



SARAH THORPE

ART PSYCHOTHERAPIST

www.sarahthorpeartherapy.co.uk

When we are experiencing emotional difficulties we can find it really challenging and overwhelming. We can lose sight of hope, positivity and motivation. Anxiety, depression and life changing experiences can affect us at any time. Such difficulties can impact negatively on our relationships, work/life balance, and our overall mental health and general well being.



Through the process of therapy I aim to instill hope. Identifying difficult thoughts that alter your emotions, and gaining insight into negative past experiences can provide an understanding of what may trigger uncomfortable feelings in the present. We work together towards developing positive coping mechanisms, acceptance, resolve, self-compassion and hope for your future.

I am Sarah Thorpe; an HCPC registered Art Psychotherapist with a wealth of experience when working with people suffering symptoms beneath the vast umbrella of mental health. I have worked in a variety of nationally recognised professional settings such as the NHS, prison and probation service, alongside private practice.

I have helped people who suffer with generalised anxiety; changes in mood, depression, anger, sadness, fear, guilt, or not understanding their own sense of self. Experiences of traumatic and life changing events such as physical or mental abuse, bereavement, relationship instability, and issues with identity. Some people may already have a diagnosis such as learning difficulties, personality disorder, bipolar, PTSD, autism or OCD.



We are all different. Therefore I offer many techniques in my therapeutic practice. From art psychotherapy, talking psychotherapy to walking and talking psychotherapy. I use a person-centered approach, with assessment to identify the best therapeutic method to meet your needs.

Art psychotherapy can offer you a safe space to explore difficult thoughts, feelings or experiences that you may struggle to find the right words for. The process of art therapy enables people to address emotional issues that may be confusing, distressing, and impact on our day-to-day lives. In this process we use art materials to create an image with the aim of providing a bridge between your internal and external worlds which can be looked at together and explored in a safe and containing way. You do not have to be good at art, or have any previous experience.



Also available:

- Individual art psychotherapy
- Individual talking psychotherapy
- Walking and talking psychotherapy
- Group art psychotherapy
- Themed group talking therapy
- Individual clinical supervision for other practicing professionals
- Group supervision for other professionals
- Supervision for students studying for psychodynamic qualifications
- Reflective practice



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