

## Art Therapy

The overall aim is to enable the client to effect change and growth on a personal level through the use of art materials in a safe, private and facilitating environment.

The relationship between the therapist and client is of central importance. It is a three way process between the client, therapist and the image or artefact. The artwork is like the third eye. It offers the opportunity for expression and communication and can be particularly helpful to people who find it hard to express their feelings and thoughts verbally, or are emotionally blocked.



### Art therapy at Binoh

Here at [Binoh](#), Art Therapy is a natural medium through which children of all ages can work therapeutically, since children in distress and those with special needs often find it difficult to articulate their feelings. Children must develop emotionally and intellectually and when this is delayed through anxiety, stress or trauma the resultant blockage can arrest learning and general functioning.

The sessions provide release, enjoyment, and play with all kinds of materials. When children experience creative activities in this way, it enables their emotional development to progress.

During therapy sessions, children develop increased confidence and self esteem, anxieties are reduced, and children can make their own decisions, as they work through their concerns.

The relationship between the therapist and child flourishes in an atmosphere of trust and privacy that is free from competition and this forms the basis for corrective experiences.

Weekly Art Therapy takes place at the [Kennedy Leigh Centre, Hendon](#) and [Somers Centre, Hackney](#) on an individual or group basis. There are regular meetings with parents to help them cope with and be more understanding of their child's concerns and past traumatic experiences, so that family life can become more communicative and supportive.

Sometimes, additional support is offered by a Norwood [Social Worker](#) who may see parents on a regular basis as well.

For further information about Art Therapy at Binoh, please contact:

020 8457 4457

[Binoh@norwood.org.uk](mailto:Binoh@norwood.org.uk)

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Broadway House, 80-82 The Broadway, Stanmore HA7 4HB