

## How do I get started?

Ask a member of staff to fill out a referral form available at the LJMC.

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.

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 (LJMC).

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 LJMC 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:

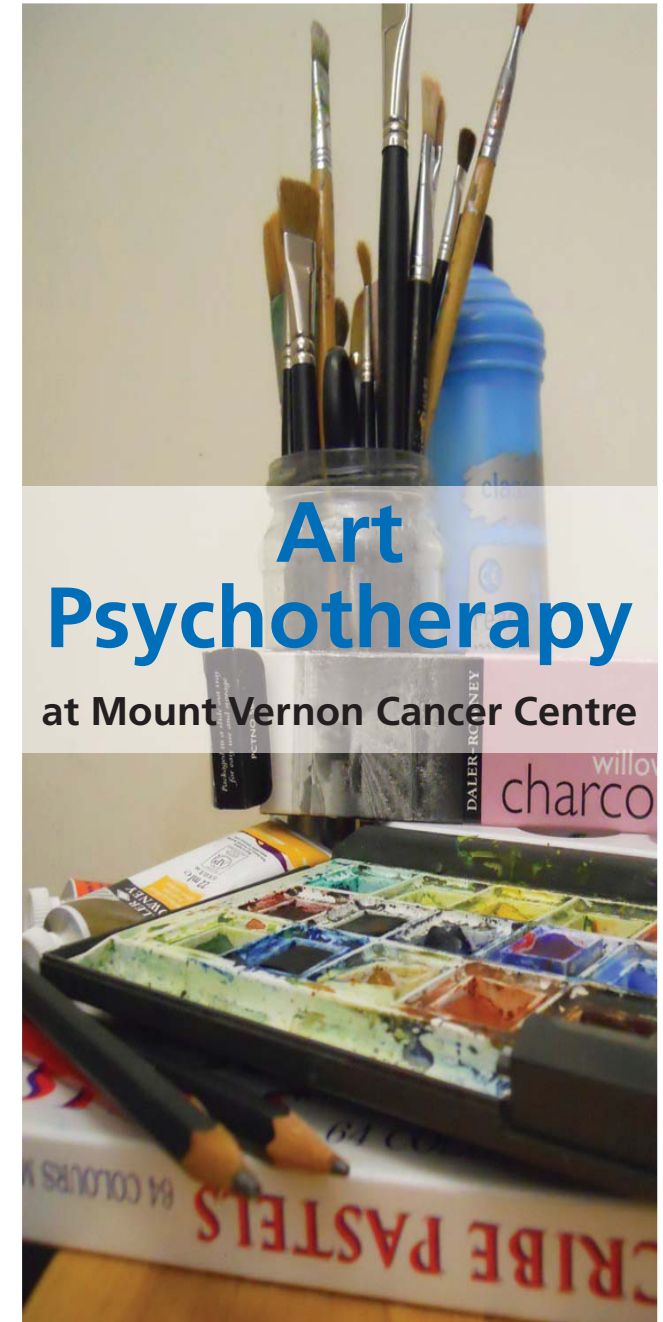
Mon - Fri: 9.30am - 1.00pm & 2.00 - 4.30pm

Lynda Jackson Macmillan Centre  
situated between the Cancer Centre and Gate 3 (White Hill)  
Mount Vernon Hospital, Northwood, Middlesex HA6 2RN  
Telephone Helpline: 020 3826 2555  
[www.ljmc.org](http://www.ljmc.org)



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# 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 during your session with a trained art psychotherapist – her role is to provide a caring and safe environment so you can feel comfortable to express yourself both verbally and creatively.

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

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

Our art psychotherapists have an approved post-graduate qualification in art psychotherapy and are registered with the Health and Care Professions Council (HCPC).

## Do I need to be good at art?



No. Being good at art is not required to be able to benefit from art psychotherapy.

The art psychotherapist can support you in the use of different art materials. However, it is not an art lesson - your artwork will not be judged in any way.

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



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



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

## Where are the art psychotherapy sessions held?

The art psychotherapy sessions are held in the art room at the Day Centre at Michael Sobell House on Mondays and at the Lynda Jackson Macmillan Centre (LJMC) on Wednesdays. Michael Sobell House is behind the LJMC. Staff at the LJMC will be happy to give you directions if you need them.

## Can I access art psychotherapy as an inpatient?

Art psychotherapy is also available to patients during their stay on the wards at Mount Vernon Cancer Centre.

There is an art psychotherapy open group that takes place on **Wednesdays** on **Ward 11 during term time**.

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

## How many sessions will I need?

The number of sessions will depend upon your needs and situation. Sometimes a single session may be all that is needed.

We can offer up to six sessions. Sometimes the art psychotherapist can extend the number of sessions if your situation changes.

We also run an art psychotherapy group on Mondays. This has a regular membership and sessions are available for a longer period if you wish. Contact the LJMC for a referral if you are interested.

The art psychotherapy service is generously funded by the Corinne Burton Memorial Trust