

Who's who?

Jenny Gibbons is a fully qualified and experienced HCPC registered Art Psychotherapist and clinical supervisor with a background in teaching and learning with a specialism in art and special educational needs.



Jenny Gibbons
Art Therapist and Clinical
Supervisor

I work closely with Goldsmiths University of London to facilitate learning placements for MA art therapy students, who I support, monitor and supervise.



Art Therapy





What is Art Therapy?

Art Therapy supports young people and their families who are facing challenging or difficult thoughts and feelings, providing a safe space to communicate verbally and non-verbally.

This psychological support enables emotional wellbeing and develops resilient and safe mental health by exploring thoughts, feelings and relationships through art making and play.

The therapist and young person are in partnership, trying to understand the concerns which have brought them together, building a three way therapeutic relationship with the therapist, young person and artwork.

How does it work?

We appreciate the sensitivity of the art making process that can embody thoughts and feelings that may not be fully understood or unable to be expressed in words. We work attentively with the young person and provide support by holding and containing anxieties and uncertainty that can arise when working with deep rooted personal difficulties and behaviours.

We closely observe the mood, the actions, the relationship and the 'feeling' response to the artwork. At times putting into words what we think may be happening in a way for the young person to understand. The art making and themes of the sessions are led by the young person and should be seen as a process; at times things may feel worse; at times better.

Art Therapy is expressive rather than aesthetic, so the young person does not need to be 'good' at art.

Art Therapy Sessions

The work is confidential and in order for the young person to begin to trust the therapy process it is important that we establish a 'safe space'. We meet at the same time and place each week, as these boundaries help to facilitate a sense of consistency and privacy, and enable the Art Therapy room to be experienced as a 'safe space'.

Sessions are facilitated to best meet the needs of the pupil and their specific referral, so they may be offered individual sessions, parent or sibling work or if appropriate a group which enables access to peer support and shared experiences.

Pupils are usually referred by the school inclusion and leadership team, or via a recommendation through children's services.

Individual Art therapy sessions are 50 minutes; group sessions are one hour and take place in the therapy room in school.