

About the sessions

Art therapy sessions take place once a week in the school and last for approximately 45 minutes.

The sessions are confidential but if I have any safeguarding concerns or if your child makes a disclosure I will inform the appropriate person at the school immediately.

The artwork your child makes during the course of therapy is stored in a safe place within the school. At the end of therapy your child is able to take their artwork home with them if they choose to.

Sometimes the sessions can get a little messy so you may want to provide an old t-shirt for your child to wear. Although I do usually have aprons they do not always protect clothing. I use water based paint so if there is any paint on your child's clothes, using some stain remover then washing as normal should remove the paint.

About the Art Therapist

I hold a Master's degree in Art Therapy and I am registered as an Art Therapist / Art Psychotherapist with the Health & Care Professions Council - a legal requirement to practice. I am also a member of the British Association of Art Therapists (BAAT).

I have clinical experience within the Child & Adolescent Mental Health Service (CAMHS) in Nottingham, as well as Primary schools in Wolverhampton with children who have a range of emotional, psychological and behavioural difficulties.

Contact Information

Karen Birch

artpsychotherapyservice@gmail.com

If you would like to meet with me to discuss how art therapy may help your child please contact the school and we will arrange a meeting as soon as possible.

Art Therapy Service



Karen Birch



www.hcpc-uk.org

Registration No: AS13738



Membership No: 24143

What is Art Therapy?

- Art Therapy is a form of psychotherapy that uses art as the main way to communicate difficult thoughts and feelings.
- The overall aim of art therapy is to help children change and grow on a personal level through the use of art materials in a safe space.
- Children and young people referred to an art therapist don't need to have previous experience or skill in art. It is not a recreational activity or an art lesson, although the sessions can be enjoyable.
- Art therapy doesn't need spoken language and can therefore be helpful to anyone who finds it difficult to talk about their thoughts and feelings. Sometimes words can't be used or found to describe thoughts and feelings - using art materials and making images is another way to communicate and understand them.

What might be the benefits of Art Therapy?

When children and young people have lots of worries and concerns they may find their daily life is a struggle. Inclusion, relationships and learning at school may become difficult.

Using art materials to make images which can be thought about with a qualified and registered art therapist may help ease difficult feelings and can help increase general wellbeing.

It can also help raise self-esteem and confidence as well as giving a better understanding of personal difficulties.



Images exploring self-identity by Year 6 pupils

How does Art Therapy help?

Art therapy can help improve behaviour and relationships, raise achievement, encourage attendance at school and help children and young people take part more fully in their school life, as well as their life outside of school.

The children and young people who may benefit are those:

- In danger of exclusion
- Having emotional and behavioural difficulties
- With social and communication difficulties
- Struggling with particular life experiences such as bereavement, changes in the family, and illness
- Who have suffered abuse, bullying or trauma
- With learning difficulties or physical disabilities

They may seem withdrawn or anxious, angry, depressed, moody, violent or lonely.