



# ACTIVE ARTS THERAPY

**Louise Morton**

Registered Arts Therapist

[www.activeartstherapy.com](http://www.activeartstherapy.com)

## *What can I expect from an arts therapy session?*

Much like any form of counselling or psychotherapy, arts therapy doesn't follow a set process. Each session will be different, depending on your needs/preferences and the issues or topics you want to focus on.

### **The First Session**

This session is about getting to know each other and figuring out how we might best work together. You can ask me any questions you have, and I'll gather some general clinical information from you. We'll experiment with some different art materials and find out which ones you like. We'll explore your reasons for seeking therapy and start formulating some aims for our work together.

You are under no obligation to see me for a second session. The therapist-client relationship needs to feel comfortable and safe for you, and it is your choice whether you schedule a subsequent session.

### **Subsequent Sessions**

Generally, we'll start each session with a gentle warm-up activity to find out how you are and 'what's on top' for you on that day. This might include some simple art-making, meditation, talking, or movement. This opening activity aims to help us identify the direction you'd like to go in on that day, and the subsequent activities/discussion will flow on from this. There will always be a range of interesting and varied art materials for you to choose from, and if you know what you need to do and want to lead the process, I will support this and be alongside you as you work through it.

At any point, I might suggest an activity that I feel suits your situation and is worth exploring. You are **always** able to say no if you do not feel comfortable with a suggested activity.

We may re-visit your art work at various points during our time together. This is one of the many benefits of arts therapy – along the way you create physical art products showing events/thoughts/feelings/behaviours at different points in time, which helps us to notice your growth or changes in cognition/perception in a very visual way.

Sometimes it might feel like not much is shifting for you. **This is a normal response.** As with all processes of change, it can take a while to really notice and embed the growth you're experiencing. Furthermore, people usually come to therapy because they are navigating complex and challenging issues – things which there are no 'quick fix' for. I will check in with you along the way, and I encourage you to communicate to me how you feel it's going. I will also try to adapt my approach to suit your changing needs.

### **Closing Sessions**

When we come to finish our work together, we will make this decision collaboratively (unless there are unforeseen circumstances) and work towards our final session in a planned way. This is especially important if we have been working together for some time, as the therapeutic relationship can become very important. I will encourage your independence and resources throughout our time together so that you feel confident about finishing this work.