Creative Therapy Explainer

Understanding your Creative Therapy sessions at Gateway Psychology

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Creative Therapy is a type of therapy that uses aspects of art, music, drama, play, movement or storytelling as tools to explore your emotions. It helps children and young people to communicate their feelings and experiences through creative expression rather than just talking. It offers a safe, non-judgmental space where the process of creating becomes the pathway to understanding and regulation.

Creative Therapy taps into non-verbal parts of the brain, including sensory and emotional systems. This makes this type of therapy effective, especially when trauma is stored non-verbally or a child or young person struggles to articulate their experiences.

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What are Creative Therapy sessions like?

Typically, a creative therapy session is a structured space where the child or young person uses creative expression to explore their emotions, experiences and identity. This may include using art, play, movement, drama or other creative materials.

The therapist provides safety, attunement and gentle guidance, helping the child or young person to make sense of what emerges and supporting emotional regulation throughout.



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How is progress monitored?



You and your clinician will meet regularly to review your Creative Therapy sessions and discuss how best to meet your family's needs.

A review is also a time for you to bring any concerns you have about your child and the sessions. You are welcome to bring a friend or relative with you to reviews. Please let us know in advance if you are going to do this.

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Video and audio recording

Your Creative Therapy sessions may need to be video and audio recorded.

We will ask for your verbal and written consent before recording any of your sessions. Your clinician will use these for analysis purposes and to prepare for feedback sessions with you.

Confidentiality

Your video recordings will be stored in accordance with our Data Protection and Confidentiality Policy.

Will my videos be shared anywhere else?

Your clinician may share your videos confidentially with their supervisor. We will ask for your consent before doing this. We will not share your videos anywhere else, unless required to by law.

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Confidentiality

Sharing information

Your clinician will not share information with any other person or agency without agreement from you (and your child, if appropriate), except when it is required by a court of law or a local authority, or if they believe your child or another person is at risk.

Please see our Data Protection and Confidentiality Policy for more information.

Notes and reports

Your clinician will keep notes about Creative Therapy sessions for their own use and for supervision.

At the end of the intervention, they will write a summary report for you. They will not share notes or reports without your consent unless required to by law.

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Other documents to read

As well as this Creative Therapy Explainer, please read the following documents (where applicable) before your sessions begin:

- Parent/Carer Information Pack
- Schedule of Services
- Terms and Conditions
- Children's Guide/Young Person's Guide (as appropriate)

You will also need to sign and return the following forms:

- Registration Form
- Consent Form
- Outcome Measures (questionnaires)

These will be sent to you electronically using the e-signature platform, PandaDocs.

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Our contact information

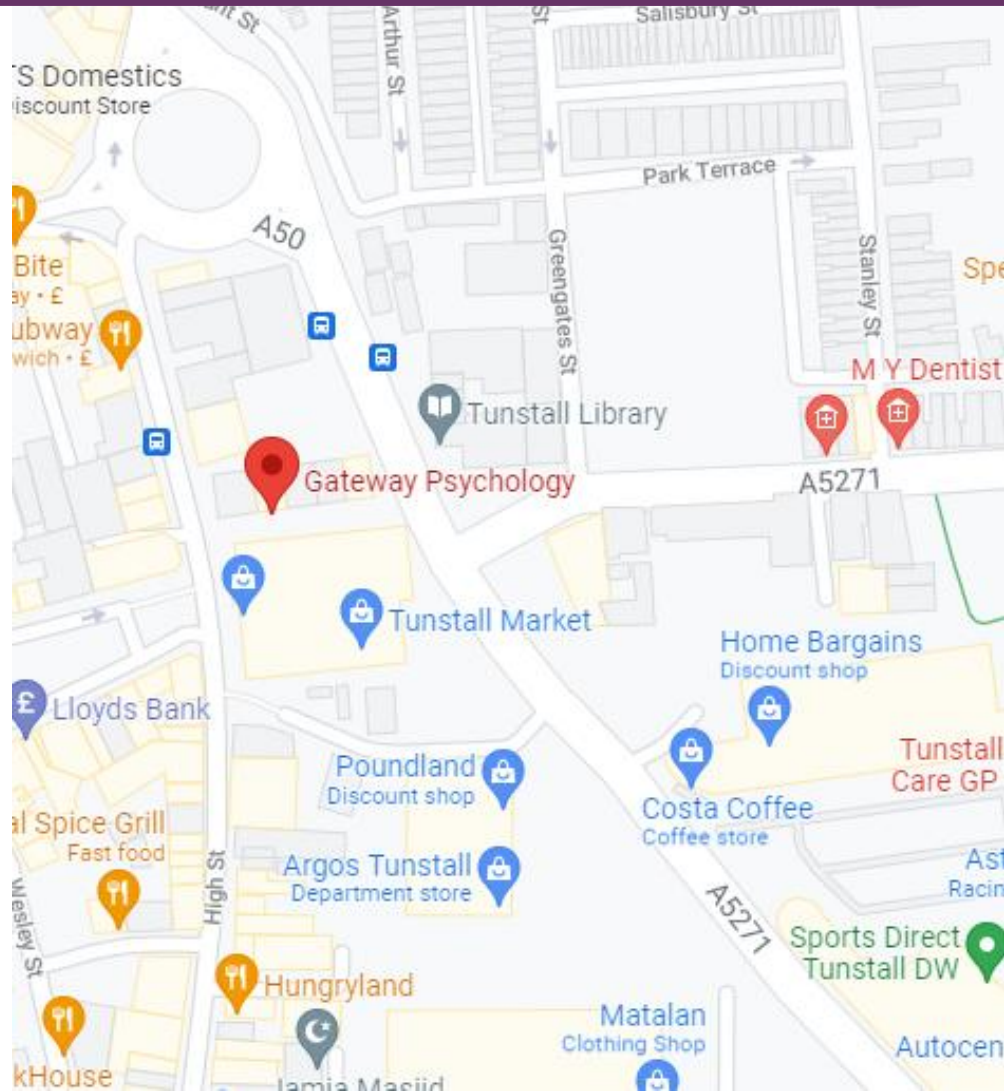
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