

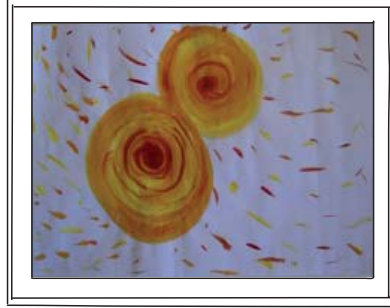
You will initially be offered an assessment meeting with someone from the counselling team. At this point you may wish to discuss whether individual or group art psychotherapy would best suit your needs.

### How do I get started?

Ask a member of staff to fill out a referral form available at the Lynda Jackson Macmillan Centre.

A member of the LJMCC Counselling team will invite you in for an assessment meeting.

If you decide you would like to go ahead an appointment will be made for you as soon as a space is available.



This leaflet has been written in collaboration with oncologists, health professionals, patients and carers at Mount Vernon Cancer Centre.

If you have difficulty reading this size of print, a version of this leaflet or any of our leaflets can be produced for you in a larger print.

## Lynda Jackson Macmillan Centre

for cancer support & information

... supporting people affected by cancer...

This leaflet forms part of a series of publications produced by the Lynda Jackson Macmillan Centre (LJMCC).

If you would like further information about any aspect of cancer and its treatments, please drop in to the centre or call the Helpline.

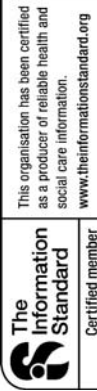
The LJMCC is staffed by healthcare professionals and trained volunteers and is part of the Mount Vernon Cancer Centre.

- Drop-in centre for support and information
- Telephone Helpline
- Benefits Advice \*
- Pre-treatment visits
- Complementary therapies \*
- Relaxation classes
- Counselling \*
- Support groups
- Look Good...Feel Better™ beauty workshops

\* These services are available to patients under the care of an NHS oncologist based at Mount Vernon Cancer Centre.

Opening hours: Mon - Fri: 9.30am - 1.00pm & 2.00 - 4.30pm

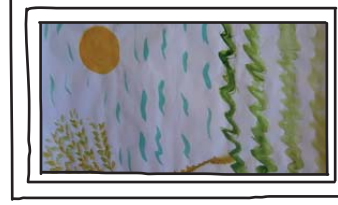
Lynda Jackson Macmillan Centre  
 situated between the Cancer Centre and Gate 3 (White Hill)  
 Mount Vernon Hospital, Northwood, Middlesex HA6 2RN  
 Telephone Helpline: **01923 844014**  
[www.ljmc.org](http://www.ljmc.org)



This organisation has been certified as a producer of reliable health and social care information.  
[www.theinformationstandard.org](http://www.theinformationstandard.org)

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# Art Psychotherapy at Mount Vernon Cancer Centre



'I was quite nervous that first session - however I found using the chalks really relaxing, and was quite surprised to find I had filled the paper. It gave me confidence'

# Art Psychotherapy at Mount Vernon Cancer Centre

## What is art psychotherapy?

In art psychotherapy, art materials are used as a way to express thoughts and feelings which may be difficult to put into words.

The artwork is made in the presence of a trained art psychotherapist – her role is to provide a supportive and confidential environment in which a person can feel comfortable enough to express themselves both verbally and creatively.

It will be up to each individual to decide how much they wish to reflect and talk about the artwork.

Art psychotherapy is part of the Counselling service offered by Lynda Jackson Macmillan Centre.

Our art psychotherapist, Shona Elrick, has undertaken approved post-graduate training in art psychotherapy and is registered with the Health Professionals Council (HPC).

## Do I need to be good at art?

No. Being good at art is not a requirement of engaging in art psychotherapy.

The art psychotherapist can support you in the use of different art materials, however it is not an art lesson, and your artwork will not be judged as such.

## Where are the art

### psychotherapy sessions held?

The art psychotherapy sessions will be held in the art room at the Day Centre at Michael Sobell House. Michael Sobell House is located directly behind the Lynda Jackson Macmillan Centre. Staff at the Lynda Jackson Macmillan Centre will be happy to give you directions if you need them.

These sessions are currently available on a Monday.

## Treatment on the wards

The art psychotherapist is also available to see patients during their stay on the wards at Mount Vernon Cancer Centre.

Please speak to a member of the ward staff for more details.

## How many sessions will I need?

The number of sessions will depend upon individual needs and circumstances. Sometimes a single session may be all that is necessary.

Generally we will offer six sessions.

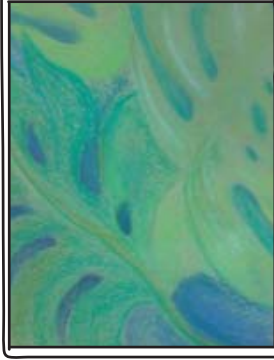
Occasionally this can be extended if you and the art psychotherapist consider it to be beneficial.

We are also able to offer an Open Group session. These sessions are also held on Mondays and are available for a longer period if you wish.

'When I first came to the hospital I felt a scary place - but coming to the art therapy group has made it a friendly place'



'Some days feel really difficult, but I always leave art therapy feeling a lot calmer'



## With what can art

### psychotherapy help me?

Art psychotherapy can offer psychological support with many issues which may arise when faced with a cancer diagnosis.

Some of the issues may include reactions to diagnosis, altered body image, isolation, loss of meaning and changes in relationships.

As well as providing psychological support, art psychotherapy can provide a creative experience which can enhance a person's quality of life and general well-being.

This art psychotherapy post has been generously funded by the Corinne Burton Memorial Trust