



*I will be facilitating Art Therapy
from a venue in Plumstead,
London.*

Art Therapy

Art Therapy takes place in a room with art materials and an Art Therapist. It is about using the art materials with an Art Therapist to show yourself and other people how you are feeling. This can let other people understand and help you and allow you to help yourself.

Why use Art Therapy?

- To feel more confident in yourself
- To explore changes and bad experiences in your life from the past and put them behind you
- To understand why you do things that you don't want to do
- To have a stable and understanding place to go when things in life seem very unsafe or changeable



Monica Gobourne

Creativity From Within aims to enhance the well being by providing therapeutic and emotional support in confidence.

Her vision is to develop opportunities and prospects for her customers

Creativity From Within is managed by Monica who has been involved in the Art Psychotherapy Profession since 2000. Monica is Qualified and registered with the Health Care and Professions Council.



Creativity From Within

Art Therapy

07762782114

www.creativityfromwithin.co.uk



**PAYMENTS
ARE EXPECTED
AT TIME
OF SERVICE**



Monica Gobourne
07762782114

info@creativityfromwithin.co.uk



The Relationship

The relationship between the therapist and the client is of central importance, but art therapy differs from other talking therapies in that it is a three way process between the client, the therapist and the image or construction. It offers a way to express and communicate for people who find it hard to express their thoughts and feelings in words.

Confidentiality

Who knows that I am doing Art Therapy?

Art Therapy is private within the health team unless you or someone you know is unsafe and have been or are at risk of being hurt. We will talk to you about this when we meet.

While you do Art Therapy your work will be kept in a safe place and is looked after by the Art Therapist. When you have finished working with an Art Therapist you can keep your Art work or it can be stored for up to 3 years at the centre after this is will be safely disposed of. The person who has referred you and your G.P., parents or carers will know you have been offered Art Therapy. Your Art Therapist will have supervision with another professional in their team, to make sure that they are helping you in the best way they can. If other professionals work with you we may all meet to make sure we are all working together to help you and your family. You can tell people you are doing Art Therapy if you want to.

How does Art Therapy work?

Firstly, An assessment appointment is arranged to see if Art Therapy is for you. The sessions are arranged in this session
Art Therapy sessions last for 50 minutes every week.

The sessions initially are for six weeks. a review will be arranged around this time to see how you feel about continuing Art Therapy.

Art Therapy is not a quick, easy fix. It is a journey alongside your art making. The Art Therapist bears witness to your journey to growth.

Art therapy encourages you to express yourself and communicate how they feel. This helps them gain increased self awareness, understanding and self esteem. Art Therapy can be another way to express things.



*Home visits may be available. please contact
Monica on 07762782114*

Do I have to be good at art?

Art therapy is not about being good at art but being willing to use the materials to express yourself with art materials. Art Therapy aims to help people make change and grow on a personal level through the use of art materials in a safe environment.

When and where will I see the Art Therapist?

You will see the same art therapist on each Appointment. You will work in a quiet room at your local centre.

What do I do in Art Therapy?

You are given time with art materials to make things, play and talk.