**Creative Therapy**

**What is it?**

Creative Arts Therapies are led by a professional Dramatherapist. This is a safe space for young people to express themselves through creativity. This may raise their awareness of specific issues, and emotions and improve their sense of well-being. Creative Therapy can involve drama, music, art, dance, movement, and play. Creative therapy could be for young people who have been victims of crime, and young people in care: struggling to regulate their emotions, engage with professionals, engage in society, education, and or struggling to keep safe in the community. Creative therapy allows young people to explore through their subconscious mind using creative therapy tools, this offers the young person a safe space to reflect on their childhood traumas and start a healing process, this also allows them to explore their aspirations.

This safe space will provide a safe reflective judgment-free space where young people are heard and seen as they determine.



**How do you refer a young person?**

Please fill out the referral form and email it to selin@serenitywelfare.org

