



## Supporting Art Therapy for you and all who need it.

As a registered charity our aim is to provide professional art psychotherapy support to adults, young people and children in our local community and across Yorkshire, delivered by qualified, experienced Art Psychotherapists registered with HCPC (Health and Care Professions Council) and BAAT (British Association of Art Therapists).

As a charity we rely on outside funding to maintain our services, if clients are in a position to pay or to make a donation towards their art psychotherapy programme this enables us to make the best use of our limited funding.

**WHAT WE DO** - Every individual is invited to meet with an Art Psychotherapist to establish their needs and arrange an appropriate programme of Art Therapy working from our well equipped studios within Woodend in Scarborough, if appropriate we offer online support where conditions are suitable. When not supporting our clients we spend the days looking for new avenues of funding in order to maintain the high levels of service and support that means so much to our clients and ourselves.

**HOW WE DO IT** - We offer 10 art therapy sessions including initial assessment where aims and objectives of the programme can be discussed and established, a schedule of sessions and review is then arranged. Each session is for 1 hour, delivered weekly at the same time and day, unless otherwise arranged. **Free of charge - donations small or otherwise are always welcome**

- Followed by - if appropriate - 15 art therapy sessions with progress reviews as arranged. A further programme of up to 5 or more sessions can be arranged and reviewed as appropriate. **See scale of charges below.**

**WHAT CAN YOU DO** - It is important that you attend each session on time, commit to the art therapy programme and engage with the art therapy process, as we will be committing our support to you. If for any reason an appointment cannot be kept we ask that 24 hours notice be given where possible.

**We are not able to work with an individual who attends under the influence of alcohol, drugs, or non prescription medication, the session and or the programme may be cancelled.**

You can support our services by making a donation small otherwise, we have provided a small envelope and collection box in each studio for discreet donations. However we really do understand that finances may be difficult for you too.

10 sessions  
including initial  
assessment and review

Following 15 sessions

Further 5 + sessions

No charge

£30.00/session

£45/session