

Critchill School

Creative Therapy Workshops @ The Garden

Create, Relate & Grow

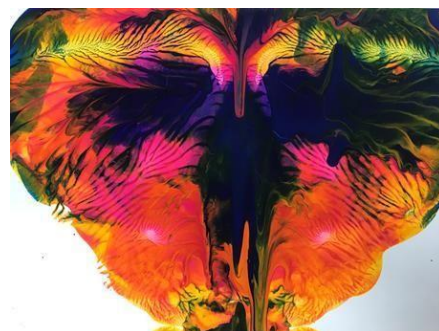


Creative Therapy Workshops at Critchill School

Critchill School provides creative therapy workshops for up to five young people. 'The Garden' is a purpose built learning space based in the school's sensory garden. It is a unique space where young people are given the opportunity to explore new creative arts-based skills, develop self-confidence, work with others, reflect and gain a sense of achievement.

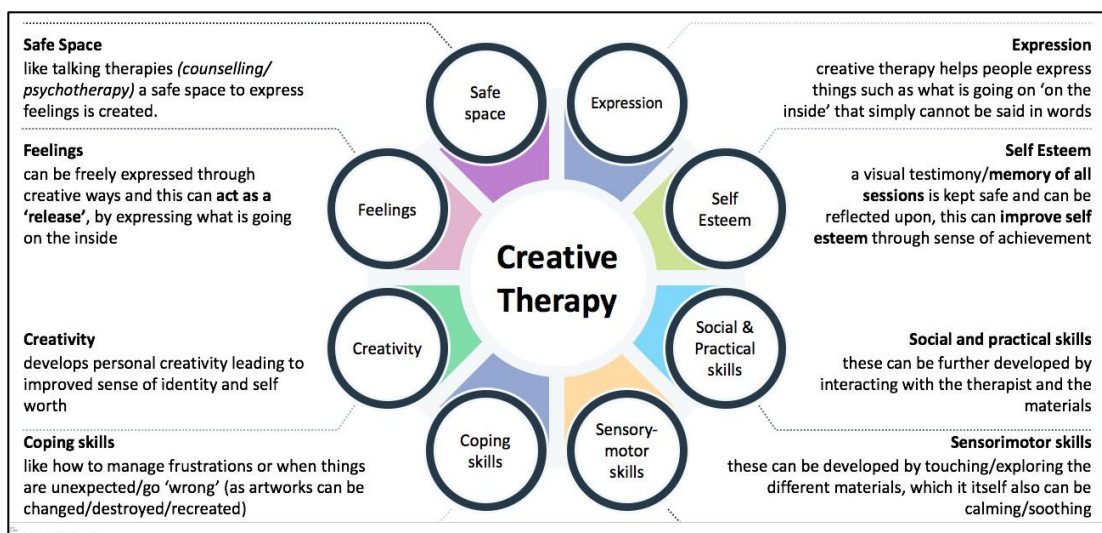
This group will provide a safe space to:

- create to help self & emotional expression
- develop skills on how to relate to others
- learn about themselves
- develop new healthy coping strategies



What is Creative Therapy?

Creative Therapy provides the opportunity to explore and express feelings through art and music making. Working with images and music is a form of self-expression that can help convey what is sometimes difficult to put into words alone. Studies also show that creating art and music stimulates the release of dopamine. This chemical is released when we do something pleasurable, making us feel happier and improving our mood. Increased levels of this feel-good neurotransmitter can be very helpful in supporting and developing emotional wellbeing.



Referral Criteria

The project is aimed at young people from Year 2 to Year 11 whose wellbeing would benefit from a safe supportive group dynamic. Pupils may benefit from an opportunity to build self-esteem and confidence, to reflect on their strengths, develop social communication skills alongside peers, or gain

new creative skills to support their emotional wellbeing. Whilst it recognised that joining a new group may be daunting for some, pupils need to be open to work alongside others.

Schools can register their interest in a pupil joining a course by completing a 'Referral form'. The form should clearly outline a school's priorities for referral and the intended outcomes for the individual pupil. The leaders of the project will then consider referrals. Please note being 'good at art or music' is not a prerequisite.

Group members will be provided with all art materials and music resources, and themes will change from week to week. Experimentation is encouraged.

Reflective thinking underpins the process – each group member will receive a journal to capture key moments & reflections in a range of formats and different media.

The provision is available once a week, for a minimum of 6 weeks during term time. At the end of their programme, group members will leave with all of their creative works, their journal and a tool kit of art making materials to continue their self-reflective & self-regulatory practice.

Contract Agreements

Each new course begins with group members creating their own group contract – setting out what needs to be in place to help the group thrive whilst keeping everyone safe. This will be revisited throughout the programme.

Course Structure

Schools are responsible for ensuring that their students arrive at Critchill promptly and are collected at the end of each day.

9.30am	Arrive at Critchill School
9.35am	'Check-in' with group
9.45am	Creative workshop
11.00am	Break
11.20am	Creative journaling
11.50am	Reflections
12.00pm	Finish and collection

Group members are encouraged to continue to develop their self-reflective practice throughout the week at home in order to capture any reflections, emotions or key moments. These can then be added to their journals.

Fees

The cost will be £120 per student per day (inclusive of art materials). Transport from and to a pupil's school or home address may be possible at an additional charge. Please note missed sessions will not be reimbursed.

About Critchill School

Critchill School provides education for 90 pupils with a wide range of abilities. All pupils have an Education, Health and Care Plan.

Each pupil's needs are carefully and individually evaluated, so that all pupils can aspire to reach exceptional standards.

Critchill School has invested in the development of improved learning spaces and specialist resource areas, enabling all children to develop a full range of academic, functional and independent skills.

Staffing

The course is led by Vivienne Whitaker.

Vivienne is a qualified music therapist with a Masters in Music Therapy, and is a registered arts therapist with the Health and Care Professional Council (HCPC).

Contact Information

For further information and to make a referral please contact:

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