

What is Art Therapy?

Art therapy is a form of psychotherapy that uses art making to create change for a person and, in turn, their outlook on their life. It enables expression and communication. Feelings and emotions are expressed non-verbally.



How can it help dementia patients?

- Art therapy can help with staying "well" for longer.
- It creates a lifeline for those struggling with their speech and language.
- It enables people to recognise their strengths and gain a sense of accomplishment.
- It is helpful in shaping a new positive identity as well as building confidence and self-esteem.
- Art is able to open up the minds of patients. People with dementia are able to be creative and imaginative.



What happens in a session?

- Clients can draw, paint or make things, alone or with the therapist.
- The therapist does not judge the images or the person making them, Art Therapy isn't about being good at art or being a certain way.
- The art therapist meets with clients regularly and gives them all her attention.
- The therapist stays present with the client in a kind, supportive and empathic way.
- A relationship forms between the client and the therapist. This "therapeutic alliance" is central in art therapy practice.
- Some healing occurs through this process.

During the Art Therapy session time the carer can enjoy some respite from their demanding role if this is appropriate.

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