

Group Art Therapy for Women: Information Leaflet

Art therapy is a gentle, creative space to explore thoughts and feelings.

- No art experience needed – all materials are provided
- Led by a qualified Art Psychotherapist
- Open to all women, including refugees and those with English as a second language

What Is Art Psychotherapy?

Thoughts and feelings that may be difficult to talk about. Expressing ourselves through drawing or painting can provide a safer, more gentle alternative and help us find a way through our problems. Art therapy involves creative activities such as drawing or painting and it is provided by a trained professional. Arts and creative therapies may help if you find it difficult to put your thoughts and feelings into words. They may also help with addressing painful feelings or experiences of trauma.

Some people find that doing a creative activity with their therapist helps put them at ease. It can also make the session feel less intense. Many people also find that doing creative activities on their own, or in groups as part of a hobby, helps their mental health. So finding ways to be creative without using a therapist can be a good way to support your wellbeing too.

What happens in a session?

Art therapy involves using art materials. For example, you might use pens, pencils, crayons, paint, chalk, clay or collaging. You might also use digital media, such as photos or video. You don't need to have any art skills or experience.

With support from your therapist, you might use art materials to express your feelings or experiences. And your therapist might sometimes provide ideas or prompts. For example, some art therapy groups focus on a particular theme or activity each session.

Your therapist won't judge your art or tell you what it means. They'll help you explore what it means to you and how you felt about making it. For example, you may talk about why you chose a particular colour or material in your artwork. But not everything you make will need to have a meaning.

You don't need to have any art skills, or even to have done any art before. People of any age and background can benefit.

Benefits of Art Therapy:

Art therapists are flexible in the way they work and so can support a wide variety of individuals, with different needs and backgrounds. This group is for women only. You might be interested in art therapy to:

- Allow you to communicate thoughts and feelings that you find difficult to understand or put into words
- Help you make sense of things and understand yourself better. Through creative exploration, you may notice patterns, memories or new insights.
- Give you a safe time and place with someone who won't judge you
- Help you find new ways to look at problems or difficult situations
- Help you to feel more confident about talking about complicated feelings or sharing your experience
- Give you a chance to connect with other people
- Feel Calmer and More Grounded. Art-making can be relaxing, like meditation. It can help reduce stress, anxiety and tension.
- Explore your imagination and creativity.
- Build Confidence and Self-Esteem. Creating something and sharing it in a safe group can help you feel seen and valued.
- Encourage mind-body connection

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Is The Art Therapist Running the Group A Registered Professional?

Yes, art therapists must be registered with the Health and Care Professions Council (HCPC). You can check if a therapist is registered using the HCPC's Check the Register service. Stefanie Marsh, who will be running the group is accredited with the HCPC, BAAT and also the UKCP (United Kingdom Council for Psychotherapy) .

You can find out more about art therapy at the British Association of Art Therapists (BAAT).