



Developing art psychotherapy placements in a social care setting

Sarah Bradley, Rou-Jing Chen and Andrew West

Sheffield Hallam University

Abstract

This poster reports on an ongoing pilot study placing art psychotherapy trainees within a social care context that has not previously employed art therapists. Supported by the NHS South Yorkshire Integrated Care Board, the initiative introduces an art therapy service within a carers' charity, with the strategic aim of enhancing carers' wellbeing and resilience. Two trainees undertake placements of one to two days per week (minimum 40 days), supported through a long-arm supervision model delivered by university staff. The study adopts an action research methodology, engaging trainees and stakeholders in iterative reflection to examine the development of the service and to generate hypotheses regarding the potential value of art therapy in comparable settings. Findings from the first six months are discussed, alongside challenges encountered, future aims, and a proposed research strategy for capturing the impact and value of art therapy in social care contexts.

Keywords

art psychotherapy, social care settings, carers' wellbeing, action research, service development

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