

The Feelings Team

Counselling and Arts Psychotherapies

The Art Psychotherapists, Counsellors, Music Therapist and Dramatherapist in this team are specialists in working with people with learning disabilities who have experienced trauma, abuse and loss and/or who are experiencing a current mental illness.

The therapist's primary concern is for the person's inner-world, their distress, their lack of wellbeing and their need to communicate and express themselves.

Because the therapists employ non-verbal techniques (e.g. musical interaction; the use of art materials; action and sand tray work), it is possible for people who find language particularly difficult to make use of psychotherapy and to reap its benefits.

Counselling, Music Therapy, Drama Therapy and Art Psychotherapy all take place within a confidential therapeutic relationship, which provides safety, empathy, unconditional regard and empowerment.

Therapy may be offered in individual sessions or as a member of a group. Both approaches generally happen for a fixed period every week.

The length of the therapy is typically longer than other psychological approaches.

Our belief is that the people we work with have often experienced a lifetime of difficulty, which requires patience, time and understanding to repair.

Referral for people with Learning Disabilities & Mental Health Difficulties should be made to:

Psychotherapy Services
Centre Court
73 Exeter Street
Plymouth
PL4 0AH

For referral process queries please contact Psychotherapy Services on Tel: 01752 435510.

For general queries, please contact Laura Blatherwick on

Tel: 01752 435250