

Who are Art Therapists?

Art Therapists are artists and therapists who have an MA in Art Therapy. We are registered with and governed by the Health Care Professions Council (HCPC) and British Association of Art Therapists (BAAT).

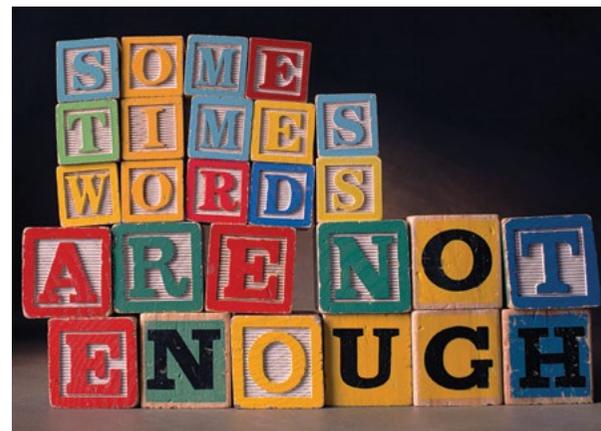
Who do I contact?

If you are interested in Art Therapy, please speak to your tutor and ask them to contact me, Ann Boxill.



What is Art Therapy?

Art Therapy is an alternative way of exploring your thoughts and feelings. It can provide a safe space for you to use art materials to help make sense of difficult emotions such as anxiety, low mood and anger.



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with Ann Boxill



Why come to Art Therapy?



Art Therapy uses art to help you express and explore thoughts and feelings that might be confusing and sometimes distressing.

It uses the relationship with your therapist and painting, drawing and modelling to support you in building a better understanding of yourself and your relationships with friends and family.

Art Therapy can support you with:

- > putting words to your feelings
- > increasing confidence and self esteem
- > positive change and self development
- > managing your worries, anger and low mood



Who is Art Therapy for?

Art Therapy can be used with children, young people and adults, if talking about your thoughts and feelings are difficult.

Do I need to be able to draw?

You do not need to be good at art to attend Art Therapy.

What does a session look like?

Sessions will take place every week on the same day and at the same time, at the Create Hub. These might be one to one or closed group sessions.

You will have your own folder and box to keep your artwork in. This will be stored in a safe place and not shared.



One to one

This is a session with you and your therapist, lasting 50 minutes. The number of sessions will be agreed based on your needs. This may be a safe space to explore your thoughts and feelings.

Closed group

The same members are invited to attend weekly for 60 or 90 minutes for a set amount of sessions. This is an opportunity to build on trust, relationships and confidence.

Depending on how you feel, your tutor/parents/carer might be in the room with us at times. This is up to you.

