



**Sessions now available**  
at Green Tree Arts Studio for

# Art Therapy



Art Therapy involves making pictures or models. The art making is created with an Art Therapist who has experience of art, has had training in psychotherapy and understands how the process of art can be useful to help with the communication of thoughts and feelings.

Art Therapists work with children, adolescents, adults and older people. Clients may have a range of difficulties, disabilities, or diagnoses. These include emotional stresses, mental health problems or physical disabilities and illnesses.



Art Therapy provides a safe and creative space to begin to explore worries or concerns with the support of the Art Therapist. Using art in this way has been shown to be helpful in making sense of difficulties which can't always be put into words.

Clients do not need to have any previous experience or expertise in art. Art Therapists are registered with the Health Care Professions Council which ensures they adhere to professional's standards and guidelines. Your sessions are confidential.

At Green Tree Arts Studio, we can offer you:

- **Taster Session:** One off 'try and see', £30 per session
- **Brief Therapy:** Block of 6 sessions, £40 per session
- **Long Term Therapy** –by arrangement, £40 per session

Sessions are offered at Green Tree and other venues across Highland and Moray. Sessions are usually weekly and last for 1 hour.



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### To find out more

about how Art Therapy can help you or someone you care for, or to book a session:



Please contact Nicola

**01309 651 319 or 07860 867 118**

[greentreeartsstudio.co.uk](https://greentreeartsstudio.co.uk)

[contact@greentreeartsstudio.co.uk](mailto:contact@greentreeartsstudio.co.uk)

*The venue has a calm feeling  
that immediately makes you feel relaxed when you walk in.*

