

# Creative Therapy

It's not always easy to put our emotions and experiences into words. Creative Therapy can help you find ways to express how you feel without the need to always say it out loud. Using art materials and sensory media, your Creative Therapist can support you to make, model or work out your feelings (without pressure or expectation to talk about them)

## What will my Creative Therapist do?

Before meeting you, your Creative Therapist will need to find out how you are, and what might be going on for you. This will involve an initial session which may be in person or on the phone. With your consent (or if you are under 18) they might also meet with an adult who knows you best, and start making a plan for how to help you.

After that, your Creative Therapist will arrange a regular time to meet you. This will be at the same time, in the same place, every week, and the sessions run for almost an hour. It is your time to express yourself creatively.

Your Creative Therapist will be there to support you through making, exploring, and working things out.

## What will we work with?

Many different things will be available for you to use, including art materials, books, clay, games and other mediums. In your Creative Therapy time you can choose whatever you want to work with. As you explore these different mediums, your Creative Therapist will support you with your feelings and worries.

## How long will the Creative Therapy last?

Zephyr's provides 10 free sessions of Creative Therapy.

Everyone is different, which means it might take some time for things to feel more manageable. This may also happen quite quickly, there's no right or wrong way. Your Creative Therapist will work with you at your pace, and help you to understand your emotions. When you are able to understand your feelings, things usually feel easier to cope with.

When your Creative Therapy sessions come to an end, we hope you will feel ready to say goodbye, and at this point, feel confident and able to get on without them. If you feel you need further support, you can discuss this with your Creative Therapist in your sessions.

## Are the sessions confidential?

Your sessions are private, but not a secret. You can talk about your sessions with others if you want to.

If you are under 18 and your therapist is planning to discuss your sessions with an adult who cares for you, they will always talk to you about it first (unless they have concerns about your safety)

If you are over 18, your therapist will not discuss the details of your sessions with anyone else (again, unless they have concerns about your safety and/or the safety of others)

## What if i have questions?

When you meet your Creative Therapist, you can ask them any questions, and voice any concerns or worries you may have. You can be in touch with them and Zephyr's team via email too.