

If you want to find out more about the Arts Therapies you can speak to **Claire McCarthy**, Music Therapist based at the Melville Unit, Royal Hospital for Children and Young People on a Tuesday & Wednesday or **Portia Velarde**, Art Psychotherapist based at the Melville Unit on a Wednesday & Thursday.



**Claire**



**Portia**

The arts psychotherapies are an evidence-based psychological practice, and are regulated by the Health Care Professions Council. All arts therapists are required to meet national standards for training, professional skills and behaviour.



### How can I give feedback?

Feedback includes compliments, enquiries, comments, concerns and complaints.

If you would like to give feedback about your experience of the arts therapies, you are welcome to speak directly to your arts psychotherapist, ask them for a feedback form, or speak to any of your ward team.

Alternatively, you can contact the Patient Experience Team (PET). PET acts as a central point for receiving patient feedback and aims to improve patient experience through the use of surveys and stories. You can contact PET at:

Patient Experience Team  
NHS Lothian  
2-4 Waterloo Place  
Edinburgh  
EH1 3EG

E: [feedback@nhslothian.scot.nhs.uk](mailto:feedback@nhslothian.scot.nhs.uk)

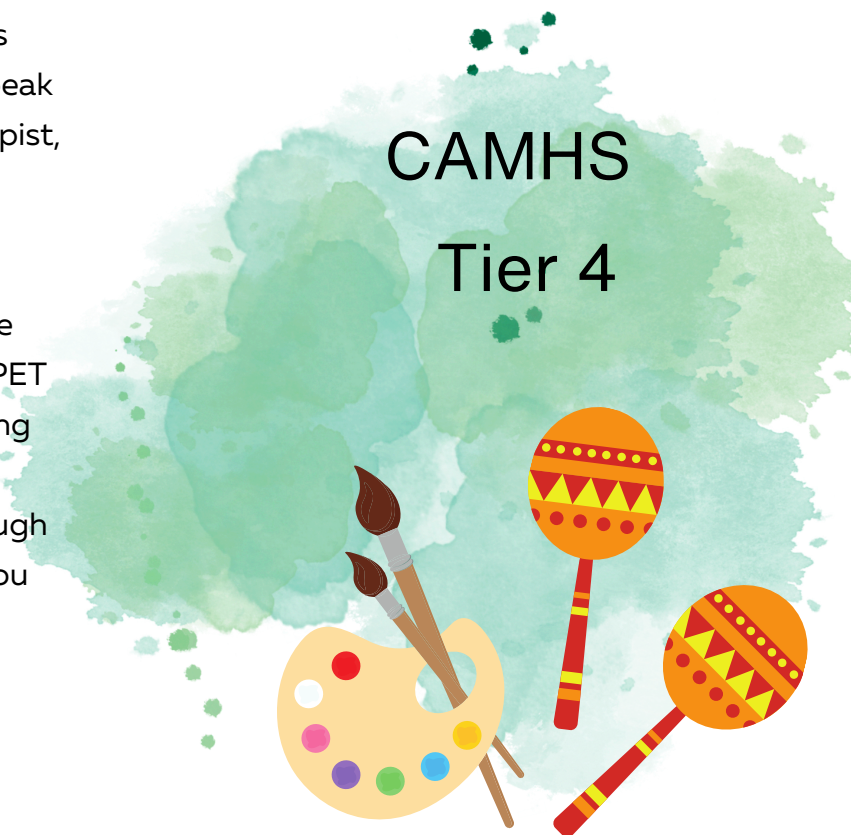


ARTS  
PSYCHOTHERAPIES



## Arts Psychotherapies Information

CAMHS  
Tier 4





### What are the Arts Psychotherapies?

Arts Psychotherapists (Art and Music) are psychological therapists who use creative processes, as well as words, to promote emotional and psychological wellbeing.

Building a therapeutic relationship within a safe and trusting environment can offer positive experiences of relating to others.

When feelings are confusing or overwhelming and words can seem inadequate, this approach can help you think about, make sense of, and communicate what is on your mind.

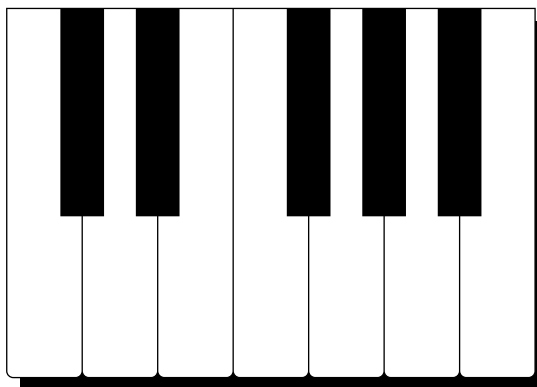
You may be offered either Art Psychotherapy or Music Therapy. This could be either individual or as a group.

### What happens in an Arts Psychotherapies session?

Your psychotherapist will encourage you to use art materials or musical instruments. Together you may notice and respond to what you have created.

You do not need any artistic or musical skills to relate in this way. You can take part at your own pace.

It is not about judging the images or sounds you make. Instead, Arts Psychotherapists will support you to explore your feelings and identify what meanings the art or music may hold for you. Engaging with creative materials can also be fun and enjoyable.



### Arts Psychotherapies can help with:

- Recognising and understanding feelings that can seem too difficult to put into words
- Developing coping skills when life challenges become overwhelming
- Supporting and exploring difficult life changes and transitions
- Relationships – by helping you to be with others, to understand the minds of others and how you relate to people
- Seeing experiences differently by offering alternative perspectives; in this sense things may become 'unblocked'.

