



I believe that a big part of the success of therapy and clinical supervision is down to the relationship developed between the client and myself.

I will support you in reflecting upon and working through whatever you choose to bring to your sessions. I will offer a safe and non-judgemental space for you to reflect and process as much or as little as it feels right for you.

I have an extensive range of knowledge and experience that may help you develop the skills and strategies you need to have a life that matters to you.

Contact me to arrange a free Introductory Meeting to talk through your needs and to see how

**Art Therapy Derby**  
can help you get stronger!

## Art Therapy Derby

Helping you get stronger.

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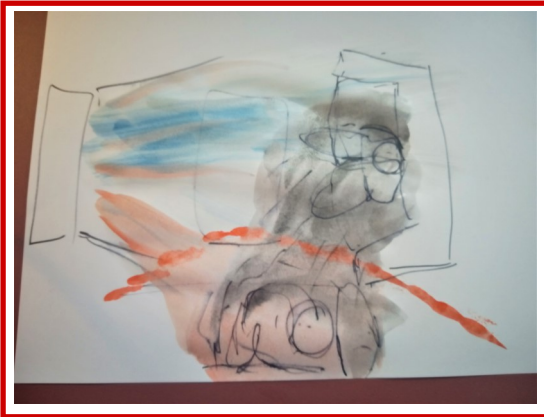
## Art Therapy Supervision and Education



**Available for in-person and  
online work**



Art therapy is a powerful and flexible form of psychotherapy, which can use art, art-making and metaphor to facilitate expression, exploration and reflection. You do not have to be good at art, and there is no expectation to use art either.



Through art you can express distressful or complex emotions in a safe and contained way.

‘An image speaks a thousand words’ and can be a good starting (middle or end) point for reflection. At the same time, through art you can create and transform your own story.

### **Art Therapy Derby offers in-person and online:**

**Art Therapy** Both short and long term art psychotherapy to adults, children and young people, as well as other art therapists and counsellors (in practice and/or in training).

**Clinical Supervision and Consultation** Individual and group clinical supervision to art therapists, psychodynamic therapists and counsellors. Individual or group one off or ongoing consultation to parents and other professionals.

**Education** Art Therapy Derby also offers various workshops and training (half and full days) in various areas. Please see website for more information.



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### **About Marta Perestrello**

I am a qualified art psychotherapist, clinical supervisor and online psychotherapist.

I have over 30 years experience of working with vulnerable adults, children and young people in various settings. And I founded **Art Therapy Derby** in 2014 to offer impartial and independent support to all my clients.

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

