

## *Will everything I tell the therapist be confidential?*

The things you talk about and the artwork that you make with the art therapist is confidential. Other professionals who are directly involved in your treatment or care plan may be kept informed of your progress.

Some details of your care may be recorded either on paper or in a computer system. A photographic record of your artwork may be kept. This information is strictly governed by the hospital. It is only accessible by authorised personnel. We will seek your consent if there is a need to share this information with your care team and family.



## *Appointments and Referrals*

If you are interested, please ask your psychiatrist for a referral to Art Therapy under the Occupational Therapy Department. An art therapist will then get in touch with you.

**Appointment Line: 6389 2200**

Art Therapy for Adults:

### **PSYCHOTHERAPY CENTRE**

Institute of Mental Health (Above Clinic B)  
Buangkok Green Medical Park  
10 Buangkok View  
Singapore 539747

Art Therapy for Children:

### **CHILD GUIDANCE CLINIC**

Institute of Mental Health  
Buangkok Green Medical Park  
10 Buangkok View, Block 3, Basement 1  
Singapore 539747

### **CHILD GUIDANCE CLINIC**

Health Promotion Board Building  
3 Second Hospital Avenue, #03-01  
Singapore 168937

[www.imh.com.sg](http://www.imh.com.sg)

Jun 2015

## *Art Therapy*



**INSTITUTE  
of  
MENTAL  
HEALTH**

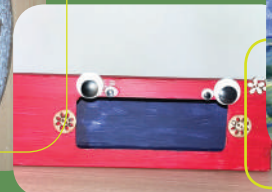
*Loving Hearts, Beautiful Minds*



## *What is Art Therapy?*

*Art therapy involves making art (painting, drawing, etc) in the presence of an art therapist. Feelings or thoughts that are difficult to put into words can be communicated through the artwork.*

*The art therapist works with the individuals to understand issues and feelings that may underlie their current difficulties.*



## *How can art therapy help me?*

There are times in our lives when we experience anxiety or distress. Sometimes, these worries are due to current circumstances, such as stress from school, bereavement, relationship problems or illness. Art therapy provides a safe, contained and consistent environment in which issues and feelings can be examined at our own pace. It may help us to make discoveries about ourselves and enable us to make positive changes in our lives.

## *Do I have to be good at art?*

You do not have to be good at art and there is no right or wrong way to make art in art therapy. Any mark or form made in therapy is valued. The process of making art involves making decisions and helps you to become more aware of thoughts and feelings that may otherwise be hidden. This process itself is as important as the final picture.

## *What will be expected of me?*

- To make a commitment to attend the art therapy sessions regularly.
- To be punctual for each session.
- Not to cause harm to yourself or others.