

## Claremont Art Psychotherapy Service

Art psychotherapy is suitable for working on a wide range of personal issues for people at various points in their lives. For some people it is about a process of personal exploration and greater self awareness. For others it is more specifically about tackling issues such as anxiety, depression, drug and alcohol use, difficulties with food or poor body image, low self esteem, loss and bereavement, relationships, sexuality, or social isolation.

Claremont offers a low cost art psychotherapy service to those over 18 who would find private services too costly.

### What is Art Psychotherapy?

Art psychotherapy is a form of psychotherapy that uses visual art media as its primary mode of communication. It can be provided in groups or individually, depending on the client's needs or preferences. Art psychotherapy is not a recreational activity or an art lesson and therefore, it is not necessary for clients to have any previous experience or expertise in art. The overall aim of the therapy is to enable the client to change and grow on a personal level in a safe and supportive environment.



### Why Art Psychotherapy?

Art psychotherapy differs from other psychological therapies in that it is a three way process between the client, their artwork, and the therapist. Both the process of art making and the artwork produced open up possibilities for communicating and interacting. Art also offers different ways of expressing thoughts and feelings through visual means such as the use of colour, shape and line. As a form of nonverbal communication, art can complement verbal discussion in the therapy session, or offer an alternative when emotions or experiences are too difficult to talk about.

### What happens first?

After an initial meeting, six weeks of therapy will be offered. The art psychotherapist will then work with the client to create an agreement as to how the therapy will proceed and regular opportunities will be given to review this. If art psychotherapy does not seem appropriate, the therapist can provide suggestions as to other forms of support available.

### What happens in an Art Psychotherapy session?

Generally clients meet with the art psychotherapist once a week for an hour at a mutually convenient time. A range of art materials is available during the

session that are simple and easy to use. Art psychotherapists do not impose interpretations, but maintain a non-judgemental stance towards the client and their artwork. Through this, they aim to support the client to work towards an awareness and understanding of their feelings.

### Who are Art Psychotherapists?

An Art Psychotherapist or Art Therapist is someone who has undertaken approved post-graduate training and who is registered with the Health Professions Council (HPC).

The HPC's Register, and the standards of education, performance, conduct and ethics it maintains, are intended to provide protection (and, where necessary, redress) to anyone who uses art psychotherapy services. More information can be found at [www.hpc-uk.org](http://www.hpc-uk.org).

All of Claremont's art psychotherapists are selected on the basis of their experience and suitability for work with a wide range of client issues.



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### Where are the therapy sessions held?

Sessions will typically take place in a room on the first floor of the Claremont building, 24-27 White Lion Street, London N1 9PD. The building is very close to Angel tube station and is well served by bus routes. There is no private parking available.

### How much does it cost?

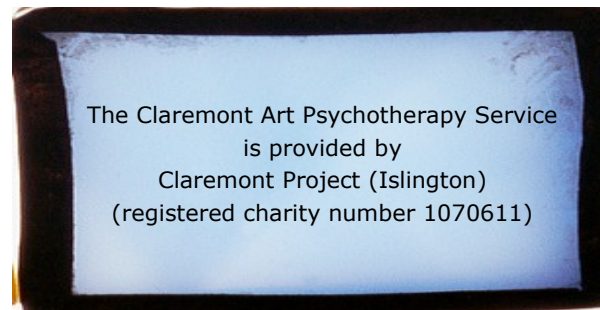
The service is designed as a low cost service. We will discuss and agree a figure with you at the first meeting. A rough guide is that most people pay between £5 and £25 a session, depending on what they feel they can afford. Payment is usually made in advance, or can be paid at the end of each session by negotiation with the therapist.

### Will the sessions be confidential?

Confidentiality is extremely important, and both the content of the sessions and the artwork produced are kept in accordance with Claremont's confidentiality policy and BAAT guidelines. Our confidentiality policy is always discussed in detail at the first meeting.

### Equal opportunities

Art psychotherapists work with clients from diverse backgrounds, many of whom are already vulnerable or have experienced discrimination. For this reason, both in training and practice, art psychotherapists are committed to working sensitively and respectfully with clients regardless of their age, disability, ethnicity, gender, religion, or sexual orientation.



Art Psychotherapy  
Service



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[www.claremont-project.org](http://www.claremont-project.org)