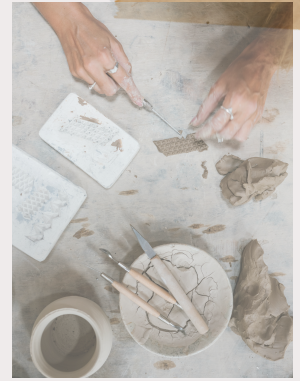


Art Therapy

Student Support
and Wellbeing
Bangor University



Email for more information:
wellbeingservices@bangor.ac.uk

Bangor University's Student Support and Wellbeing Service offers art therapy sessions to support the emotional and psychological needs of students. Art therapy, a type of psychotherapy, offers emotional and psychological support during the most difficult periods of life. Working with a qualified art therapist helps people use art materials, discover the creative process and support them as they explore their thoughts and feelings through the images they create.

The process of making images and discussing in art therapy enables people to consider and share experiences in a safe and confidential place. It can support clients to reduce anxiety and help them understand and deal with emotional problems, as well as encouraging them to get to know themselves better and develop self-awareness.

It is important to emphasize that those who attend art therapy do not have to be 'good at art' and they do not need any previous experience. Art therapy sessions can help if someone is feeling depressed, anxious, has low self-image and lack of confidence or is suffering emotionally due to family tensions, bereavement, academic work stress, problems with friends and relationships, sexuality, bullying and more.

Art therapy is usually available on a one-to-one basis in person, but can be conducted online if required. A series of six therapy sessions are available, held weekly at a regular time and in a consistent location.

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

Get in touch for more information or visit the following website www.baat.org/art-therapy to learn more about art therapy and what to expect when you start art therapy.