

# Group Art Therapy - FAQs

## FAQs

### **Do I need to be able to draw?**

*Don't worry you don't need to have any previous experience in art making. Just be open to using different art materials and not be afraid to try something new.*

### **How long are sessions?**

*Group sessions last 1.5 hours, once a week over a 6-week period. An individual session, lasting 1hr will be offered before group art therapy starts to discuss your referral and your individual needs. Another individual session will be offered after the 6-week period to review your experience of group art therapy and gain your personal feedback.*

### **Do I need to bring my own art materials?**

*All art materials will be provided, this includes paper, drawing materials, paint, clay, collage materials and many more.*

### **Where is my artwork stored?**

*Your artwork will be stored on the premises in an individual folder and locked away securely. Only you, the group and your therapist will see your artwork. You will be given the option to take your artwork with you in your last individual session.*

### **Are sessions private and confidential?**

*All sessions are private and confidential but in cases where a disclosure is made, I will share this information, with your consent, with relevant professionals to ensure safeguarding of self and others.*

### **For more details**

Please contact us by email: [mail@neecscounselling.org.uk](mailto:mail@neecscounselling.org.uk) or phone: 07498 520 377.