

ART THERAPY

AT KINGSGATE SCHOOL



What is Art Therapy?

Art Therapy is a form of psychotherapy that uses art as its primary mode of communication. The overall aim of an art therapist is to enable a child, young person or adult to effect change and growth on a personal level by encouraging them to explore their own feelings and experiences through the use of a wide range of materials in a safe, consistent and supportive environment.

Why use art?

The process of using art as a medium for expression offers children the opportunity to communicate thoughts and feelings safely, which they are unable to express verbally.

The creative process encourages the development of imagination, spontaneity, and personal identity, building confidence and resilience, and supporting personal growth.

What does an art therapist provide?

The therapist works with an individual or group outside of the class, providing a regular and reliable opportunity for the exploration of current thoughts and feelings within a structured and secure environment.

The therapist does not impose themes or tasks but, together with the child, explores the meaning of what they have created in each session and its relevance to their own personal circumstances.

Over time, a body of work is created that provides a record of their personal journey through therapy and a reference point for the future.

How long does it take?

Art therapy takes place over a regular weekly cycle and usually lasts for the duration of a school year

Each 50 minute session (longer for a group session) takes place on the same day and at the same time. The therapist will let the child know in advance of upcoming breaks, as well as prepare the child well in advance for the ending of the therapy.

All Art Therapists are state registered and receive regular supervision to support and develop their work with children.

