



Contact us

**First Fortnight
Centre for Creative Therapy**

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Supported by



HSE Mental Health Services

Mental Health Creative Therapy Services

Creative Arts Therapy

Creative Arts Therapy uses a combination of talking and the arts to help people facing challenges in their lives. Our service currently offers art therapy, music therapy and drama therapy.

Each of the therapies use a range of materials to guide people through their life stories using script/text/poetry, music, sound, voice, art materials, percussion instruments and sand therapy as a means to communicate and explore thoughts and emotions. The mediums of art, music and drama therapies can help clients to express experiences and feelings which may be difficult to verbally articulate.

The process of making something creative is understood as being of equal importance to the final product in a Creative Arts Therapy space.

- Work 1:1 with one of the creative arts therapists
- Therapy is private
- Meet at the same time every week for an hour
- You don't have to talk about your feelings unless you feel able to
- The therapist will be there to help you try out the materials, to understand yourself better

Are the Creative Arts Therapies for me?

Creative Arts Therapies may be useful if you:

- Have experienced homelessness or are at risk of losing your home
- Find it hard to talk about how you feel and the things that have happened
- Would like to use art, music or drama as another way of dealing with your problems
- Can attend weekly appointments

Do I need to be good at art/music/drama?

No. The important thing is that you are willing to explore (with the careful guidance and support from a therapist) your mental health and well-being.

How do I start?

You can contact us directly or talk with your key-worker/mental health-medical professional/social care team about Creative Art Therapy as an option.

Your key-worker can help to fill out our forms and meet with one of our team first. This is so that we have some of your details to help us find the best way of helping you.



Creative Arts Therapies can be helpful in exploring experiences of:

- Trauma and abuse
- Low mood, anxiety, low self-esteem, self-harm, suicide, addictions and isolation
- Coping with loss and grief
- Relationship difficulties, family breakdown, domestic violence
- Diagnosed mental health illnesses

* Please note our service provision is available to **adults only** at present.