

An abstract painting featuring a vibrant palette of blue and yellow, with dark, expressive brushstrokes and a textured, layered appearance. The composition is dynamic, with a central dark vertical stroke that divides the space. The colors are applied in broad, sweeping gestures, creating a sense of movement and depth. The overall effect is one of emotional intensity and artistic freedom.

# Art Psychotherapy

Caroline Riches

## What is Art Psychotherapy?

Some thoughts and feelings may be difficult to express in words for all sorts of reasons. Art Psychotherapy offers the chance to explore other ways of self expression through the use of art materials in the presence of a qualified Art Psychotherapist.

The aim is to increase understanding and help articulate difficult thoughts and feelings. The collaboration between the patient, their art work and the therapist can open up new possibilities and stimulate new thinking. It is not concerned with diagnosis.

## Do I have to be good at art?

No. You may not have drawn or painted since school. It is not about making *good* art. The journey of making art is as important as the end result and the therapist retains a non-judgemental stance. Sessions are confidential.

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