

What is art therapy?

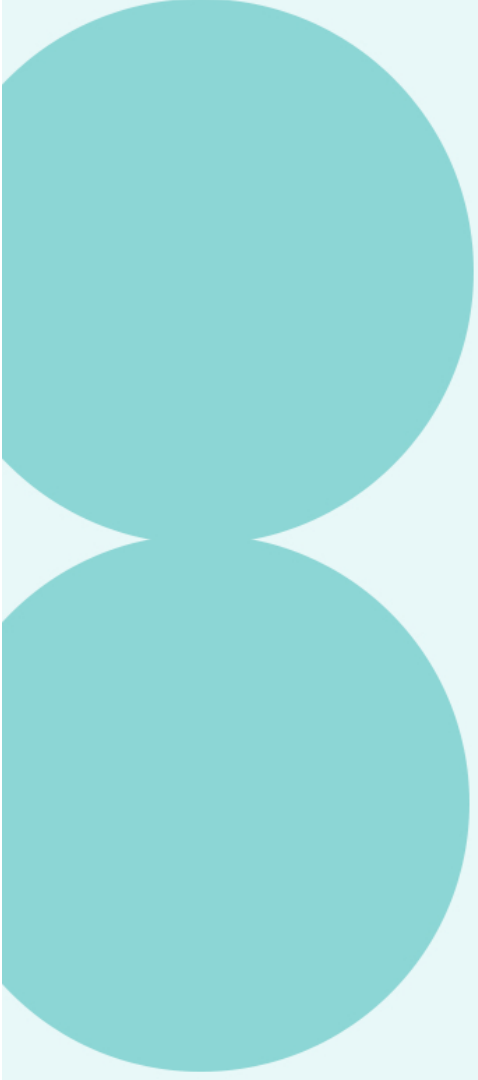


Art therapy is an established form of psychotherapy, delivered by trained art therapists

(also known as art psychotherapists).

Art therapy uses art as the primary mode of expression, alongside talking with an art therapist.





It aims to reduce
distress and improve
social, emotional, or
mental health...

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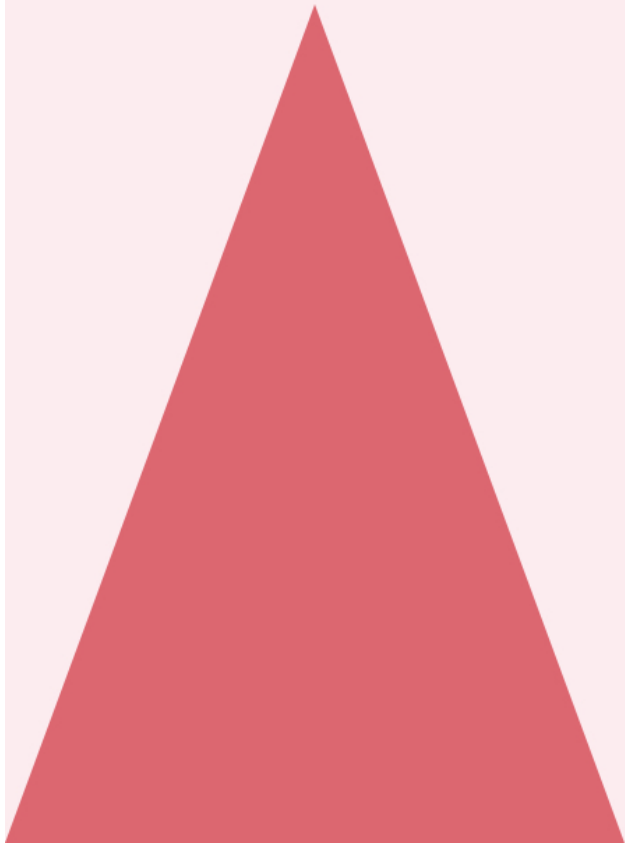
...by promoting insight,
self-compassion and a
sense of agency and
self-worth.

What happens in art therapy?

You are supported by your art therapist to use art to express and articulate often complex thoughts and feelings through art making.



This may be following
difficult or traumatic
experiences which may
be hard to talk about.



Who is art therapy suitable for?

Art therapy can help people of all ages and at all stages of life, including if you have been affected by difficult personal or cultural experiences, illness and/or disability.





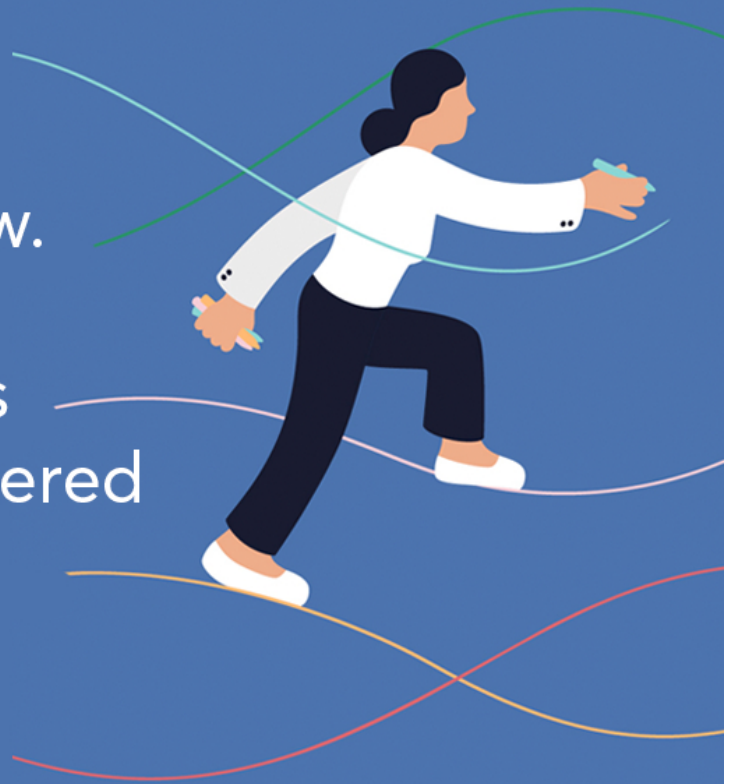
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You do not need to
be skilled in art to
benefit from
art therapy!

How is art therapy regulated?

In the UK, the title art therapist and art psychotherapist are protected by law.

All UK art therapists must be state registered with the Health and Care Professions Council (HCPC).





**BRITISH
ASSOCIATION
OF ART
THERAPISTS**

baat.org/art-therapy