



ART Therapy

Art therapy can help adults with physical illness or disability to open up through use of art materials as a means of expression. Art can be used as a type of symbolic speech, expressing feelings and experiences through the images created by the brain injury survivor. This enables an additional mode of communication for the survivor. The therapist and client are in partnership, working together to understand the meaning of the image.

The artwork provides a focus for discussion, analysis and self-evaluation. Art therapy can improve physical abilities through the handling of art materials and provide opportunities to re-learn skills that may have been lost due to neurological conditions.

2,9,16 Nov 2018 – Boston (venue tbc)

25,1,8 Feb 2019 – Grantham (venue tbc)

8,15,22 March 2019 – Lincoln (venue tbc)

There will also be an opportunity for carers/ family members to meet others whilst their cared for is in the therapy session. We can promise the 3 c's, coffee, cake and conversation!

For further details please contact Headway Lincolnshire:

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