

St. John's House, Day Hospice  
Courtney Hill  
Newry,  
County Down  
BT34 2EB  
Phone: 02830267711  
E-mail: obaoill-n@ulster.ac.uk  
Access NI number 2000840166  
BAAT number 47838

Your  
appointment  
will be ...



*I found I could say things with color and shapes that I couldn't say any other way - things I had no words for."*  
Georgia O'Keefe

# Art Therapy

Nora O'Baoill  
St. John's House  
Newry Day Hospice

## Art Therapy - what is it?

My name is Nora and I am an Art Psychotherapist in training. This leaflet explains a little about what to expect in Art Therapy so you can decide whether it is for you or not. If there is anything you do not understand or would like to know more about, you can ask me.

Art therapy involves using art materials as a way of expressing your feelings and communicating your ideas, especially when it is hard to put them into words. Some people find Art Therapy a useful way to help them with difficult feelings and experiences. Art therapy is not an art class and it can be done by people with no experience, so you don't need to worry about being "good at art".

You will be allowed to choose the types of art materials that work best for you. Sometimes you may be dealing with upsetting feelings in Art therapy, so you may feel a little worse before you feel better, but I will work closely with you to help you to understand and cope with these feelings. Starting therapy and ending therapy can be a little unsettling and this may affect your mood and behaviour.

Inside this leaflet you can read more about how we decide together whether Art Therapy is right for you and what to expect.



## What Happens first

We will meet together to talk about whether you want to begin art therapy. In this session we will talk about what has been happening for you and whether Art Therapy might help. You might have a little go with some art materials to see how that feels. This is called the initial assessment.

If at this meeting you feel you would like to go ahead with Art Therapy, we can sign consent forms for the Art Therapy to begin. If we decide at this point Art Therapy is not best for you, that's okay too. If I think a different type of therapy might be better for you, I will tell you.

We will work out together what our goals should be in Art Therapy and how we will measure whether Art therapy is working or not. We will arrange to check in on our progress after a number of sessions (usually 6), when we can discuss whether more sessions would be helpful.

## WHAT HAPPENS NEXT

1. Your Art work is kept in a secure place for the duration of the therapy. When sessions end, it is your decision as to whether you take your work away or if you prefer me to dispose of it. If you finish therapy early, I will store your work for 4 weeks before disposing of it.

2. Each session will last 45-50 minutes and I will do everything I can to ensure that it is at a regular time every week in the same space. You will be asked to commit to engaging during all your sessions. You will be asked to commit to you attending all your sessions unless you have contacted me to let me know otherwise.

3. Everything you do or say in Art therapy is confidential, but if you tell me that you or someone else you know is in danger, that is something I need to pass on to another person to get help. I will always tell you before I do this.

4. To keep you safe all therapists need to be supervised, so I will have a highly experienced supervisor who will be overseeing all of my work. I will take your artwork with me to discuss with my supervision team, but they will not know who you are.

5. We will be following all the Hospice rules in relation to keeping hygienic and safe during Covid restrictions and you will have your own box of art materials to yourself.

## THE TECHNICAL STUFF

What is an Art Therapist? An Art Therapist (or Art Psychotherapist, both titles are interchangeable) is someone who has undertaken a training in art therapy up to MSc level approved by the Health and Care Professions Council (HCPC). In the UK Art Therapists are statutorily regulated by the HCPC and must be on this register to practise legally.

My approach is a person centred, pluralist integrative approach. In simple terms this means that every person who comes to see me has different and unique needs and preferences, and I will tailor the therapy sessions to meet the needs of each person.

### How to make a complaint

In the first instance I hope you will feel able to let me know if you are not happy with anything. After that if you are still not happy, please consult and follow the separate complaints procedure provided to you by the Hospice.



*We have lots of different art materials available*