

Students who may benefit from art therapy are those :

- Experiencing emotional and behavioural difficulties
- With social and communication difficulties
- Struggling with particular life events such as changes in family structure, illness and bereavement
- Who have suffered abuse, bullying or trauma
- With learning difficulties
- With physical disabilities

Art therapists have a post-graduate qualification in Art Therapy and their professional body is the British Association of Art Therapists (BAAT). Art Therapy is HCPC registered with the Health and Care Professions Council (HCPC) in order to practice anywhere in the UK as an Art Therapist or Art Psychotherapist.

Art Therapists abide by the Code of Ethics and Principles of Professional Practice set by BAAT.

For further information please contact:

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## Art Therapy in Education



## What is Art Therapy?

Art Therapy will be introduced to Heathermount School from September 2014. Art therapy is a form of psychotherapy that uses art materials and sand play to aid communication.

The aim of art therapy is to explore feelings and thoughts in a safe and facilitating environment with the Art Therapist.

Children and young people who find it difficult to express themselves verbally can find art therapy helpful as it is not dependent on spoken language. They do not need to have previous experience or skills in art as it is not an art lesson.

The art making process may help relieve difficult feelings and by allowing students to think about them with the support of the Art Therapist, this may help increase the student's well being.

## How does Art Therapy help?

When students are experiencing emotional difficulties, it affects their learning and engagement with school life. Art therapy can support students with emotional, psychological or social development.

The Art Therapist will work with other professionals, key staff and contribute to meetings and reviews.

The Art Therapist will liaise with parents/carers and seek permission before working with a student in art therapy.



## How do students access Art Therapy?

Parents, carers and Heathermount staff can make an request to the Therapy Team.

Students may enquire through their Class Teacher or the Therapy Team.

Annie Lau, Art Therapist will meet with the student and parents/carers to explain what art therapy is and what happens in the sessions.

If art therapy is appropriate and suitable, the student will have a number of sessions and there will be an review to decide if the student needs to continue or end therapy.

Art therapy may be provided for individuals or for groups depending on the student's needs.