

ART PSYCHOTHERAPY

Aisling Fegan, HCPC registered art psychotherapist
communityarttherapist.com

Offerings

From my art therapy studio in Newark, I offer art psychotherapy in person and online. Sessions are available weekly during term-time for adults and young people. I also offer Community orientated supervision for therapists and socially engaged people.



What is art therapy?

Art therapy (known as art psychotherapy) is a form of psychological therapy that uses creative practices like drawing, painting and sculpture to express thoughts and feelings.

Art therapy is not dependant on spoken language so it is suitable for all ages. It can be particularly useful for people who have experienced trauma, injustice, displacement, abuse, low mood, eating problems, worry and loneliness. Art therapy can enable people to process the difficult of life experiences, deepen self-awareness, develop healthy relationships and grow confidence.

You do not need to have any particular skill in art to make use of the art therapy. You do not even have to make art in sessions! Any artwork made is confidential.

About me

My name is Aisling (pronounced Ash-ling) and I am HCPC registered art psychotherapist. I mostly work with the affects of institutional abuse, statutory failures and transgenerational trauma.

I have extensive experience working with survivors of abuse, trauma, domestic and political violence, climate anxiety, depression, disordered eating and diasporic experiences. I am experienced in Community incident response, disaster recovery and during the covid-19 pandemic, I worked as an art psychotherapist within the tv and film industry.



Prices

- I offer an initial 30-minute conversation, free of charge.
- Individual Art Therapy (Self-funded): £60
- Individual Art Therapy (Organisations, Local Authority & Pay-it-Forward): £80

CURIOUS ABOUT ART THERAPY?

Learn more by scanning the QR code or email me to arrange time to talk.
communityarttherapist@gmail.com

