

Art Therapy

This information leaflet is intended to enable you to make an informed decision about Art Therapy.

What is Art Therapy?

Art Therapy is a form of psychotherapy that uses art media as its primary mode of expression and communication. This is particularly useful when working with children and young people with Speech, Language and Communication needs; so they can explore and communicate their feelings, emotions and experiences through creativity. The artwork created in the presence of an art therapist can provide a focus for discussion, helping identify emotions and reflect on and make sense of them. An arts-based therapy is especially helpful as it does not solely rely on verbal communication to be successful. It is a helpful tool for those with communication difficulties who often face barriers having access to, or making effective use of psychotherapy.



What happens in an Art Therapy session?

Art Therapy sessions are student-led, meaning that the young person is in control of what is expressed in the therapy room and how it is expressed. Sessions are usually an hour long, and will run at the same time and in the same place every week giving the young person a sense of consistency and containment. After the referral is accepted there will be an assessment period and then, if after the assessment period Art Therapy is deemed appropriate, an agreed length of therapy will be arranged. A contract will be co-created between the therapist and student to establish boundaries.

There will typically be six sessions and then a review will happen with all involved. The art therapist will liaise with all parties about the next steps.

What isn't Art Therapy?

Art Therapy is not a recreational activity or an art lesson. People who attend Art Therapy do not need to have any artistic ability; the focus is on using art making materials, and the process, to express feelings, rather than creating a piece of art.



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ART THERAPY INFORMATION

What is an Art Therapist?

An art therapist (or art psychotherapist, both are interchangeable) is someone who is trained on a course accredited by the Health and Care Professions Council and recognised by the British Association of Art Therapists. Art therapists are master level clinicians who work psychodynamically with clients from a range of backgrounds to enable a person to achieve positive change, personal growth and development through working with the therapist. The therapist is there to facilitate an environment whereby the client is able to be listened to in a safe space and at times to interpret their creative communication to help make sense of their inner thoughts, feelings and experiences.



About me



I have worked at St Catherine's School for almost 5 years and have more recently completed a Masters in Art Therapy at The University of Derby. I have a BA in Fine Art from Goldsmiths College, University of London. I worked as an artist and taught art. I am an Arts Award Advisor and studied gallery education at the Tate. I am now working with the wider Multidisciplinary Team (MDT) at St Catherine's School and College; Education, Care, Occupational Therapy, Speech & Language Therapy to continue to develop an Art Therapy provision that can offer specialised psychodynamic therapy with personalised communication and interaction, sensory experiences and consistency for St Catherine's Students. I can offer 1:1 therapy and group therapy, with tailored, student-centred, therapeutic goals. I work closely with the Dance Movement Psychotherapist at St Catherine's, and utilise internal and external supervision.



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How long will my child or young person have Art Therapy for?

Students will be offered Art Therapy for a duration deemed appropriate in assessment. The therapist will check in with the student regularly to assess how they are feeling about the process. When an end date is set, the child/young person will be informed and they will have the opportunity to bring any art they have made home with them following their final session if they wish.



How do I refer to my child?

Students at St Catherine's can be referred, currently, via the Senior Leadership Team, Heads of Department, class teachers and therapists at St Catherine's. The art therapist will assess the pupil's needs and allocate assessment sessions if the referral is accepted.



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What Happens to Artworks?

Artworks made will be stored securely and confidentially at all times, and it is up to the discretion of the student how they would like to manage them when therapy is finished. They can only be taken home at the end of the intervention, if that is the wish of the student.

All the child/young person's data/images of art work will be stored safely in line with the GDPR requirements, with any electronic data held on a password-protected device.



Where will Art Therapy take place?

Art Therapy will take place at St Catherine's School, in Orange Block, Room 3. This is a private, quiet space, equipped with a wide range of art materials. For sixth form students a therapy room will be used at St Catherine's College.



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How will I find out how my child is doing?

Art Therapy sessions are confidential, so it is important that this is respected. The art therapist will offer review sessions with all involved and feedback forms to review how things are going.

Confidentiality & Privacy

The therapy session is private, but if a child or young person mentions that:

They (or someone else) are currently being harmed

They (or someone else) have been harmed in the past

They (or someone else) is at risk of future harm

it is the therapist's job to pass on these types of concerns to the safeguarding officer.

How to Complain?

The St Catherine's School complaints procedure can be used if any complaints arise, please make contact with the art therapist in the first instance where possible, if there are any concerns.



Who to contact?

Please feel free to contact me if you have any questions or would like further information.

Sarah Kinsey

Art Psychotherapist

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BAAT membership number: 49184

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The British Association of Art Therapists

www.baat.org



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