

## **About Charnwood Arts Therapy Service and Arts Therapies**

Charnwood Arts Therapy Service provide Arts Therapies to support children and young people in Leicestershire and surrounding counties. We deliver a professional, flexible service to best fit with the needs and desired outcomes of each person.

Our small team of highly trained therapists have experience and expertise working with children and young people of all ages with a range of difficulties. We are currently supporting children in main stream and specialist education provisions including looked after, post adoption children, children with complex needs, mental health difficulties, emotional, social, behavioural, educational and attachment needs. We are able to support non-verbal individuals and those with EAL. All therapist have experience of working in a range of settings including schools, the home, community and organisation settings. Therapists are chosen to best match the needs of the child.

Charnwood Arts Therapy is supported by a therapy advisor to facilitate the provision of therapy sessions.

Arts Therapies are established clinical disciplines, a form of psychotherapy involving the encouragement of free self-expression through art, music and drama as remedial activities to improve a person's physical, mental, and emotional well-being.

Arts Therapies supports a child's readiness to learn. If a child's emotional wellbeing is cared for they are more likely to be ready to engage in learning. Over 95% of the children that Charnwood Arts Therapy Service work with have either been excluded or disengaged from mainstream provision at some point prior to engagement in therapy. Our Arts therapists have a good understanding of the barriers and difficulties preventing children and young from achieving their potential and enable them make good progress over time.

Often children engage with Art therapies when they have struggled with talking therapy. For many of the children behavioural improvements are measurable and can be monitored by increased attendance in lessons and a reduction in incidents.

Repeat of contracts with Specialist teaching services, Specialist- ESB and ASD Schools, main stream and virtual schools and post adoption children are indications of success. The majority of children supported for Specialist Teaching Services successfully transition back to an education provision.

## **Description of Services**

Charnwood Arts Therapy Service provides the following types of services

- Arts therapies: Art Therapy  
Music Therapy  
Drama Therapy
- Children's Accelerated Trauma technique CATT Protocol (treatment for single incident PTSD 8-12 weeks and complex PTSD – approximately 2 years)
- Systemic Practice
- Therapeutic Arts Sessions/workshops
- Clinical Supervision

**Sessions** are 1:1, paired, family or small groups.

**Locations** Therapy may be delivered in schools, community or organisation setting, the home or in our dedicated arts therapy space in Loughborough.

## **Aims**

Session planning and delivery is centred around each individual with the general aims of

- Support people in recognising their behaviour, thoughts and feelings in order to gain a deeper understanding.
- Offer containment of powerful feelings and help in managing them.
- Address emotional and physical pain.
- Connect with people who are withdrawn.
- Support to manage anxieties and develop positive coping strategies
- Develop communication (verbal and non-verbal)
- Develop confidence, self-esteem and self-regard
- Reduce isolation and support individuals with an overall readiness to re-engage with everyday life/education.
- Develop resilience and resourcefulness to manage stressful situations
- Encourage creative self-expression in a therapeutic environment, which can be shared with the therapist.

## Who we can help

Arts Therapies can be very supportive to children, young people and adults who need restorative support for managing difficulties including:

- Autism Spectrum Disorder
- Emotional Social Behavioral Difficulties
- Attachment Disorders
- Abuse (Neglect, Emotional, Physical and Sexual)
- Trauma (Post traumatic stress)
- Anxiety
- Depression
- Attention Deficit Hyperactivity Disorder
- Obsessive Compulsive Disorder
- gender dysphoria
- Bullying
- Long term or terminal illness
- Sibling adjustment difficulties
- Bereavement
- Separation / Divorce
- Relationship Difficulties (family, peer, friendship)

## Provision

### Arts Therapies

Either Art, music or Drama therapy are creative psychotherapies where individuals of all ages can be helped to express and make sense of their thoughts and feelings in the safety of non-judgmental and confidential therapy sessions. Arts therapists are trained to enable clients to identify the most suitable medium for them and to help them engage, address, resolve, or make troubling issues more bearable.

### Art Therapy Activities

When we create something using art materials, we transfer something of 'ourselves' onto the image or model that we make. This can be a very releasing experience, the piece of art can literally "contain" what is expressed. During Art Therapy, the client will be encouraged to make a spontaneous image or model choosing freely from a range of art materials (paints, clay, chalks) objects (natural objects, sand) and sensory materials (smells, fabrics). The objective is not to make a 'piece of Art' but to 'let go' and play freely with the materials. No art or design skills are needed.

Throughout a number of sessions, the Arts Therapist builds a trusting relationship with the client. The Therapist interprets the creative process and uses this as a medium for safely directing the therapy to enable the client to access and explore feelings and experiences which may or may not be conscious thought.

## **Music Therapy Activities**

Just as we all have the ability to respond emotionally to music we all have the ability to be healed by music therapy. The use of music in therapy can help to make connections with and communicate both our conscious thoughts and experiences and those thoughts and experience which may be on the edge of our consciousness and difficult to express.

Music therapy sessions involve making music and creating your own music improvisation. The music therapist will join with the client to explore the world of sound using familiar pieces of music and a range of instruments. This is a positive, enjoyable activity where musical ability is not needed. Making music alongside the Music Therapist builds confidence and develops a trusting relationship. For many people including those with disabilities, mental health difficulties, those at elevated risk or individuals feeling isolated and vulnerable music therapy is a safe and comfortable process where emotions can be expressed and issues explored.

## **Drama Therapy Activities**

Drama Therapists use both their clinical expertise and drama/theatrical training to help individuals 'unlock', explore and recover from difficult emotions and experiences. Drama Therapy can enable people to cope with change, deal with anxiety, come to terms with loss and develop strong supportive relationships. The therapeutic process of Drama Therapy uses a range of indirect interventions that may include movement, stories, myths, play texts, puppetry, masks and improvisation. Drama Therapy considers the memory of the body as well as the mind and is useful for expressing feelings and experiences that may be difficult to put into words or those hidden from our immediate memory.

## **Children's Accelerated Trauma technique (CATT Protocol)**

The CATT protocol comprises of treatment for recovery of post-traumatic stress disorder/symptoms from a single incident (8-12 weeks therapeutic program) or treatment of persistent or complex post- traumatic stress disorder/symptoms (not yet listed in DSM where by a single incident triggers past experiences long term, possibly 2 years work).

## **Systemic Practice**

Systemic practice by our lead Art Therapist is effective with children and adults when there is more complex distress within family relationships. Working therapeutically with individuals together with their families and/or significant others aims to reduce stress and difficulties for all family members.

## **Therapeutic Arts workshops**

Charnwood Arts Therapy Service develop and deliver group therapeutic sessions to a central theme and desired outcomes. This can be a series of short workshops spanning a set number of weeks, or one off half or full day workshops. The sessions and workshops can be adapted to suit a range of ages and audiences. Some examples;

Creative self-care (well-being crafts)

My place in my world – aimed at building trust, friendship, self-esteem, Self-confidence and group confidence.

Cross modality environmental workshops

Printmaking and photography

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