
ABOUT THERAPEUTIC INTERVENTIONS

Direct therapeutic services for children and young people will be provided for Looked After Children, Adopted Children, Children on a Residence Order, Special Guardianship Children and those children on the edge of care.

This direct therapeutic work is evaluated so that progress and effectiveness can be monitored. The evidenced based therapeutic models of intervention are outlined in this leaflet and a Therapist within the Reparative Care Team will take a lead responsibility on determining the most appropriate intervention. However the work may be delivered directly by either: Therapists, Social Workers or Therapeutic Support Workers

OUR STORY

The Children & Young People's Plan 2017- 2022 outlines the way in which the Children & Family Community Services will meet the requirements of the Children's Law (2008).

The Reparative Care Team forms part of the Corporate Parenting Strategy and Children & Young People's Plan in line with the 2020 vision.

Additionally the Adoption Reform Law will require a legal framework around adoption support services provided to adopters, adopted children, their siblings and close birth family members.



Swissville,
Rohais
St Peter Port,
Guernsey
GY1 1FB



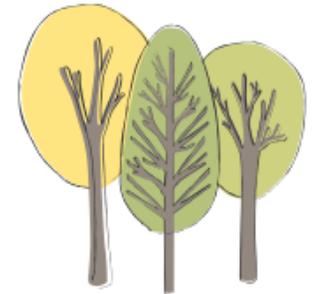
01481 723182



Reparative.CareTeam@gov.gg



www.gov.gg/RCT



REPARATIVE CARE
TEAM

HELPING YOU GROW

Art
Psychotherapy



States of Guernsey
Children and Family
Community Services

WHAT IS IT

Art Psychotherapy is the use of Art materials for self-expression and reflection within a safe and enabling relationship with a trained Art therapist.

A range of creative art materials are used such as painting drawing and working with modelling materials. It is not necessary to be good at art, just willingness to explore and play.

Art therapy can help a person gain an understanding of the feelings and life events that may be troubling them and develop an emotional language.

It is a powerful and enabling medium, which aids communication where words fail, and explore strengths and difficulties around issues that can increase self-knowledge.

Sessions are 1 hour in length and are usually weekly.

WHAT KIND OF ISSUES CAN ART THERAPY HELP WITH?

Those who may have experienced recent or past traumatic experiences.

Those who may be struggling to manage feelings of anger, have low mood or anxiety.

Difficulties in relationships with family/friends.

Difficulties coping with loss or grief.

Self Harm.

Body Image/Eating Issues.

Identity, Self esteem and Self Confidence.



WHY USE ART

Art has long been known to have Therapeutic properties. People 'draw' from the right side of our brains-the same side used before spoken language develops- where visual memories are stored.

- Sometimes words can't be found and it's too difficult to talk directly.
- Sometimes the processes involved in image making and the image itself can aid words.
- Sometimes words alone do not seem enough but images and words convey more together.
- Sometimes there are just too many words and they can get in the way of being in touch with emotions.