to your therapist about why you made it and what it means to you.



You will need to go to more than one session – this might be once a week.

You might go to the art therapy session on your own first but then join an art therapy group.

You can find out more about **Art therapy** and by going to this website

[www.baat.org](http://www.baat.org)

