

CONFIDENTIALITY

Therapy is confidential. However, we have a obligation to share with the Designated safeguarding leads regarding disclosures around serious crimes. We also have a duty of care to prevent harm to yourself or others. These limits to confidentiality are also be explained in full at your first appointment.



What can I do if I need help immediately?

If you live in *Waltham Forest, Redbridge, Barking and Dagenham or Havering*, you can call the NELFT Mental Health Direct telephone helpline service for help and advice, anytime of the day or night, on **0300 555 1000*** We have somebody on the other end of the line who can help.



Email:
asta.binkauskaite@hopewellschool.co.uk
(Art Therapist)

HOW CAN ART THERAPY HELP ME?

- Stress reduction
- Relaxation
- Emotional support
- Manage your feelings and fears
- Express feelings about diagnosis, treatment, prognosis
- Make friends and feel less isolated
- Increase your self-esteem and motivate you Improve quality of life
- Help you make sense of what is happening to you



ART THERAPY

Here at Hopewell we offer a range of therapeutic service for our students who may require additional support.

Here is some insight on Art therapy

HOPEWELLSCHOOL.CO.UK

WHAT IS IT?

Art Therapy can offer an alternative way of unlocking emotion, dealing with anxiety and communication difficulties. It can help increase concentration and interaction. For autistic people, Art therapy can help with emotional regulation, where art making becomes an alternative to verbal communication, where the client communicates to the therapist through the art making.

Art therapy can help with the development of social skills and reciprocity, as client and therapist share focus on the artmaking and communication happens without the initial need for direct, face-to-face interaction.

Art therapy is ideally suited for addressing sensory processing difficulties, which contributes to a great deal of difficult emotions and behaviours. It helps to channel self-stimulating behaviour into more creative activity, increasing tolerance of unpleasant sensory experiences.



Art can be a good way to tell stories. Pictures can help explain feelings that are hard to put into words.

Art therapy can help you think about:

- Things that matter to you
- Things that make you happy or sad
- Things that you would like to change

The art therapist can help even if you find talking difficult.

Some people find art helps them to express themselves. This helps them feel better.

You might find you learn new things and have some fun. The art therapist is there to help you. They will listen to you and respect your feelings and privacy.

Sometimes sharing your feelings with the art therapist can help you. It may help you feel less upset or lonely.



One to One Sessions

These are private sessions between you and the Art Therapist that typically last for 50 minutes.

The number of sessions will be agreed with you based on your needs. You may want to work on specific goals, objectives and personal development. You may also have issues that you feel more comfortable talking about in a private one-to-one situation

Art Therapy sessions will...

- Be on a 1:1 basis.
- Be held weekly at the same time for 50 minutes
- Be Confidential.
- Hold regular reviews.
- Be offered as optional to attend.
- Be with a trained professional.

