

Art Psychotherapy

Art psychotherapy is 'talking therapy', in addition, I encourage the use of the arts in sessions - especially when words feel too much or not enough. Together we explore your thoughts, your feelings and the moments that have affected you. Using creative methods can help reach places that are difficult to access by talking alone. You will not need any experience of the arts to be able to engage fruitfully with the approach.

I may variously suggest drawing/painting, sand tray, clay, puppets, postcards and/or metaphor to help us better explore the layers of meaning within therapy sessions. Some clients use the arts more than others; the individual needs of each client will guide the development of the therapy and inform a flexible response from me.



My aim is to support you on your journey towards an integrated self. By connecting with parts of self that may have been lost or damaged it is possible to find inner resources and the courage to make changes to old patterns. My commitment is to accompany my clients on a journey towards improved stability, self-regulation and a growing capacity for intimacy and agency



