



Art Therapy *Program*



Ramsay Clinic Hollywood is located here

A multi-storey car park is conveniently located opposite Ramsay Clinic Hollywood, off Entrance 5 on Monash Avenue. Please visit ramsaymentalhealth.com.au/hollywood for detailed parking information and current pricing.



**Ramsay
Mental Health**

Ramsay Clinic Hollywood

Entrance 5, Monash Avenue
Nedlands WA 6009

Ph: 08 9346 6803 – Fax: 08 9346 6829

ramsaymentalhealth.com.au

People caring for people



MRO029258 RCHoI Art Therapy Program 4pp DL 0921

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Hollywood**

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Mental Health**

What is art therapy?

Art Therapy involves the use of art making to aid the expression and exploration of feelings, thoughts, conflicts and relationship issues.

Making art can be a safe way to represent our inner experiences and can enable easy exploration of the underlying dynamics. Combining imagery with verbal therapy can deepen and accelerate the process of self-discovery and healing. The Art Therapist serves as an empowering guide to facilitate this process.

Apart from drawing, painting, working with clay etc, the Art Therapist may use relaxation, creative writing and visualisation techniques, guided imagery exercises, music and movement.

What are the benefits of art therapy?

Art Therapy helps people to:

- Increase insight into personal issues
- Release feelings and emotions
- Identify blocks to emotional expression and growth
- Develop creativity and self-expression
- Develop self-understanding
- Improve self-esteem
- Solve problems and conflicts
- Increase communication skills
- Relax and develop focus
- Develop health coping skills

Who can be involved in art therapy?

You don't have to be artistic.

Art Therapy is an excellent option for anyone experiencing distress and is especially effective for those people who find it difficult to verbalise or acknowledge their feelings. Art therapy is designed so that people of all ages can participate, on either an individual basis or in a group.

Clients are able to participate in the Art Therapy groups while they are a patient of Ramsay Clinic Hollywood (in-patient or day-patient).

The Art Therapy groups at Ramsay Clinic Hollywood incorporate the issues and concerns relevant to the:

- Pathway Program
- Eating Disorder Program
- Post Traumatic Stress Disorder Program
- Young Persons Program

Staffing

The groups are conducted by a Registered Art Therapist in consultation with the multidisciplinary team at Ramsay Clinic Hollywood.

Confidentiality

All patient information is confidential. Artworks produced in the Art Therapy groups remain the property of the patient.

For further information please contact:

The Art Therapy Program Coordinator
Ramsay Clinic Hollywood
Hollywood Private Hospital
Monash Avenue, Nedlands 6009

Telephone: (08) 9346 6821 or (08) 9346 6801 Monday to Friday 8.00am to 5.00pm

Art Therapy is a creative process that gives clients the opportunity to explore inner experiences.