

Creative Therapy for Camden Families

Coram Creative Therapies works in collaboration with the London Borough of Camden to support young people that live and go to school in Camden.

Who can refer a child for Coram art or music therapy?

The usual referral route we would recommend is for the young person's SENCO or Class Teacher to make the referral.

Where does the creative therapy take place?

The therapy takes place at Pears Pavilion, Coram's bespoke therapy building located at the Coram Campus on Brunswick Square. We also offer virtual creative therapy sessions through Zoom Premium or Microsoft Teams.

What therapy can a young person from Camden access?

A young person from Camden can be referred for Art Therapy or Music Therapy. The therapy could be in a group or 1 to 1 setting.

Music Therapy

Music Therapy is aimed at helping children to express their emotions non-verbally and to help them build trust through creating an open and safe space with their therapist. Children and young people referred to music therapy do not need to have any musical skills or experience. It provides a secure base where children and young people can explore their experiences creatively, often with carers and parents alongside them and can help develop ways of building greater resilience in themselves and in their relationships.

Art Therapy

Art Therapy is a form of psychotherapy that uses art media as its primary mode of communication. Children and young people referred to an art therapist do not need to have previous experience or skills in art. The art therapist's role is to facilitate communication of children's thoughts and feelings through the use of art. Art Therapy is not dependent on spoken language and can therefore be helpful to anyone who finds it difficult to express their thoughts and feelings verbally. Art Therapist can help identify new strategies for managing feelings, thoughts and behaviours at home and at school. They can build resilience in the child and encourage and support the child, their parents and teachers through the process of making positive changes.

"These sessions have really helped P; We've noticed such a difference at home – he's like a different little boy, and we've had great feedback from school as well; his self-esteem is really growing and helping him engage better educationally". Parent

For more information please contact: creativetherapyadmin@coram.org.uk