



Creativity and Wellness Group

The National Centre for Arts and Health presents an art therapy support group for patients with rheumatoid arthritis

Dates: Time: Thursdays from 6th March 2014 at 11:00 – 12:30

Venue: Rua Red Art Centre (Near Tallaght Hospital)

How much: FREE

What is Art Therapy?

Art therapy is a form of psychotherapy in which art materials are used for self-expression and reflection in the presence of a professionally trained art therapist. Art therapy uses a creative medium to allow an additional and alternative way for clients to understand their life experiences. This small supportive art therapy group will offer a confidential space where feelings can be expressed and explored at each participant's pace.

There is no right or wrong approach. No artistic skill is necessary.

This is not art class. Specific art skills will not be taught though may be gained along the way. Emphasis is not placed on the finished art object but instead the participants' personal experience of the process, and thoughts and emotions revealed by the image and shared with the group.

How can Art Therapy be of benefit?

- fostering self-expression
- improving self acceptance and self esteem
- strengthening a sense of self
- reducing stress
- enhancing adaptive coping skills
- gaining a sense of control over difficult emotions and life situations

People may feel isolated or alone because of their illness. The art therapy group can enhance social support, through sharing with others who are experiencing similar, and lead to personal empowerment

Who is this group for?

This group is open to rheumatoid arthritis patients aged over 18. Participants are simply asked to bring an openness to experiment with different creative processes and explore aspects of themselves in a confidential group setting. This is a closed group limited to 12 places. A minimum attendance is expected. There are 12 sessions, one each week.

To book a place

Please phone the National Centre For Arts and Health on 01 4142076 as soon as possible to book your place and post the attached registration form or talk to your doctor.

Where?

Rua Red Arts Centre is right next to the Square Luas stop and Tallaght library, 5 minutes from the hospital. Parking in next to the Centre at the Square shopping centre and the Luas stop is right next to the centre too.

Research

This programme is part of a research study led by the Rheumatology Medical Team.