

# Art Therapy Practices with People who have a Psychosis-Related Diagnosis

Tim Wright & Sue Holttum,

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## A) Working together in organisations

- Working with professionals and experts by experience
- Supporting service users to speak through art

## C) Working with friends and family

- Welcoming family and friends
- Supporting relationships through art

## E) Working with real-world contexts

- Trauma-informed art therapy
- Working with mental health stigma
- Working with poverty & disadvantage
- Working with mental health systems

## G) Supporting recovery through art therapy

- Enabling expression in art and words
- Making sense of psychosis
- Supporting personal agency
- Supporting everyday coping

## I) Art therapists' reflection & wellbeing

- Using supervision
- Reflective art-making
- Maintaining self-awareness
- The art therapist's self-care

## B) Collaborating with service users

- Inviting service users into art therapy
- Creating a shared formulation
- Supporting culturally specific art
- Enjoying art

## D) Group art therapy

- Groups for different needs
- Facilitating creativity
- Connecting through artwork and discussion

## F) Adapting and attuning art therapy

- Adapting to changing needs
- Holding boundaries but not rigidly
- Relief through art
- 'Concrete' art and craft
- Going deeper when it's time

## H) Ending art therapy

- Facilitating expression about ending
- Enabling evaluation
- Supporting bigger goals

## J) Continuing professional development

- Seeking further skills and knowledge
- Learning new arts
- Keeping up to date

This leaflet is intended to provide a brief flavour of the full guide on art therapy for people with psychosis-related diagnoses, **available from September 2019**:

Wright, T., Holttum, S., Allan, J., Parkinson, S., Whitaker, R., & Wood, C. (2019). *BAAT guidelines on art therapy for people who have a psychosis-related diagnosis*. London: British Association of Art Therapists, [www.baat.org](http://www.baat.org)

The guide was developed based on the following research carried out by British Association of Art Therapists and the Salomons Institute for Applied Psychology, Canterbury Christ Church University, Royal Tunbridge Wells, England:

Holttum, S., Huet, V., & Wright, T. (2016). Reaching a UK consensus on art therapy for people with a diagnosis of a psychotic disorder using the Delphi method. *International Journal of Art Therapy*, 22, 33-44. DOI: 10.1080/17454832.2016.1257647

Holttum, S., & Wright, T. (paper in preparation). How art therapists practice with people who have received a psychosis-related diagnosis: therapeutic mechanisms

Holttum, S., & Wright, T. (paper in preparation). How art therapists develop their practice with people who have a psychosis-related diagnosis

Lynch, S., Holttum, S., & Huet, V. (2018). The experience of art therapy for individuals following a first diagnosis of a psychotic disorder: a grounded theory study. *International Journal of Art Therapy*, 24, 1-11. DOI: 10.1080/17454832.2018.1475498

A range of other research evidence on psychosis was also drawn upon and is referenced in the full guide, including England and Wales national guidelines:

National Institute for Health and Care Excellence (2016). *Psychosis and schizophrenia in children and young people: recognition and management*. Available at: <https://www.nice.org.uk/Guidance/CG155>

National Institute for Health and Care Excellence (2014). *Psychosis and schizophrenia in adults: prevention and management*. Clinical guideline [CG178]. Available at: <https://www.nice.org.uk/guidance/CG178>

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