



## ART THERAPY EVENING GROUP



We have recently launched an Art Therapy Evening Group.

Art Therapy allows people to express their creativity, and process and illuminate their emotions.

The purpose of Art Therapy is to create personal pictorial expression, rather than producing aesthetically accomplished pictures. It is also a valuable tool in creating a tangible record of the stages along an individual's path to therapeutic change.

The group will meet on Monday evenings, from 6.30 to 8.00pm. The group will be a Closed Group: a set number of participants (no more than 8) will attend this group for

The fee for the series of five sessions is £250.00, inclusive of all art materials.

**If you are interested in registering for this group, please contact the Admissions Department on 0207 535 7726 or email [info@nightingalehospital.co.uk](mailto:info@nightingalehospital.co.uk) to arrange an Assessment Meeting with the Art Therapist.**

This initial assessment will inform the therapist of any specific individual needs.

### **Criteria for membership of the Art Therapy Group are as follows:**

Members of the group will be required to engage in a creative form of therapy and do not need to have had any training or experience with art. It is important that each group member participates and interacts with other group members and the therapist in order to promote the therapeutic process of healing.

Group members will need to observe the boundaries of the group, including confidentiality and mutual respect.

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