



What is Art Therapy?

Art Therapy is a form of psychotherapy that uses art media as its primary mode of expression. This is particularly appropriate when working with children who find verbal communication difficult, as they can explore and communicate their feelings through creativity.

What happens in an Art Therapy session?

Art Therapy sessions are client-led, meaning that the child is in control of what and how is expressed in the therapy room. The therapist is there to listen and, at times, interpret the child's creative communication to help make sense of their inner thoughts, feelings and experiences.

Sessions are 45 minutes long and run at the same time and in the same place every week, giving the child a sense of consistency and containment.



Where will Art Therapy take place?

At Dysart, Art Therapy will take place in 'The Den' – a specially designed Art Therapy room. At Apollo, Art Therapy will take place in Star Room, which is made into a private, quiet and creative space to facilitate the Art Therapy experience. Both spaces are equipped with art materials, a sand tray and space to express freely.

How long will my child have Art Therapy for?

Children will be offered Art Therapy for a minimum of one term. The therapist will check in with your child every half-term to assess how they are feeling about the process. When an end date is set, the child will be informed. They will have the opportunity to bring any art making home with them following their final session.



How do I refer my child?

Children are referred through their class teachers. The Mental Health and Wellbeing team will assess the pupil's needs and allocate sessions directly.

How will I find out how my child is doing?

Art Therapy sessions are confidential, so it is important that this is respected. The Art Therapist will however communicate with your child's teacher and feedback on general themes at the end of each term.

Who to contact

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