

1:1 work

Weekly personalized Art Psychotherapy sessions combining traditional psychotherapy with the creative process of making art. These 50 minute sessions provide a safe space to explore emotions and learn how to self regulate, with the aim to improve mental wellbeing, through various artistic mediums. I will guide you through the unique process, learning techniques and yourself more deeply along the way.



Group work

Group sessions last 2 hours and offer a shared creative space where young people can connect with others, while exploring their own experiences. Working alongside peers can reduce feelings of isolation, encourage empathy and strengthen communication and social skills. The group provides opportunities to learn from one another, build confidence and experience a sense of belonging, while creative activities support emotional expression and reflection. Every participant is encouraged to engage in ways that feel right for them, with respect for individual differences and group confidentiality.



Across cultures and throughout history, people have used creativity to express emotions, tell stories, celebrate important moments and make sense of life's challenges. From ancient cave paintings and Indigenous art traditions to weaving, pottery, music and storytelling, creative expression has always been a meaningful part of human life. As children we naturally communicate through play, drawing and making long before we develop the words to describe complex feelings. Art psychotherapy builds on this natural capacity for creativity, recognising that making images can help us explore experiences, develop understanding and connect with ourselves and others.



Variety of materials available, such as; paint, clay, collage and sensory textiles...



no artistic experience needed

Art Therapy for Children and Adolescents in Belfast & NI

What is Art Psychotherapy?

Art psychotherapy is a form of psychological therapy that combines creative expression with a supportive therapeutic relationship. It provides children and young people with a safe, non-judgemental space to explore their thoughts, feelings and experiences through art-making, whether or not they choose to use words. Creating images can help communicate emotions that may feel confusing, overwhelming or difficult to express verbally. The artwork becomes part of the therapeutic process, offering opportunities for curiosity, reflection and understanding. The focus is on the process of creating and the thoughts, feelings and experiences it can help to explore—not producing artwork that meets any artistic standard.



Artmaking can help you see from new perspectives



Neurodivergency-affirming practice

Every person experiences and understands the world in their own way. My practice is neurodivergent-affirming, meaning differences such as autism, ADHD, dyslexia, dyspraxia and other forms of neurodivergence are recognised as natural variations of human experience rather than something to be "fixed." Sessions are adapted to meet individual sensory, communication and processing needs, creating an environment that feels safe, respectful and collaborative. There is no expectation to make eye contact, talk or engage with materials in a particular way. Together, we find approaches that support each young person's strengths, preferences and authentic way of being.



HD Art Psychotherapy



Contact: Hayley
HCPC registered Art
Psychotherapist



www.hdartpsychotherapy.com

hdartpsychotherapist@gmail.com