

Arts Therapies



You can find information about arts therapies from these national organisations and their websites:

British Association of Art Therapists
www.baat.org

British Association for Music Therapy
www.bamt.org

British Association of Dramatherapists
www.badth.org.uk

Health & Care Professions Council
www.hcpc-uk.org.uk

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What are the Arts Therapies?

The Arts Therapies offer something unique in the context of psychotherapy. This, at its most basic level, can be articulated as an emphasis on creativity and creative involvement as part of a psychotherapeutic experience that does not totally rely on words as a means of expression. Arts Therapists offer a safe and facilitative environment within which the creative medium plays an important part in the therapeutic relationship between participant and therapist.

No prior knowledge or skill in art, drama or music is needed.

Arts Therapists provide a form of psychotherapy that uses creative exploration and activity to support and enhance the psychological wellbeing of the individual who may be affected by adverse experiences, mental health challenges, illness and/or disability. In partnership, the arts therapist supports the participant in the building of greater resilience to manage life challenges. Arts Therapists are psychological therapists who are registered with the HCPC.

Art Therapy

Art therapists use art as a medium to help people deal with complex and confusing emotional issues. There may be things which clients cannot say in words. Art therapy participants use art to express their experiences, to find the words to articulate how they have been affected, and to support their wellbeing, and any social, emotional and mental health needs.

Dramatherapy

Dramatherapy is a type of individual or group creative psychotherapy to assist the participant to develop creativity, self-expression, self-awareness, feeling connected and enhance sense of belonging.

Dramatherapists utilise a range of creative forms including story-making, improvisation, role play, object work, body sculptures, masks, small world or sand tray play, and more to explore individual's feelings, imagination and relationships to facilitate self-reflection and resilience building.

Music Therapy

Music Therapy uses the expressive elements of music as the primary means of interaction between therapist and participant. A wide range of musical styles and instruments can be used. The therapist and participant play an active part in the music making via shared musical improvisation. Using music in this way enables participants to create their own musical language through which to explore and connect with the world and themselves.

The Arts Therapies can help people

- Who are confused by their feelings
- Who would benefit from a gentle, more gradual, therapeutic involvement
- Who have problems that are “deep down”
- Who seem to be out of touch with their feelings
- Who struggle to find words to describe their distress or feelings
- Who are withdrawn or hard to reach (particularly regarding the negative symptoms of schizophrenia)
- Who rationalise or intellectualise their feelings excessively
- Who give their feelings to others (projection) or perhaps deny there is a problem at all
- Who may be struggling with something unspeakable, frightening or embarrassing
- Who find developing relationships difficult
- Who seem disempowered and lacking a voice
- Who may benefit from a therapy that explores physicality and movement
- Who would benefit from a therapy that supports containment.