



Can your child find expressing themselves a challenge?

Do they lack in confidence or struggle with poor self-esteem?

Are you looking for ways to support their mental health needs?

Would a therapy that doesn't rely on spoken language interest you?

Have you considered art therapy?

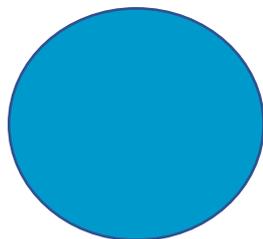
Let me introduce myself – I am Rachael a qualified art therapist with a primary career in teaching. I am passionate about supporting our young people to navigate the world today and am pleased to be able to offer this with my work as an art therapist.



For more information please contact Rachael on arttherapy@tigerfloss.co.uk

What is art therapy, and how could it help my child?

The main aim of art therapy sessions is to enable positive growth, through engagement with the art materials and the therapist, in a safe and creative space.



Engaging in art therapy, can bring insight into emotions and experiences, support the development of coping skills, and develop a deeper sense of self-awareness.



It focuses on the individuals inner experience alongside whatever emerges during the creative process.

The art acts as a bridge between the young person and the therapist and can assist in creating a dialogue between them, either verbally or through the emerging artwork.

Art therapy can support young people who are experiencing a range of challenges, such as bereavement, family breakdown, anxiety, low mood, low self-esteem, behavioural or social problems, or difficulties relating to abuse, neglect, or trauma.

If you are interested in finding out more about private art therapy, please contact me at – arttherapy@tigerfloss.co.uk to arrange a free 20-minute consultation.

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