

Art Psychotherapy Group

Anyone, at any time, can have thoughts and emotions that may feel overwhelming. Art psychotherapy can help you explore how you think, behave and feel about an issue by creating art within a supportive and non-judgemental therapeutic group.

Art psychotherapy facilitates decision making, self-awareness and positive changes in your life. Use art to explore thoughts and feelings which maybe too difficult to convey in words alone, and explore difficulties with other people who may have similar challenges.

The group will explore ways of using art to aid self-regulation and to find new ways of expressing and transforming your emotions.

Art psychotherapy is not about artistic skill and you do not need any previous experience.

Art materials will be provided, and your artwork will be kept safely by the facilitator during your time in therapy.

Who should attend

This group is suitable for those who are in emotional distress and who would like to use art to articulate their experiences visually in a supportive space.

When & Where?

9:30-11:30am

**Meeting Room 1, Neuadd Rathbone
Every Friday morning
between: 26/1/24 & 15/3/24**

The content of the therapy is kept private and confidential. Information will only be shared with others when the safety of the student or someone else is at risk.

Once registered you will be expected to fully engage in all sessions and commit to the group.

Facilitator

The group will be facilitated by Gwawr Wyn Roberts, Art Psychotherapist.



For more
information and
registration please
email us or scan
this QR code



Art Psychotherapy Group

Wellbeing Service
Neuadd Rathbone | College Road | Bangor
wellbeingservices@bangor.ac.uk
www.bangor.ac.uk/student-services/wellbeing



Grŵp Seicotherapi Celf

Gwasanaeth Lles
Neuadd Rathbone | Ffordd y Coleg | Bangor
@bangor.ac.uk
www.bangor.ac.uk/studentservices/wellbeing/index.php.cy

Pwy ddylai fynychu

Mae'r grŵp hwn yn addas ar gyfer y rhai sydd mewn trallod emosiynol ac a hoffai ddefnyddio celf i fynegi eu profiadau'n weledol mewn gofod cefnogol.

Pryd a Ble?

9:30am-11:30am

Ystafell Gyfarfod 1, Neuadd Rathbone

Pob bore Gwener rhwng:

26/1/24 a 15/3/24

Cedwir cynnwys y therapi yn breifat ac yn gyfrinachol. Dim ond pan fydd diogelwch y myfyriwr neu rywun arall mewn perygl y bydd gwybodaeth yn cael ei rhannu ag eraill.

Unwaith y byddwch wedi cofrestru bydd disgwyl i chi gymryd rhan lawn ym mhob sesiwn ac ymrwymo i'r grŵp.

Hwylusydd

Hwylusir y grŵp gan Gwawr Wyn Roberts, Seicotherapydd Celf.



I gael rhagor o wybodaeth a chofrestru anfonwch e-bost atom neu sganiwch y côd QR hwn

Grŵp Seicotherapi Celf

Gall unrhyw un, ar unrhyw adeg, gael meddyliau ac emosiynau a all deimlo'n llethol. Gall seicotherapi celf eich helpu i archwilio sut rydych chi'n meddwl, yn ymddwyn ac yn teimlo am fater trwy greu celf o fewn grŵp therapiwtig cefnogol ac anfeirniadol.

Mae seicotherapi celf yn hwyluso gwneud penderfyniadau, hunanymwybyddiaeth a newidiadau cadarnhaol yn eich bywyd. Defnyddir celf i archwilio meddyliau a theimladau a all fod yn rhy anodd eu cyfleu mewn geiriau yn unig, ac i archwilio anawsterau gyda phobl eraill a allai fod â heriau tebyg.

Bydd y grŵp yn archwilio ffyrdd o ddefnyddio celf i gynorthwyo hunanreolaeth ac i ddod o hyd i ffyrdd newydd o fynegi a thrawsnewid eich emosiynau.

Nid yw seicotherapi celf yn ymwneud â sgil artistig ac nid oes angen unrhyw brofiad blaenorol arnoch.

Bydd deunyddiau celf yn cael eu darparu, a bydd eich gwaith celf yn cael ei gadw'n ddiogel gan yr hwylusydd yn ystod eich amser mewn therapi.