

ART THERAPISTS

Role in

PUBLIC HEALTH



Health Protection

- Promote emotional health, well-being, and resilience in a community.
- Work flexibly, supporting people make sense of complex and confusing feelings.
- Work effectively with people who need a less verbal approach and experience health inequalities; people suffering from trauma, refugees and asylum seekers, people with intellectual disabilities, brain injuries, dementia, and those with mental health challenges.



Wider Determinants

- Support the development of positive, responsive and nourishing relationships so people can realise their potential, practice self-care, enjoy life, and help people to remain in, or to return to employment.
- Work with families, promote positive parent-child interactions, responsive parenting and enhanced parental wellbeing, helping ensure children have the best start in life, realise their developmental and educational potential.



Population Healthcare

- Collaboratively and effectively work with people across the lifespan to empower them to understand and take an active role in their own health and wellbeing.
- Provide support through face-to-face individual and group therapeutic sessions, as well as online interventions.
- Work with settings to try to minimise the negative impacts of the context on people's wellbeing, e.g., hospitals, prisons and schools.



Health Improvement

- Use a flexible, holistic and trauma-informed approach, which adapts to the needs of the individual.
- Promote emotional health and wellbeing and can help to minimise emotional difficulties, such as anxiety, depression and social isolation.
- Use psychoeducation and conversations in therapy that can promote psychological and physical well-being, such as sexual health and safety, self-harm, and suicide prevention.

Examples of work sectors

Charities and community organisations, schools, GP surgeries, mental health services, hospitals, prisons, care homes, hospices, recovery colleges, people's homes and residential settings.



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This is just a snapshot and not an exhaustive list of public health interventions.