

HOW MUCH IS IT?

Standard Rate:	£60
Discounted Rate:	£30

Please note, these are rates per hour.

To increase accessibility for individuals from disadvantaged backgrounds, we offer flexible schemes for those experiencing financial hardship. Our goal is to ensure that therapy remains available to those who need it most, regardless of their financial situation.



Did you know!

Art Psychotherapy Pathway also offers a range of workshops and events. These can be tailored to the needs of organisations seeking to enhance the well-being of their members or community. We are dedicated to providing engaging and therapeutic experiences that promote mental health and personal growth.

OUR SERVICES



Online / Telephone

Sessions can be conducted via secure video platforms such as Zoom or Microsoft Teams. All you need is a reliable internet connection with access to a computer, mobile device, or telephone.



Home Visits

For clients located within a 5-mile radius of the NE33 postcode in South Tyneside, we offer home visit sessions. Ideal for those who require comfort in their own space or have limited mobility.



Community Visits

This option is suitable for clients who prefer a neutral space outside their home. This includes community settings like local centres, schools, charities or partner organisations.

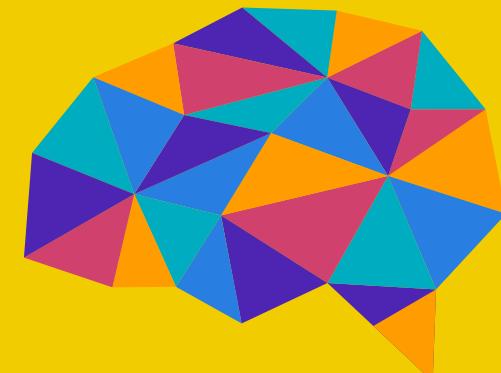
**CONTACT US FOR
MORE
INFORMATION**

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ART PSYCHOTHERAPY PATHWAY



DISCOVER ART THERAPY
FOR YOUR MENTAL
HEALTH NEEDS



WHAT IS ART THERAPY?

"Art therapy uses art as the primary mode of expression, alongside talking with an art therapist. It aims to reduce distress and improve social, emotional and mental health by promoting insight, self-compassion and a sense of agency and self-worth." (BAAT, 2024)



Art therapy creates a unique connection between the client, therapist, and the artwork. This three-way relationship helps you explore your emotions through your art. The artwork acts as a bridge between you and the therapist, allowing you to express feelings that might be hard to put into words.

**SUITABLE FOR
ADULTS AND CHILDREN**

WHY CHOOSE ART PSYCHOTHERAPY PATHWAY?

At **Art Psychotherapy Pathway**, we aim to create a private practice that makes art therapy more accessible for individuals from all backgrounds. Our approach is client-centred and based on inclusivity, ensuring that everyone feels welcome in a judgement-free environment. We provide tailored, trauma-informed care for both adults and children.

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Membership Perks

	Accessibility Scheme Members <i>Clients who make regular weekly payments at the discounted rate.</i> <small>(Available to those on <u>Scheme 1</u> Only).</small>	Weekly Wellness Members <i>Clients who make regular weekly payments at the standard rate.</i>	Full Access Members <i>Clients who purchase 10 sessions in advance at the standard rate (i.e. Bulk Bookings).</i>
Exclusive Content: Members are part of a dedicated mailing list, receiving creative wellness materials, e-books and journal articles on a monthly basis.	✓	✓	✓
After-Hours Availability: Members have the option to book sessions after 5pm and on weekends.		✓	✓
Progress Reports: Members receive a professional treatment summary letter (available upon request).		✓	✓
Priority Booking: Members receive priority access to schedule sessions in advance.			✓
Check-Ins: Members have access to the therapist via WhatsApp between sessions for ongoing support.			✓