

Freedom of Information Act 2000 disclosure log entry

Reference

18-19104

Date sent

20/07/2018

Subject

Expressive/Creative Therapies

Details of enquiry

This request concerns expressive/creative therapies. This refers to the use of the creative arts as a form of therapy and includes art therapy, drama therapy, music therapy and dance therapy.

For each question I am seeking information for each of the following time periods (financial years):

- i) 2014/15
- ii) 2015/16
- iii) 2016/17
- iv) 2017/18 to date (most recent data available)
 1. Does your trust provide expressive/creative psychological therapies? If yes, which types?
 2. How many staff do you employ who are trained in expressive/creative therapies?
 3. How much is spent on providing expressive/creative psychological therapies?

Response Sent

1. Does your trust provide expressive/creative psychological therapies? If yes, which types?
[Yes, see below \(psycho social nursing can be described in more detail on request\)](#)
 - 2014/15 – psychosocial nursing interventions/equine therapy
 - 2015/16 – art therapy and psychosocial nursing interventions/ mindfulness (paws B) ; mindful cooking with children and parent/carers
 - 2016/17- art therapy and psychosocial nursing interventions/ partnership with WAC arts/mindful making (a creative approach to mindfulness using craft materials)
 - 2017/18 to date (most recent data available) - psychosocial nursing interventions/ art therapy/ work with a drama therapist / magic therapy (work with magicians)
2. How many staff do you employ who are trained in expressive/creative therapies?
[2-3 on a sessional basis; mental health nurses and therapeutic support workers as part of core staff](#)
3. How much is spent on providing expressive/creative psychological therapies?
[Unable to state as some delivery is by our core staff and costs for delivering this type of therapy cannot be differentiated from others](#)