



Creative Therapy



Young Persons
Information Leaflet

Who am I?



My name is Mathew and I am a qualified play therapist.

For teens and young people who might not want to play using 'toys' I can offer Creative therapy instead. Creative therapy involves using your interests, which might include arts and crafts, music or story-telling to help you express yourself. You can choose what you think will help you. I can guide you if you want or we can just talk or even be silent, it is up to you.

What Happens in Creative Therapy?

In Creative therapy sessions, a young person uses the materials to explore an idea, thought or feeling they might have. This process of creating something in a safe environment forms your therapy journey and can help you address any challenges you might be facing.

For example, a young person may:

- Draw a portrait of how they think others see them
- Paint what their sadness feels like
- Create photo collage about their feelings from magazine clippings
- Make a mask that helps them feel more secure when talking about their problems
- Create a visual journal as an alternative way to express their feelings
- Tell a story to learn about their life

Some people choose not to use the creative materials but instead prefer to talk or use other approaches to express themselves.

What is a Creative Therapy Session like?

Your Creative therapy session will happen with me, the therapist. It will ideally take place in the same room, at the same time every week for 50 minutes. You will see me for as long as therapy can help you. If you want to, you can choose to use creative materials like:

- Paint and glue
- Different types of paper or card
- Colouring pencils, pens or crayons
- Old magazines, textured materials, fabrics

You can be in charge of what you make and how you make it. You can talk as much or as little as you want to. I won't make you do anything you don't want to do. You can choose not to use the creative materials and instead dance, sing or tell stories. It is up to you how you use the time, as long as we don't hurt each other or damage things.

How can Creative Therapy Help?

Creative therapy offers a different way of talking for teenagers and young people who find it challenging to talk about or work through their anxiety, hurt and many other difficulties too.

Creative therapy can help people:

- Explore and work through any difficulties or struggles that they are facing at school, home, work or in their social groups
- Think about and manage difficult feelings, thoughts or emotions
- Improve their self-awareness and self-understanding
- Increase their self-esteem and confidence
- Assist in developing problem-solving skills
- Relieve symptoms of stress, depression and anxiety
- Learn better coping methods.

Do I Need to be Creative or Like art?

You do not need to have any artistic talent to benefit from Creative therapy. You could dance, sing, take photos, play with toys in the room, play a game or just talk. There is no pressure for you to do anything but if you are not sure what to do, the therapist can help and support you to think about a way forward for you.

If you create something the therapist will not judge your creation and it is up to you if you want to share and talk about what you have made or done. Creative therapy is not about the art or what you create. The focus is on the sessions and the journey you take, not on the final product. You can choose if you want to keep your creations when you no longer need therapy.

Will people Know What happens in Therapy?

The things you make, do and say in the therapy room is just between you and me. I won't tell other grown-ups or young people about what you have made or what you say. You can talk to people about your therapy if you want to, but you don't have to. If you want to keep it to yourself, that is ok.

At times, I will talk to your parents, guardians or occasionally teachers about how you are getting on. But I will ask you what you want them to know. I will always talk to you about these meetings. If I find out someone has or is hurting you, or is going to be hurt, I have to tell other grown-ups to help keep people safe.

I also talk to my supervisor about the therapy sessions. A supervisor is someone who I meet with and they give me advice, to help me ensure I am doing the best for you.



Horizon Play Therapy



British Association of Play Therapists
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Howden Insurance