

CREATIVE ARTS THERAPIES SPACE



Therapy that meets you where you are

07344280636

43-45 Easter Road EH7 5PL

referrals@creativeartstherapiesspace.co.uk

WHAT ARE CREATIVE THERAPIES?

Creative therapies are talking therapies which use elements such as **art, movement** or **sound** and are led by HCPC-registered therapists.

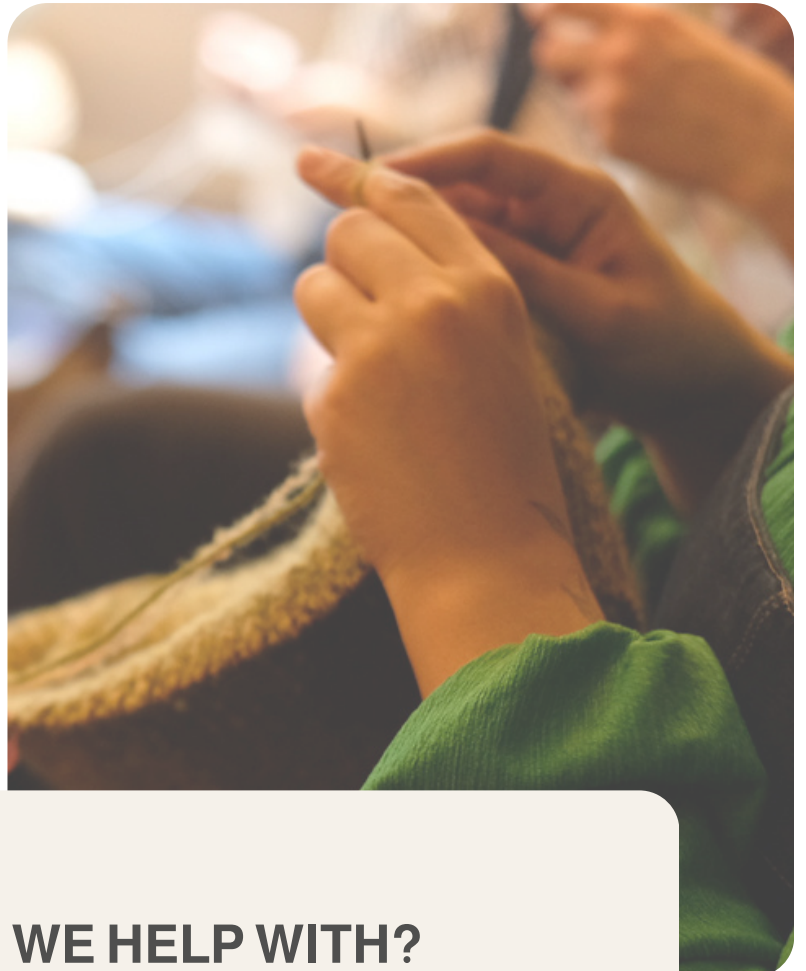
CLICK HERE!

[LEARN MORE ABOUT CREATIVE ARTS THERAPIES](#)

THERAPY AT CATS

Therapy can be **short-term** or **longer-term**.

At CATS **we offer** *where possible* **choice** on type of therapy, rate, time, and on therapist.



WHAT CAN WE HELP WITH?

Creative therapies can support people moving through anxiety, stress, low mood, overwhelm, and life transitions amongst many other things. By offering three **free initial consultations** we give you the opportunity to understand whether our therapists are a right fit for you.



ACCESS & COST

We believe in the benefit of therapy and in creating spaces that offer **financially accessible options**

As such we offer **sliding scale rates**, **free** initial consultations and limited spaces for **Pay-What-You-Can** Time Limited Therapy.

(we are still working on being accessible in other ways- find out more about **[accessibility at CATS here](#)**).

NOT SURE ABOUT THERAPY JUST NOW?

Sometimes community is all that is wanted and needed. We also run creative events and community art sessions.

CLICK HERE!

LEARN MORE ABOUT OUR EVENTS



USEFUL INFORMATION

Our referral process is pretty straightforward you can see how it works by clicking [here](#)

You start by filling in our [referral form](#). You can refer yourself or someone you know (with their consent).

We will then get in touch and ask you to complete a **triage form**.

If therapy at CATS feels like a good fit, we will share a list of available **CATS therapists** based on your preferences.

You can then choose who you would like to book a free initial consultation with, after which you can decide whether to start therapy or meet a different therapist.

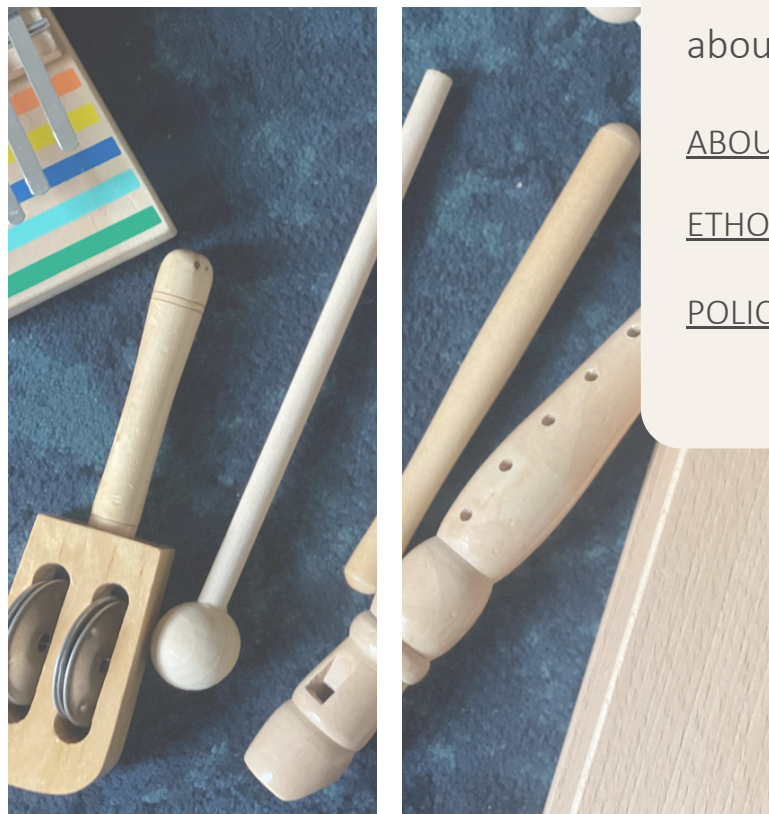
CLICK TO
[MEET THE TEAM](#)

If you would like to know more about CATS and the ways we work, including our ethos and values you can find out more about us through the following links:

[ABOUT CATS](#)

[ETHOS VALUES AND PRINCIPLES](#)

[POLICIES, PROCEDURES & OTHER INFORMATION](#)



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