

## Our Mission

The mission of Galway Hospice governed service, as partner with the Health Service Executive, is to support patients from counties Galway, Mayo and Roscommon with advanced diseases needing palliative care to attain the best quality of life possible.

## Our Vision

Galway Hospice governed service will be an integral part of the community providing specialist palliative care by offering the right care with dignity and compassion to patients and families living with life-limiting illness when needed.



For further information please contact the Art Therapist at

📍 Galway Hospice,  
Dublin Road,  
Renmore,  
Galway.  
H91 R2T0

☎ 091 770868

✉ ArtTherapist@galwayhospice.ie

🌐 www.galwayhospice.ie

📍 Mayo Hospice,  
Knockaphunta,  
Castlebar,  
Mayo.  
F23 YY40

☎ 094 9005100

✉ ArtTherapist@galwayhospice.ie

🌐 www.galwayhospice.ie

CHY 8837  
RCN 20022150  
COMPANY NUMBER 136115

*Every Moment Matters...*

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# ART THERAPY

Information leaflet for patients and visitors



Galway Hospice



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“Art is the meeting ground of the world inside and the world outside.”

Art Therapy offers a confidential and reflective space to connect with yourself and the art materials, guided and supported by an experienced Art Therapist.

Sessions are mostly individual and are a way to explore memories, feelings, thoughts and experiences through creative expression.

There are a number of media from which to choose which include: **paints, pastels, inks, print and clay.**

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### Art Therapy can help you to...

- Explore your feelings and experiences through a combination of talk, art making and creative process.
  - Provides an opportunity to process and gain insight.
  - Reflect on and express feelings around loss, change, anxiety and pain.
  - Learn a new skill or rediscover your creativity as a resource and ongoing support tool.
  - Explore new ways of accessing your emotions, concerns and needs.
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### The Art Therapist

The Art Therapist is accredited with the Irish Association of Creative Arts Therapists (IACAT), and works to the ethical guidelines set out by them.

The Art Therapist respects the patient's right to privacy and dignity and upholds confidentiality at all times, while offering compassionate support.

**You don't need to be good at art to take part in, or to benefit from Art Therapy. No prior experience of art making is necessary.**

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### Art Therapy Availability

Art Therapy is available to all patients and family members of all ages, from adults to young children. It is also possible to avail of the service together as a family.

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### How do I take part?

If you wish to avail of Art Therapy you can inform any member of staff, or contact the Art Therapist directly.

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### Storage of your Art

The Art Therapist will hold your art work in a safe and private space while you are attending Art Therapy sessions. You can discuss with the Art Therapist if you wish to allocate your work to family or friends when completed.

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