



CURA-CARE YORKSHIRE LTD

Welcome and thank you for your interest in the Art Therapy Service at
Cura-Care Yorkshire LTD

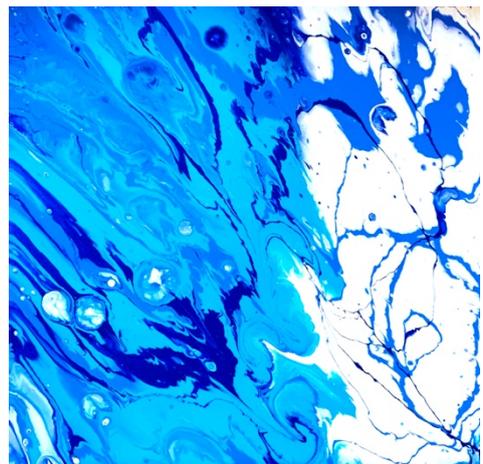
What is Art Therapy?

Art Therapy is a type of talking therapy that uses art materials as its primary form of expression and communication. It is not a diagnostic tool but can help service users to address and work through some emotional issues and distressing and confusing times in their lives.

Art Therapy can be effective with service users of all ages: children, young people, adults and the elderly who may have a wide range of difficulties, disabilities or diagnoses. These could include emotional, behavioural or mental health problems, learning or physical disabilities, life-limiting conditions, neurological conditions and physical illnesses.

"When you can't look on the Bright Side, I will sit with you in the Dark."

The Hatter - Alice in Wonderland



About Me:

Name: Nickie Johnson

Role: Trainee Art Therapist

I am currently studying a Master's in Art Psychotherapy Practice accredited through Leeds Beckett University, facilitated by Sheffield Health and Social Care NHS Foundation Trust. I am also a student member of the British Association of Art Therapists (BAAT).

I am DBS checked.



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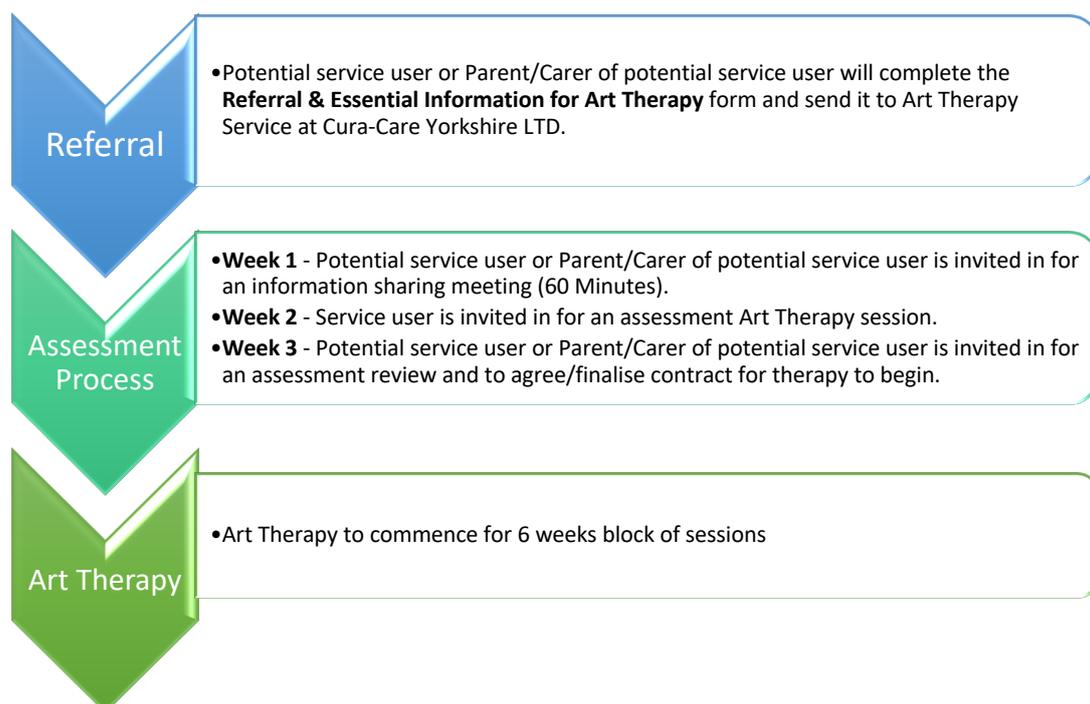
About the Art Therapy sessions:

All sessions will take place at the following address:

Office 7
Stonecross House
Doncaster Road
Kirk Sandall
Doncaster
DN3 1QS

The room is self-contained, confidential and safe, allowing access for drinks/snacks and toilet facilities. Disabled toilet and elevator access are also available.

The Art Therapy referral/commencement process is as follows:





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What happens to the Artwork?

Any artwork produced during therapy would usually be kept and safely stored by the therapist in a locked cupboard for the duration of the therapy contract. It can be useful to continue some artwork across several sessions, and it is important when working towards the end of therapy that some artwork is revisited and reviewed. In some rare instances during therapy, it may be beneficial for service users to take artwork home with them and this would be discussed and agreed in session. At the end of therapy, service users will be given the option to take any/all their artwork away with them. Any artwork not taken will be disposed of.



Available Art Materials:

Art Materials will be provided for each session, however what will be available may vary from session to session. Please inform us prior to starting art therapy if there are any materials you or your child/young person cannot use or may cause you/them some distress for whatever reason if used.



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Time Keeping and Cancellations:

It is important for therapy to be consistent in order to be effective. At the 3rd assessment session, we will agree a block of 6 weeks at regular intervals. We will agree a day (currently Saturdays) and time for us to meet in the therapy room for a 1-hour session. It is vital that you/your child arrive on time as sessions can not be extended to make up for late starts. If you do need to cancel a session, please contact the Cura-Care office on **01302 887 222 (weekdays)** at the earliest convenience. If you need to cancel on the day (**Saturdays**), please phone the on-call line **07483 415 250**.



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Further Information:

For more information please email: arttherapy@cura-care.co.uk