

# Living well with Severn Hospice

## Art therapy



Registered Charity 512394



**Severn  
Hospice**  
here and at home

## How does art therapy help?

Art therapy is a new, specialist service we can offer which uses art making to help people express difficult feelings and thoughts. It is especially helpful to anyone who finds it hard to share their feelings verbally.

Art therapy can help you cope with issues that may arise after the diagnosis of a life-limiting illness. It may also help if you have family or relationship concerns, or are feeling anxious, angry or overwhelmed.

As you are exploring strong emotions and challenges, please be aware that at times you may find yourself getting upset. This is absolutely normal and it is important for you to process these emotions for your well-being. Our therapist understands and is trained to help you.

## What happens in art therapy?

Art therapy is a recognised professional discipline within the mental health field.

Your therapist will act as a facilitator and listener. They are not an art teacher or interpreter of your art. Be reassured, you don't need to be good at art to benefit.

Each therapy session is your private, uninterrupted space to focus on your individual aims. You will be supported, in a non-judgemental way, to explore your thoughts and feelings via the artwork you create.





## Your referral and assessment

You may refer yourself to art therapy or a member of your wider care team (such as a doctor, nurse or social worker) can refer you.

Your first session will be a chance for you to get to know each other and discuss if art therapy is appropriate for you. Together your needs and aims will be assessed and you may even be signposted to another hospice service, such as our social work team, if you agree this would better suit your needs.

## Privacy and confidentiality

Your therapist will need to keep notes about your progress. These must comply with the UK's privacy laws. All artwork created will be stored securely and your therapy sessions treated in strict confidence. Your therapist works as part of your wider care team and may need to discuss issues with that team.

At the end of your therapy you can decide to give your artwork to family and friends or have it confidentially disposed of.

## Your consent

Nothing will be done without your consent which you may withdraw at any time.

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## What can you expect?

Your art therapy is free of charge and you may have several sessions or just one, depending on your circumstances. Each session is for up to an hour and we can arrange it for the time of day when you feel most able to engage.

Different art materials such as felt tips, clay and paint are available. You can decide the most appropriate and comfortable way for your art therapy sessions to be used.

## Where will sessions happen?

Sessions are available to patients registered at either Shrewsbury or Telford hospice, and take place in our therapy rooms at the two sites.

## Comments about art therapy

"It was extremely valuable to have one hour of 'me time' to focus on my own thoughts and feelings."

"It surprised me how easy it was to engage in the artwork."

"Art therapy has taught me to think and calm myself."

## More information

Please see [www.baat.org](http://www.baat.org) and [www.hcpc-uk.org](http://www.hcpc-uk.org) for further information about art therapy.



## About our therapist

The hospice recognises the value of art therapy for our patients. Holly Dyer is our therapist and we have supported her study and training to become a qualified Art Therapist. Holly Dyer is registered with the Health and Care Professions Council and is a member of The British Association of Art Therapists, the professional body for art therapy in the UK.

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