

Art Therapy Program

The Art Therapy Program is suitable for anyone who struggles to put their thoughts and feelings into words, as well as individuals wanting a safe place to explore themselves through creative expression. You do not need any skills in drawing or painting. Art therapy is about self expression, making meaning, exploration, and finding healthy coping strategies.

Where is it held?

The program is held at Maitland Therapy Day Programs, Maitland Private Hospital.

When is it held?

The Art Therapy Program runs weekly, currently on Tuesdays, from 9.00am to 2.00pm for a total of 12 weeks. There is a break for morning tea and lunch, both of which are provided.

How do I join?

Ask your GP or Psychiatrist for a referral to "Treating Doctors" at Maitland Private Hospital Day Programs. Our Fax Number is: 02 4937 9561. When we have received your referral we will contact you to arrange an initial assessment.

Will I have to pay?

You will usually need either private health insurance that includes cover for **psychiatric day programs**, or be eligible to have the program costs met by workers compensation. Our clerk can conduct a fund check to ensure that you have the appropriate level of cover.

Who is the program for?

The group is suitable for individuals experiencing mental illness such as anxiety, depression, PTSD, Bipolar, substance dependence, grief and loss or eating disorders.

There are no set modules for art therapy. Instead group members are encouraged to express themselves using materials such as painting, drawing or collage.

You do not need any art experience or previous art training to do art therapy. Most participants have not done any art making since they were in primary school. In art therapy every mark that is made on a piece of paper is valued, as is every person in the group.

For further information, contact the Maitland Therapy Day Programs on 4937 9570 Monday to Friday or contact maitlandprivate@healthcare.com.au