

Common myths about Art Therapy

- It is not a group (unless it has been specified)
- It is not an art lesson and you don't need to be good at art to benefit from it
- Art Therapists do not tell you what your artwork is about. That is for you to work out together
- Your Art Therapist will not judge you or give you advice

What is Off Centre?

Off Centre is a charity that has been working in Hackney for almost 40 years, supporting children and young people with wide-ranging and often complex mental health needs. As well as art therapy we offer one-to-one or group counselling and dramatherapy. There are brochures available to tell you more about these if you'd like.

We know that sometimes counselling or art therapy by itself is not enough. You might have other needs eg housing that make you feel stressed. Our advocacy, advice and information services can help, and we are linked in with lots of other organisations and agencies that can help if we can't.

If you just want something to do, want to try out a new activity or learn a new skill, The Right Track, designed and run by young people for young people can help.

To find out more visit us at www.offcentre.org.uk, or look for us on Facebook and Twitter @OffCentreUK.

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ART THERAPY



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What is Art Therapy?

Art Therapy is a bit like counselling or verbal therapy except that it uses art as well as talking to work through problems or difficulties that you are having or that may be worrying you. This can enable you to change and grow.

It can be useful for anyone who finds it difficult to put their experiences, thoughts and feelings into words. Sometimes it is hard to talk to someone face to face and some people find it easier to talk while they are using the art materials. Other people use the art materials and this enables them to talk about what it is that is concerning them.

Who is it for?

This is a free confidential service for young people (11-25yrs) living, working or studying in Hackney. To make an appointment give us a call, drop in and see us or send us an email. We always prefer it if you make contact yourself but it's ok if you want your GP or other professional in your life to contact us on your behalf.

Once contacted we will arrange an assessment appointment with you. It's your opportunity to find out a bit more about Off Centre and to talk about what's going on for you.

What will I be doing?

Sessions usually last for between 50 minutes to an hour, at the same time and place each week and you will see the same therapist for as long as you continue art therapy.

A range of art materials will be available in each session and you can choose what to make or do, with freedom to express your experiences and thoughts in your own individual way. If you'd rather just talk that's fine too - your art therapist is on hand to help or to listen, whichever works best for you. Your images will be kept safe in your own individual folder that you can either leave or take with you when you eventually finish therapy.

The sessions are confidential, your therapist will not show your artwork or share what was said in the sessions unless she/he feels that you are at risk from harm or may harm someone else.

Why use art?

There is growing evidence that shows Art Therapy's potential to increase well-being. Words can be hard to find to describe how we feel, but the process of art-making and the artwork itself is a safe way for us to explore and understand difficult or painful feelings.

What is an art therapist?

Art therapists abide by the code of conduct and principles of practice set by their professional body, the British Association of Art Therapists (BAAT) www.baat.org. Art therapy is a state registered profession, which means that there are national standards for training and professional development and that it is illegal to practise as an Art Therapist or Art Psychotherapist unless properly qualified and registered with the Health Professions Council (HPC).