

## Working Towards Mental Wellness

*'The pandemic has shown us that anyone can experience mental distress and that everyone needs support to achieve good mental health.'*

Dr Shari McDaid  
(2021 Mental Health Foundation)

*'According to the Mental Health Foundation (2021) one in six young people are affected by mental health problems.*

*75% of these young people are not getting the help they need to develop and maintain mental wellness.'*

Siobhan O'Neill  
(Northern Ireland Mental Health Champion)



## About me



### Margaret McClory

MSc Art Psychotherapy  
from UU  
Art Psychotherapist  
HCPC Registered  
BAAT Full Membership

I am a HCPC registered MSc Art Psychotherapist living in Belfast. My approach is pluralistic, non-judgmental, and client-led drawing on a variety of theories and practices in response to the needs of the client. I also hold a BA Rel Sc, HdipEd and I am a qualified General Nurse.

I have worked with young people for over thirty years. I have had experience in schools, community organisations, people affected by cancer and in Beechcroft (an inpatient facility for young people with mental health problems)

## Contact me

E: [margaretmccclory22@gmail.com](mailto:margaretmccclory22@gmail.com)

M: 073 411 646 43

141 Glen Road,  
Belfast  
BT11 8BP.



De La Salle Pastoral Centre



Be glad you had this moment

# ART Therapy

*When words are not enough*

## What is Art Therapy?

Art therapy is a form of psychotherapy that uses creative art as the main way of expression and communication. It is not a recreational activity or an art lesson, although it can be enjoyable.

It is not necessary to be good at art to engage in art therapy, just a willingness to give it a go.

In short you do not need any experience in art to benefit from art therapy.

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## Who is Art Therapy for?

Adults, young people and children. Like other forms of counselling, art psychotherapy is used to help towards understanding, healing and personal growth. It can address a range of mental health problems:

- depression
- bereavement
- anxiety
- eating disorders
- self-harm
- confidence and self-esteem
- emotional support
- manage feelings and fears

Art therapy is for individuals and/or groups depending on the needs of the client.



## About Your Art Therapy Session

**One to one sessions** last from 50 minutes to one hour. The art therapist will help you to work towards goals in order to achieve the best quality of life.

**Group sessions** are made up of 3 to 5 people and last 90 minutes.

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The art therapist will provide a variety of materials; paint, clay, collage, and other materials for you to choose from.

The art therapist will help you feel comfortable and move into art making.

The art you make is not judged as good or bad, it is the process of making it and the meaning which is important.

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## Cost

Individual	£30 per session
Group	£70 per session