

Art Psychotherapies UK

Arts Psychotherapies UK is a Community Interest Company set up in 2018 to support the health and wellbeing of children, young people, and adults in the North East of England via the creative process, offering art and music therapy on an individual basis or in groups by state registered Arts Therapists.

?They also offer EMDR therapy for trauma/PTSD. We work with children, young people, adults and older people. Either privately or bespoke public commissions.

They work with adopted children, children in school with emotional, behavioural and mental health issues and adults in the community as 1:1 therapy and group work.

They also offer CATT Children's Accelerated Trauma Technique and run workshops to show how the creative process can help a persons health and wellbeing and share an understanding of these forms of therapies.

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