



I believe that a big part of the success of therapy and clinical supervision is down to the relationship between you and me.

Book an free Introductory Meeting today to see how

Art Therapy Derby

can help you get stronger!



www.hcpc-uk.org

howden

Art Therapy Derby
Helping you get stronger.

You can contact Marta Perestrello directly enquiring for services for yourself or on the behalf of your loved one!

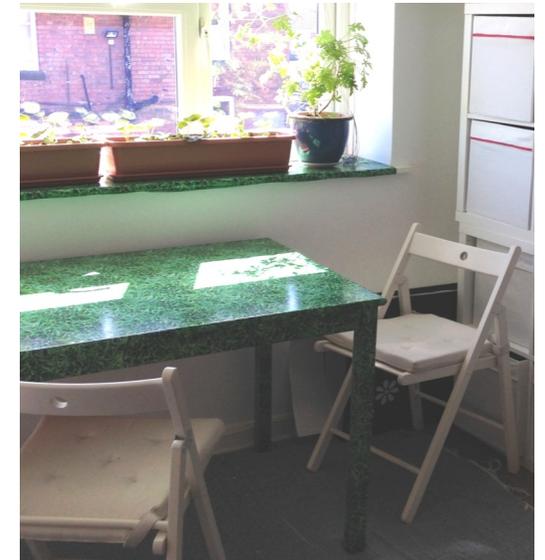
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**Art Therapy
Supervision
and
Education**





Art Therapy is a powerful and flexible form of psychotherapy, which can use art and art-making to facilitate expression, exploration and reflection.

Art therapy is not about art, it is about expression!

There is no expectation to use art either. You do not have to be good at art: you have to want to express!



Art Therapy Derby offers customised art psychotherapy, clinical supervision, consultation and training to Derby and surrounding areas.

Art Therapy:

Art Therapy Derby offers short and long term tailored art therapy to individuals, groups, families, and professionals (in practice and/or in training).

Clinical Supervision and Consultation

Art Therapy Derby offers clinical supervision and consultation to the helping professionals. Professional reflective practices are crucial to ensure the clients' safety as well as an important part of the professional's self-care and development.

Education

Art Therapy Derby also offers various workshops and training sessions/ days in various areas of child development, attachment, and art psychotherapy.

About Marta Perestrello

I am a qualified Art Psychotherapist, Clinical Supervisor and the founder of **Art Therapy Derby**. I have over 20 years experience of working with both vulnerable children and adults in various settings.



I graduated in *Creative Expressive Therapies* (2005), gained a Masters degree in *Art Therapy* (2009) and completed my Clinical Supervision training (2015).

I work with children and young people (between the ages of 4 and 18), their families and professionals by offering training, supervision and consultation .

My aim is to support the personal as well as the professional development of those who are committed to invest in their own growth.

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