

The logo for Talkback, featuring the word "Talkback" in a bold, dark blue sans-serif font inside a white speech bubble with a yellow border. The background of the entire page is a vibrant, abstract painting with thick brushstrokes in red, orange, yellow, green, and blue. In the foreground, several art supplies are visible: a red and white patterned pencil, a green pencil, a brown pencil, and a blue marker, all lying diagonally across the white surface.

**Talkback**

DEVELOPING A WORLD OF POSSIBILITIES

# Talkback

# Art Therapy

Talkback is a registered charity in England and Wales 1093732 and a company limited by guarantee registered in England and Wales under number 4279266

# What is Art therapy?

Art therapy is a type of therapy that uses art making to help people express, communicate and understand their feelings and experiences.

Many people find it helpful to communicate their feelings using art instead of words. Sometimes there are not any words to describe your feelings or it can be difficult to understand how you feel. Creating an image can stimulate storytelling and make it easier to talk about.

## What to expect

- 1. Contact:** Initial contact via email or phone call. The art therapist will then send you a referral form to complete.
- 2. Assessment:** About 1 hour to assess your needs, discuss art therapy and a time for you to ask any questions.
- 3. Sessions:** 6 sessions within a safe environment. In this time you have the opportunity to create and reflect on the art work.
- 4. Review:** Reviews will be scheduled every 6 weeks to discuss how you are feeling about art therapy.
- 5. Support:** It's important to feel safe between sessions. The art therapist may offer some self care techniques for you to try outside of sessions.

# Benefits

Art therapy can help each person differently. Some of the benefits of art therapy are:

- Help build self-confidence
- Help with self-awareness
- Safe place to express and talk
- Reduce anxiety
- Reduce stress
- Understand relationships
- Develop new ways of coping
- Learn new skills
- Improve memory
- Communicate feelings in new ways



## Contact details

**Email:** [Ashleigh.hussey@talkback-uk.com](mailto:Ashleigh.hussey@talkback-uk.com)

**Phone:** 01296 434448

**Mobile:** 07419 989007

**Website:** [Art Therapy as communication for those with a learning disability - Talkback](#)

# Mission statement

**Talkback Art Therapy** enables people to unpack their emotions, experiences and things they traditionally find hard to understand, in safe and confidential environment.

Art Therapy helps people to gain confidence and self-awareness, understating their own and other's emotions, and to become more self-aware.

Art Therapy provides a safe place and the means for people to express themselves. This is a unique, nonverbal, visual and sensory approach that enables people to transition into new pathways.

## About the Art therapist

### **Ashleigh Hussey**

Ashleigh studied a Masters in Art therapy at Derby University. Ashleigh uses a calm, non-judgemental and flexible approach. She has always been interested in art and the benefit it has to express and understand the world.

Ashleigh is a full member of the British Association of Art Therapists and fully registered with the HCPC.

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