

ABOUT ART THERAPISTS

Art therapists are trained psychotherapists and have studied and completed a Masters degree in art psychotherapy. They are registered and regulated by the Health and Care Professions Council (HCPC).

An Art Therapist can help a person to identify new strategies for managing feelings, thoughts and behaviours.

Their support and encouragement can help a person to build resilience through the process of making positive changes.

CHOICE OF THERAPY

A person can take part in therapy either on a personal basis, with just themselves and the therapist, or in a group where they will meet other people and share experiences, which some people find helpful.

There are also individual sessions available for Caregivers and their child who are experiencing either historical or current difficulties in their relationship.

Therapy sessions are tailor made for each person's expressed needs.

WHO CAN REFER?

As well as organisations and agencies we also take self-referrals from adults over the age of 18 who wish to refer themselves or themselves and their child (for parent/child therapy).

HOW TO MAKE A REFERRAL

Using the contact details below, either call in to the Digital Lounge, phone or email requesting an application form.

Upon receipt of a completed form the therapist will contact you to arrange a first meeting to discuss your specific needs and what you hope therapy will help you achieve.

CONTACT

Vivienne Gibbons
The Digital Lounge
45 Ramshead Hill
Seacroft LS14 1BT

Tel: 0113 318 0522
Email: viv@ls14trust.org

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THE ART ROOM

@ THE DIGITAL LOUNGE

**Providing FREE
Adult Art Therapy Groups
& 1:1 Sessions
in your local community**

**Group sessions are
Tuesdays and Thursdays
10.30am - 11.30am**

**1:1 sessions available
Tuesday, Wednesday or
Thursdays**

THE ART ROOM

@ THE DIGITAL LOUNGE

The Art Room offers a range of art therapeutic support including adult groups or 1:1 sessions with client and therapist and also parent and child therapy.

This is a free service for Leeds-based adults, however priority will be given to residents who live locally (i.e within a three mile radius of The Digital Lounge). A number of groups and 1:1 sessions are available throughout 2016/2017.

Please contact us to find out dates and availability (see overleaf).

WHAT IS ART THERAPY?

Art Therapy can help people to express their inner feelings when words alone are either just too difficult or hard to find.

It can help people to understand why they are feeling the way they do by creating an image to express and explore their emotions.

DO I HAVE TO BE GOOD AT ART?

A person's willingness to join in and try something new is more important than how good they think they are at art making.

Just join in and give it a try.

HOW CAN ART THERAPY HELP?

Some people who have taken part in art therapy have said that it has helped them to:

Overcome the difficulties they have experienced or are experiencing in their lives.

Develop coping skills to help them manage their current situation more effectively.

Improve low mood, anxiety, and stress.

Identify new strategies for managing feelings, thoughts and behaviours.

Come to terms with health related issues and promote wellbeing.

Coping with bereavement and loss.

Increase confidence and self-esteem.

Develop awareness of managing emotional issues.

Work through personal or work-related issues.

Have some space and time for themselves.

Try something new and socialise with other people.

Overcome traumatic events and PTSD.

WHAT PEOPLE HAVE SAID ABOUT ART THERAPY...



“ART THERAPY HAS HELPED ME TO SEE AND DEAL WITH ISSUES IN A MORE CONSCIOUS WAY



“ART THERAPY HAS PROVIDED ME WITH A SPACE TO EXPRESS PAINFUL AND DIFFICULT FEELINGS



“BECAUSE OF ART THERAPY I HAVE BEEN ABLE TO MAKE LIFE-CHANGING DECISIONS



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