

Art psychotherapy



Art psychotherapy is a tool art psychotherapists use to help children interpret, express, and resolve their emotions and thoughts. Children work with the Art psychotherapist to explore their emotions, understand conflicts or feelings that are causing them distress, and use art to help them find resolutions to those issues.

WHY ART PSYCHOTHERAPY?

At times in life something can happen which can affect a child.

Therapy can help by:

- **Helping** children safely work through their emotions
- **Improving** relationships at home or school
- **Improving** mood
- **Building** resilience

SUPPORT

A child can be referred by family or a professional. Art psychotherapy or Child art Psychotherapy can help issues such as:

- Anger and Aggression issues
- Attachment issues
- Communication problems
- Developmental delays
- Anxiety
- Trauma
- Family relationship issues
- Lack of confidence

Art psychotherapy is non-directive therapy for children & young people. The therapist uses art psychotherapy tools to work through feelings and helps with expression. The therapist follows the child's/young person's lead and supports them to explore the resources.

As the child or young person grows comfortable with the Therapist they can gain insight into their problems through the process of identifying themes and behaviour.

Even though meeting with the child/young person alone is necessary, working with parents/carers can make a big difference in a child's/young person's life. Parents/Carers meet with the therapist first; the therapy is explained and any concerns discussed.

As therapy progresses parents/carers will be expected to meet with the therapist from time to time to discuss progress.

If you have any questions contact:

Claire McEwen, Director at Dochas Family Centre on 01 623 4531.

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