

The Feelings Team

Counselling and Arts Therapies

The Art Therapist, Counsellors, Music Therapist and Dramatherapist in this team are specialists in working with people with a diagnosed Learning Disability who have experienced trauma, abuse and loss and/or who are experiencing a current mental problem. The Feelings Team is based at The Therapy Space at Mount Gould Hospital and is part of Psychotherapy Services.

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 gain from its benefits.

Counselling, Music Therapy, Drama-therapy and Art Therapy all take place within a confidential therapeutic relationship, which provides safety,

empathy, unconditional positive 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 or fortnightly. 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.

Unfortunately, we are unable to accept self-referrals. Referrals can be made by GPs, Social Services or Carers (familial or agency) and other health professionals. These can be made to:

Psychotherapy Services
Centre Court
73 Exeter Street
Plymouth
PL4 0AH

For general queries, please contact Psychotherapy Services on

Tel: 01752 435510