

## WHAT IS CREATIVE THERAPY?

Creative Arts Therapy uses a combination of talking and the arts to support children and adolescents facing challenges in their lives. Creative Arts Therapies include Art, Drama, Music and Dance & Movement therapy.

Methods used in the creative arts therapies include making images and sculptures, dance and movement, voice work, dramatic play, improvisation on instruments, and songwriting.



## HOW DO CREATIVE ARTS THERAPIES WORK?

The creative arts therapies offer a supportive environment, where children and adolescents can communicate and work through emotions using the creative medium as a means for emotional expression, interaction, and change.

Your child does not need to be good at drama, art or music to benefit from creative therapy. All they need is a willingness to engage and explore. The creative therapy service is based on best practice and a trauma informed approach.

## FIRST FORTNIGHT CHILD AND ADOLESCENT CREATIVE THERAPY SERVICE

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Download our referral form at:  
[www.firstfortnight.ie](http://www.firstfortnight.ie)



**This is not a drop-in service.  
Therapy is by appointment only.**



## FIRST FORTNIGHT



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INFORMATION LEAFLET

[www.firstfortnight.ie](http://www.firstfortnight.ie)

## FIRST FORTNIGHT CHILD & ADOLESCENT CREATIVE THERAPY SERVICE

Providing a professional creative therapy service for children and adolescents between the ages of 3 and 17 years experiencing homelessness or at risk of losing their home.

This service is made possible through funding from ReThink Ireland and the Government of Ireland.

First Fortnight has been providing a Creative Therapy Service for adults in the homeless sector in Dublin since 2012. The Child and Adolescent Creative Therapy Service is an expansion of our existing service provision.

All creative therapists providing the service are fully accredited through IACAT.



## SOME BENEFITS OF CREATIVE ARTS THERAPY



## WOULD MY CHILD OR ADOLESCENT BENEFIT FROM CREATIVE ARTS THERAPY?



Does your child experience anxiety, panic or worry?

Do they experience difficulties around eating, sleeping, or managing their emotions?

Do they struggle to find the words to express themselves or to connect with others?

If so, they may find creative therapies easier than talking therapies alone.

