

## What people say about Coram's Creative Therapies

Our recent outcome study showed that more than 90% of parents say their child's behaviour improved after attending creative therapy.

### Parents:

"I feel the sessions have helped my son enormously... creative therapy presented him with a safe place in which he would begin to express himself freely and build his confidence."

"I feel that 'being heard' has been the most important thing that he has gained from the group - something that he has always found difficult with his language skills."

### Children:

"If you try to speak, people may not listen or it may be difficult to hear, but the drawing is there on the table."

"It helped me move on, away from the bad feelings that I had before."

### Professionals:

"She talked about how in creative therapy she could make things and that she really liked doing it, but she didn't stop there, she said it was a place where she could think about her feelings and talk to you."

"One girl made a jewellery box and painted it dark brown but inside it was shiny and beautiful, it was like no one had seen what was inside her, recognised her potential or capabilities... some children don't have the words, and metaphors work for them."

## Coram, the UK's first children's charity

Coram has been creating better chances for children for over 275 years.

We have been working with disadvantaged children since 1739, when Thomas Coram established the Foundling Hospital to care for abandoned children.

Providing vulnerable children and young people with Creative Therapies directly connects with our heritage. The composer, Handel and the artist, Hogarth were two of Coram's original benefactors.

Today Coram helps a million children and young people every year. We help children and young people develop their skills and emotional health, we help find adoptive parents and we uphold children's rights, creating a change that lasts a lifetime.

### Find out more

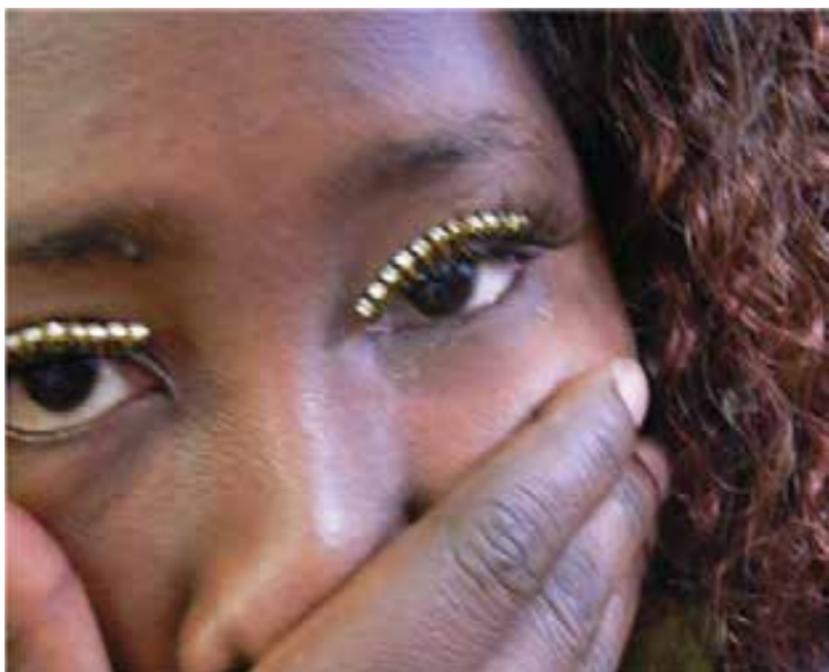
For more information, or to refer a child to Coram's Creative Therapies

**Phone:** 020 7520 0311

**Email:** [creativetherapyadmin@coram.org.uk](mailto:creativetherapyadmin@coram.org.uk)

**Website:** [www.coram.org.uk](http://www.coram.org.uk)

# Transforming children's lives through Creative Therapies





## **What are Creative Therapies?**

Coram works with children who have experienced a range of difficulties. They are often unable to understand or explain their feelings. Creative Therapies provide a safe place where children can explore how to communicate and express their feelings using art, music and play. Creative therapists are trained to understand nonverbal communication and help children to reach their full potential.

## **What happens in Creative Therapies sessions?**

Creative Therapies sessions last between 30 and 50 minutes and take place at a regular time each week. Sessions continue over a minimum of six weeks but can be extended depending on individual needs.

Children can express their emotions and tell us about their worries using their voice, movement, musical instruments and art materials. Our highly trained therapists help children to make links between their thoughts, their feelings and their behaviour.

## Who are our creative therapists?

All of our therapists are registered with the Health and Care Professionals Council (HCPC) and with their relevant professional body.

## Who are Creative Therapies for?

Coram works with a variety of children, including those who have recently been adopted, children in mainstream schools and children who have specific diagnoses including autistic spectrum disorders.

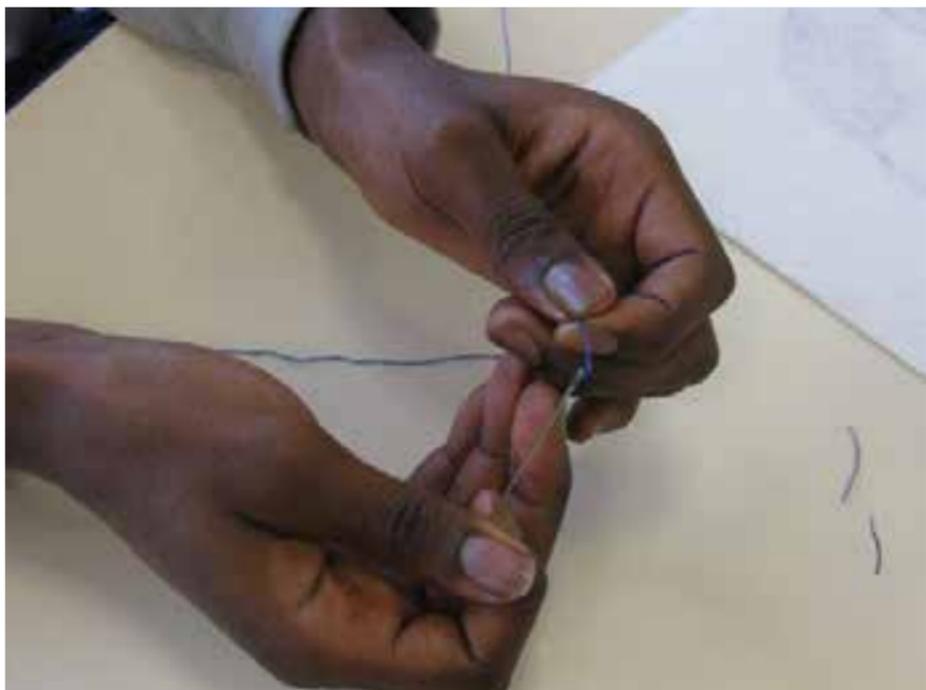
Creative Therapies can be effective for children with a range of issues, including:

- Behavioural difficulties
- Trauma
- Bereavement
- Communication
- Social interaction
- Low self-esteem
- Autistic Spectrum Disorder
- Concentration and learning
- Impaired physical skills
- Emotional wellbeing

## Where do Creative Therapies take place?

Sessions take place in Coram's new purpose-built centre, the Pears Pavilion. We also provide therapies to vulnerable children in schools and community settings around London, Kent, Cambridgeshire and the East Midlands.





## **Who can refer a child or young person for these services?**

If you are a social worker, an adoptive parent, a head teacher or represent a Local Authority and are interested in commissioning our Creative Therapies services, get in touch.

You can contact us via telephone on **020 7520 0311** or email **[creativetherapyadmin@coram.org.uk](mailto:creativetherapyadmin@coram.org.uk)**

## **What happens when a referral is made?**

Parents or carers are invited to attend a meeting where they can discuss the referral with the therapist, (interpreters are available). If the parents are happy to continue, then a date and time will be set for sessions to begin. The child's therapy will be regularly reviewed with the parents and with all professionals involved with the family.