

# ART THERAPY

Art therapy uses art as the primary mode of expression, alongside talking with an art therapist. It aims to reduce distress and improve social, emotional and mental health by promoting insight, self-compassion and a sense of agency and self-worth.

During art therapy, you are supported by an art therapist to use art to express and articulate often complex thoughts and feelings through art making. This may be following difficult or traumatic experiences which may be hard to talk about.