About Art Therapy

Those taking part in Art Therapy do not need art skills or even think they like art, in order to participate. It allows you to identify and resolve feelings that may be difficult to articulate with words alone.

Those on the Addiction Treatment Programme at Priory Hospital Chelmsford have access to Art Therapy for two hours each week, to help with their recovery. The art therapist supports patients with themes and suggestions on how to use art materials.

“Art therapy can be calming, peaceful and clear the mind”

Former Patient
“”
It can be a way of looking at my mess and getting rid of it

“I have a practical mind, but art therapy made me look at my inner self for the first time.”

“”

We use Art Therapy on our treatment programme to enhance the healing process. It offers our patients new ways to understand and cope with their addiction beyond conventional methods such as talking therapies. Benefits can include reducing stress; resolving conflicts; developing interpersonal skills and managing difficult behaviours.

JEFF VAN REENEN
ADDICTION TREATMENT PROGRAMME MANAGER

Find out more

For more information or to discuss how we can help, please contact us by:

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Priory Hospital Chelmsford is easily accessible from local train stations and major motorway links.