



**St Margaret of Scotland Hospice**

**Caritas Art Therapy**



## What is Art Therapy?

Art Therapy is an alternative to traditional talking therapies.

## How can Art Therapy help?

Art therapy can provide emotional and psychological support to people living with serious life limiting illness, their family, carers or friends. It can sometimes be difficult to talk about how illness and treatments affect people and their families. Art Therapy offers another way to communicate how we think and feel.



confidential setting.

You do not need to be good at art to benefit from Art Therapy. There is no right or wrong way to create in Art Therapy. Working with the Art Therapist will provide you with the opportunity to express your thoughts and feelings in a safe, supportive and

Some people comment that through creating art they can then talk about themselves and their feelings using their art work to explain. Without the art work they may have found this process difficult.

Other people have found that sometimes there are no words to describe how they are feeling, however through creating art they have been able to express themselves.

Some people express their thoughts and feelings directly through their art work. This process can offer some relief and has been proven to reduce depression, stress, and anxiety and also help with pain relief. It may promote a greater understanding of who we are, our feelings, and emotions.



Art Therapy can be inspiring and enjoyable. It can offer spiritual support, and promote relaxation. People can often surprise themselves with what they create and what their art means to them.

## How do I access the service?

If you are interested in accessing the service please speak with a member of the Clinical Team caring for you or your loved one and a referral shall be processed.

## What happens after I have been referred to Art Therapy?

The service is provided by a trained and qualified Art Therapist. People referred to the service will initially be seen individually by the Art Therapist who will answer any questions they might have about art therapy, and decide with them the appropriate support. This will be one of the following:

- Individual Art Therapy.
- Art Therapy within a group.

Clients involved in Art Therapy will be offered a regular review to ensure they are receiving the most effective and beneficial support.

## Confidentiality

Art Therapy is offered totally confidentially. Information shared with an Art Therapist is not divulged to any other person without express permission. If you would like to see the Hospice policies specific to Confidentiality and Data Protection, please do not hesitate to ask.

## How you can help us improve our service

We welcome comments regarding the service we provide, and use them to help improve our service. If you have any comments or are unhappy with the service please let us know.

We can put it right.

Address any comments or suggestions to

Director of Clinical Services  
St Margaret of Scotland Hospice  
East Barns Street  
Clydebank  
G81 1EG

Tel: 0141 952 1141

Should you complain, we will:

- Reply to your complaint within seven working days of receiving it
- Inform you if we cannot deal fully with your complaint within seven working days, explaining why and indicating when you may expect a full reply

If you are not satisfied with the response to your complaint, you can telephone or write to the Hospice Administrator/Chief Executive, at the address above.

We will regularly ask you what you think of our service and will encourage you to evaluate your session to ensure you are firstly able to identify small change occurring, and will occasionally ask a sample of clients to complete a satisfaction questionnaire and act on what they tell us.

## Regulation of Care

If you are dissatisfied with the service you or your family member has received, you may complain directly to:

Tracy Birch, Programme Manager, Independent Healthcare, Healthcare Improvement Scotland, Gyle Square, 1 South Gyle Crescent, Edinburgh, EH12 9EB

Email: [tracy.birch@nhs.net](mailto:tracy.birch@nhs.net)

Telephone: 0131 623 4701

## More information on Art Therapy:

- The British Association of Art Therapists
- Website: <http://www.baat.org>  
This website contains useful short videos where clients describe their experience of Art Therapy.
- Health Professions Website:  
<http://www.hpc-uk.org/>