

## How is the work monitored and evaluated?

Following an initial period of therapy, discussions will take place with the child, parent and/ or referrer on whether further support will be beneficial. A written report will be completed, which with permission, may be shared with other professionals. Progression will be monitored on a regular basis and reports submitted to relevant reviews. Evaluation can also involve the use of different types of artistic and psychological tools such as art-based or verbal tests, interviews and questionnaires. All Arts Therapists access clinical supervision, in which work is discussed confidentially, as a way to promote quality of service.



## For further information about Arts Therapies contact:

- Scottish Arts Therapies Forum (SATF)  
Web: [www.satf.org.uk](http://www.satf.org.uk)  
Email: [scottishartstherapies@ntlworld.com](mailto:scottishartstherapies@ntlworld.com)
- British Association of Art Therapists (BAAT)  
Web: [www.baat.org](http://www.baat.org)  
Email: [info@baat.org](mailto:info@baat.org)
- British Association of Dramatherapists (BADth)  
Web: [www.badth.org.uk](http://www.badth.org.uk)  
Email: [enquiries@badth.org.uk](mailto:enquiries@badth.org.uk)
- Association for Dance Movement Therapy (ADMT UK)  
Web: [www.admt.org.uk](http://www.admt.org.uk)  
Email: [queries@admt.org.uk](mailto:queries@admt.org.uk)
- Association of Professional Music Therapists (APMT)  
Web: [www.apmt.org](http://www.apmt.org)  
Email: [APMToffice@aol.com](mailto:APMToffice@aol.com)

All Arts Therapists registered with the above associations and with the Health Professions Council (HPC - the regulatory body for all health professions) are trained at a Masters level or equivalent and abide by HPC Standards of Conduct, Performance and Ethics, and practice in accordance with the Children (Scotland) Act. For all registered Arts Therapists see: [www.hpc-uk.org](http://www.hpc-uk.org).

(Note: For Dance Movement Therapists, full registration with HPC is expected soon. In the interim period, ADMT UK provides information regarding qualified practitioners and retains disciplinary responsibility).

## Contact details

## Promoting the Emotional & Social Wellbeing of Children The Contribution of Arts Therapies



When children are faced with difficulties in their lives, it may be hard for them to express their feelings and deal with issues in a positive way.

**Arts Therapies aim to help children be understood and promote their emotional and social wellbeing.**

This leaflet was produced by the Practice Development Network - Arts Therapies.

Further copies can be downloaded at [www.nhshealthquality.org/ahp](http://www.nhshealthquality.org/ahp)

## What are Arts Therapies?

The term 'Arts Therapies' includes four distinct disciplines:

- Art Therapy,
- Dance Movement Therapy,
- Dramatherapy and
- Music Therapy.

Arts Therapists encourage children, young people and, where appropriate, their families or carers to engage in a therapeutic relationship through the use of the arts and play. The child's response to the therapist and the art form provides an opportunity to understand the child's emotional life and his or her ways of relating to other people. Arts Therapists can find ways to support the child's emotional health and social wellbeing and offer another perspective on the child's abilities and needs.

## Where do Arts Therapists work?

Arts Therapists work in hospitals, clinics, schools, nurseries, homes and in many other locations depending on the needs of the child or young person. They may be employed by:

- the NHS,
- education Services,
- social Services,
- voluntary organisations or
- working as private practitioners.

## How can Arts Therapies help?

Research into Arts Therapies with children suggests that there is a positive effect on behaviour and development, social skills and self-concept<sup>1</sup>. There is also evidence that Arts Therapies can be particularly effective in minimising the risk of anxiety or depression for adolescents<sup>2</sup>. A child might be referred to one of the Arts Therapies if there are concerns regarding his or her:

- sense of self and others,
- confidence and self esteem,
- ability to communicate verbally,
- ability to express feelings,
- ability to manage feelings,
- difficult or withdrawn behaviour,
- ability to form positive relationships,
- emotional and behavioural difficulties and
- response to trauma, bereavement or loss.

<sup>1</sup> Gold C, Voracek M and Wigram T (2004) Effects of Music Therapy for Children and Adolescents with psychopathology: A Meta-Analysis, *Journal of Child Psychology and Psychiatry*, 46, 6, 1054-1063.

<sup>2</sup> McArdle P, Moseley D, Quibell T, Johnson R, Allen A, Hammal D. and Ann leCouteur (2002) School-based indicated prevention: a randomised trial of group therapy, *Journal of Child Psychology and Psychiatry*, 43, 6, 705-712.



## How does initial assessment take place?

An initial assessment normally lasts from 1- 8 sessions and may include some observation time in the child's normal daily environment (e.g. school/ classroom, nursery, social club). It can also include discussion with others who are involved with the child such as parents or other professionals. Following assessment, it will then be possible to decide upon:

- the relevance of therapy to the specific needs of the child,
- the child's need for individual or group therapy and
- therapeutic aims and possible duration of intervention.

## What will happen in the Arts Therapy sessions?

Arts Therapists are primarily concerned with the inner world of the child and his/ her relationships with other people. As such, the child plays a central role in determining the artistic and emotional/ social content of each session. Arts Therapists often encourage the child:

- to use the arts spontaneously and expressively,
- to engage in shared creative artistic play,
- to experience new ways of being with another/ others and
- to work through difficulties on a personal and/ or social level.

As in all types of therapy, confidentiality is respected unless concerns regarding safety or child protection are raised. In settings where the therapist functions as part of a multi-disciplinary team, some information about the child's use of therapy may be shared amongst members of the team.