

What is Art Therapy

Art therapy is **a safe, private space** where you can **use creative materials**, like paint, clay, or collage, to explore your thoughts and feelings. There's no right or wrong — just a chance to create in your own way. **It's not an art class. There are no lessons or expectations.** Sometimes, **it can be hard to find the right words.** Through **colours, shapes, or textures**, art can offer another way to express yourself, gently, at your own pace.

Questions

“I'm not very good at art — does that matter?”

“Not at all. **There's no need to be 'good' at art.** You can make **marks, shapes**, or simply play with **colour and texture**. It's **about what it means to you**, not what it looks like.”

“What if I don't feel like talking?”

“That's okay. Sometimes, **art can help express things** when words are hard. You're free to create quietly if that feels more comfortable. And there's no pressure to share anything.”

How can it help

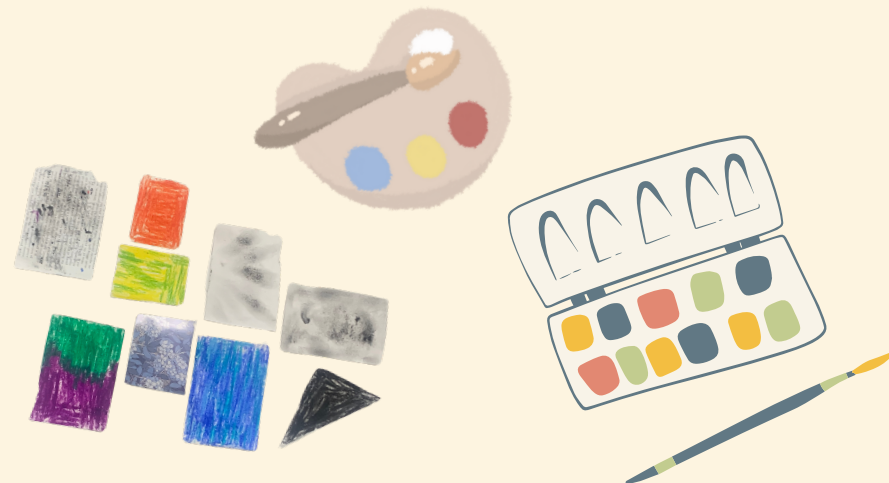
Art therapy can support you in many different ways. You **don't need a diagnosis** or **a clear “problem”** to benefit from it.

It may help you to:

- **Express emotions** that feel too difficult to say out loud
- **Explore** past experiences and how they affect you now
- **Manage** stress, anxiety, or low mood
- **Make sense of** change, loss, or illness
- **Reconnect** with your sense of self and creativity
- **Find** calm or comfort through making

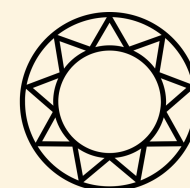
A space if you need it

If you'd like to know more, you're very welcome to speak with a staff member in the organisation. There's no pressure — art therapy is simply here if and when you feel ready to explore it.



ART THERAPY

A gentle and creative way to support your wellbeing.



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Hello from the Trainee



"I'm Jingyi, a trainee art therapist currently on placement as part of my training at the University of Chester. In sessions, I offer a calm and supportive space where you can use art materials to explore thoughts and feelings, at your own pace, in your own way. Throughout my placement, I'm supported by qualified art therapy supervisors."



Art therapy is offered with care, following the ethical guidelines of the British Association of Art Therapists (BAAT), and the professional standards set by the HCPC for arts therapists.

Learn more at: www.baat.org

Your Journey in Art Therapy

Each experience is unique

You may:

- **Have one-to-one sessions:** quieter, personal time to create with support available.
- **Join a small group:** a space to make art alongside others, sharing only if you wish.
- **Take part in an open studio:** a more flexible space with materials freely available.

Confidentiality and safety



What you choose to share in sessions is respected and treated with care. **In most situations, it remains private.**

However, if there's ever a concern about safety, for you or someone else, some information might need to be shared with others in the organisation. This would only be done to protect wellbeing, and where possible, you would be told first.

Your artwork

Your creations are part of your personal journey. They'll be **stored safely** during sessions.

When your time in art therapy comes to an end, **you can choose to:**

- **take** your artwork **home**
- **discuss together** a meaningful or creative way to **dispose the artwork**



Materials

You don't need to bring anything — **all materials will be provided** for you. These may include paints, pencils, clay, collage papers, natural objects, and more. There's no "right" material — you're invited to **explore whatever feels most comfortable or meaningful to you.**

And if there's something personal you'd like to bring along, you're very welcome to include it in your creative process.