

Your art psychotherapy appointment:

Venue:

.....

.....

Time:

If you are unable to attend please let us know.

Your Art Psychotherapist's name is:

.....



Oxleas NHS Foundation Trust

Art



Psychotherapy



Service

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October 2006

What is art psychotherapy?

Art psychotherapy is a form of therapy that uses a mixture of talking and art making to help people with their problems.

You can talk with your art psychotherapist about your personal problems, your artwork, your feelings and thoughts. The aim is for you and your therapist to work together, using the art you make and the art making process, to think about what is happening for you personally. Sometimes this can be very moving or even upsetting for a while.

It is up to you to decide if you want to start art psychotherapy. If you do not wish to take up an offer of therapy that is absolutely fine.

Your art psychotherapist will be someone who has had extensive training in working with people's problems and distress. They will work with you to help you understand the meaning of your artwork.



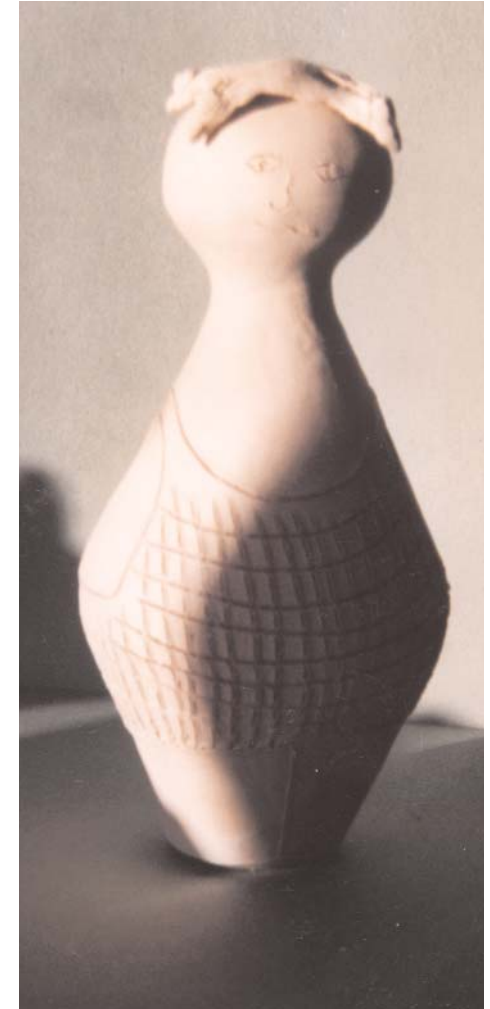
Your opinion matters

We welcome your views on the services we provide. If you would like to comment, make suggestions or make a complaint, please speak to the person you normally see or speak to the Professional Lead Art Psychotherapist on 01689 892300.

You may also like to speak to our Patient Advice and Liaison Service (PALS) by ringing the freephone number 0800 917 7159 or by emailing pals@oxleas.nhs.uk

If you are unable to resolve your concerns or would like to take the matter further, please contact:

Rodney Tissera
Head of Critical Incidents and Complaints
Oxleas NHS Foundation Trust
Pinewood House
Pinewood Place
Dartford
Kent
DA2 7WG
Tel: 01322 625751
Email: rodney.tissera@oxleas.nhs.uk



Contact us

Art psychotherapy takes place in several service areas across the trust including adult mental health, children and adolescent services, forensic services, older adults and learning disability services. Here are the three main contact points:

Bexley/Greenwich

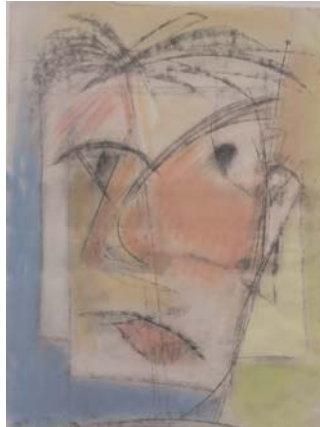
Art Psychotherapy Service
Park Crescent Centre
Park Crescent
Erith
DA8 3EE
Tel: 01322 356157

Bromley

Art Psychotherapy Service
Orpington Community Mental
Health Centre
1-6 Carlton Parade
Orpington
BR6 OJB
Tel: 01689 892300

Child and Adolescent Mental Health Services (CAMHS)

Art Psychotherapy Service
Highpoint House
Memorial Hospital
Shooters Hill
London
SE18 3RZ
Tel: 020 8836 6418



Do I need to be good at art?

You do not need to be good at art to use art psychotherapy. It is not an art class and the aim is not to increase your art skills or make finished pieces of art for exhibiting. You will however need to be willing to use art materials to explore and express your feelings.



What happens first?

You may meet with your art psychotherapist to discuss your problems so that an assessment can be made about how best to help you. Your art psychotherapist will talk or write to you after a short time to tell you the outcome of your assessment. This may result in you being offered group or individual work. You may have to wait for a period of time for your treatment to start.

How long will I have art therapy for?

You can discuss with your art psychotherapist how long your therapy will last when you begin working together. If you wish to terminate your therapy please discuss this with your therapist.



When we have agreed a programme with you, we ask that you try to keep to it and to let us know on the contact number provided if you are going to be absent. Regular attendance is an important part of helping you. We ask you to arrive and leave on time, staying in the session for the whole time if possible.

Confidentiality

Your art psychotherapist works as part of your care team so anything you say may be shared with other professionals who are involved in your care. Only in exceptional circumstances when either you or someone else is at risk might the things you discuss be taken further.

Can I keep my artwork?



We ask you to keep your artwork in the department for the duration of your treatment. However, you can take it with you at the end of the treatment. Otherwise we keep your artwork for a period of three years after which it will be confidentially disposed of.

Art psychotherapists

Only someone who has completed recognised training and is state registered with the Health Professions Council can call themselves an art therapist/psychotherapist. Art psychotherapists are also professionally registered with British Association of Art Therapists (BAAT) and are trained to MA level. Training takes a minimum of six years full time although many train for longer.

