

Art & Creative Therapies

AT SEVERN HOSPICE, SHROPSHIRE



Creative Therapy

Is available to both in and outpatients. Outpatients can access group or one-to-one sessions to engage with creative projects such as painting, memory box making, and clay work. Patients can revisit an old skill, learn a new one, or create gifts for loved ones. We have volunteer artists who run workshops such as lino printing. Reading and music workshops are also offered.

These activities can be a distraction from illness and worry and boost well-being by giving a sense of achievement and community.

Registered Charity 512394

Art Psychotherapy

Is available to outpatients on a one-to-one basis. Art Psychotherapy uses image making to process concerns in a safe, supportive and non-judgemental, therapeutic environment.

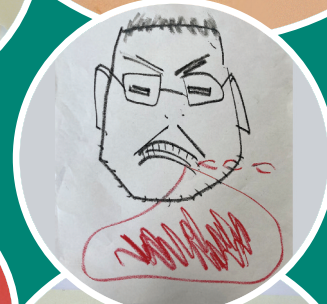
Art Psychotherapy aims to reduce stress, improve mental health and emotional and social well-being. It may bring about positive change by allowing expression of complex feelings and difficult emotions. It can be helpful for those who struggle to communicate verbally.

Art Psychotherapy support may enable:

- Meaningful conversations about dying.
- Processing of anxiety, anger, or feeling overwhelmed.
- Understanding and acceptance of diagnosis and death.
- Exploration of historical issues, such as abuse or trauma.
- Processing of family or relationship concerns.
- Confidence, assertiveness, and resilience.

Identity, physical changes and body image

Are common themes. The patient images (right) enabled processing of these concerns after palliative diagnosis (*images reproduced with permission*).



 **Severn Hospice**
here and at home

For further information,
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