

## Information about the Narrative and Art Therapy Intervention

### What is Narrative Therapy?

Narrative therapy is a style of therapy that helps people become and embrace being an expert in their own lives. In narrative therapy there is an emphasis on the stories that you develop and carry with you through your life. As you experience events and interactions, you give your own meaning to those experiences and in turn it influences how you see yourself and the world. You can carry multiple stories at once such as those related to your self-esteem, abilities, relationships, and school.

Narrative therapy was developed in the 1980s by therapists Michael White and David Epston, Narrative therapy seeks to have an empowering effect in a non blaming way.

### What is Art Therapy?

Art therapy is a type of therapy to help students interpret, express and resolves emotions and thoughts. Students will explore their emotions, will with help understand conflicts or feelings that are causing them distress and use are to help them find resolutions to those issues. Art therapy is rooted in the idea that creative expression can foster healing and all round mental well being.

### Combining Art Therapy and Narrative Therapy.

By combining Art Therapy and Narrative Therapy we are able to offer the students a varied structure to the 8 week programme and allow each student to find their own choice of materials they would prefer to work with and are more comfortable working with so we are able to get the most out of the sessions for each individual. The sessions are not an art lesson but more focused on free expression, At the end of each weekly session we will discuss what they have created and the narrative behind their creation.

If you have any questions about the intervention I will be happy to assist please contact me at:  
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