

Art therapy is a form of psychotherapy which uses art for expression and communication. Art therapy is used to address emotional issues which may be confusing and distressing for the service user.

Art therapy is provided in groups or individually, depending on the service users' need. It is not a recreational activity or an art lesson, although the sessions can be enjoyable. Service users do not need to have any previous experience or expertise in art.

Art therapists work with children, young people, adults and older people. Service users may have a wide range of difficulties, disabilities or diagnoses. These can include emotional, behavioural or mental health problems, learning or physical disabilities, life-limiting conditions, neurological conditions and physical illnesses.

### **British Association of Art Therapists**

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