

What is Art Therapy?

Art therapy is a form of psychotherapy that uses art and creativity as its main form of expression and communication. Art Therapy provides a safe space where you can freely express and explore thoughts, feelings and experiences.

You don't need any experience with art to engage with Art Therapy.

Who can be referred?

Anyone over the age of 12 who has been impacted by addiction or substance misuse may be referred to Art Therapy at WLDAS.

If you feel art therapy might be useful for you or would like more information, please contact :

01506 430225

enquiries@wldas.org

West Lothian Drug and Alcohol Service
Floor 1, The Almondbank Centre,
Shiel Walk, Craigshill, Livingsston
EH54 5EH



West Lothian Drug and Alcohol Service
WLDAS
Reducing Harm, Supporting Recovery

Art Therapy
Information



When Might it be Helpful?

Making art with an art therapist can help to make sense of complex thoughts and feelings.
It can be particularly helpful when;

- Emotions are too confusing to express verbally
- Communication is difficult
- Being with people is hard
- Motivation is low
- Life changes become overwhelming





What Happens in a Session?

Art Therapy sessions can include many different types of art making and are adapted to meet each persons needs and interests.

Your Art Therapist will help you to explore your emotions without judging or interpreting your art. You will work together to talk about the thoughts and feelings that arise for you during the session.

While your therapist can guide you if you feel unsure, the session will be led by you

Evidence Shows Art Therapy can improve:

- Self-esteem
- Focus and attention
- Motivation
- Ability to communicate and relate to others
- Ability to manage strong emotions

Confidentiality

All art that is created in a session and all conversations had are treated as confidential. Any artwork made will be stored by the Art Therapist until the end of treatment.

