

# COMMUNITY ART THERAPIST

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## PROFESSIONAL MEMBERSHIPS

Registered art psychotherapist, [Health Care Professionals Council](#), Registration Number: AS15235

Full Member, [British Association of Art Therapists](#)

Associate Membership, [Group Analytic Society International](#)

## EMPLOYMENT

Founding studio member of Coreset, Newark, Sept 2023 – Present

Art psychotherapist, [icap immigrant counselling and psychotherapy](#), Sept 2020 – Present

Art therapist and supervisor / inter-vision in private practice, Sept 2016 – Present

Lived experience consultant, University of Roehampton, London, July 2016 – Jan 2022

Art psychotherapist, [Solas Mind](#) (*Film and TV production industry*), Jan 2021 – Oct 2021

Art psychotherapist, [The Schoen Clinic, Chelsea](#), Aug 2020 – May 2021

Studio manager, [Studio Upstairs](#), Croydon, London, Sept 2017 – Aug 2020

[Latimer Community Art Therapy](#), London (*Grenfell Tower fire, community-led response*)

- ❖ Clinical lead, Creative Respite Service, Victoria & Albert Museum, Sept 2019 – April 2020
- ❖ Art psychotherapist, Whitchurch House Older Adult Sheltered Housing, June 2019 – April 2020
- ❖ Interim operations manager, Oct 2017 – July 2018
- ❖ Art psychotherapist, Al Manaar, Muslim Cultural Heritage Centre, July 2017- July 2018
- ❖ Art psychotherapist, St Charles Catholic Primary School, June 2017 – April 2020
- ❖ Clinical lead & art psychotherapist, Henry Dickens Centre, June 2017 - April 2020

Senior dementia adviser for Kensington and Chelsea, Age UK Kensington and Chelsea & CNWL NHS  
Memory Service, London, Nov 2016 – Aug 2017

Support manager & art psychotherapist, [SweetTree Home Care Services](#), London, Sept 15 – Nov 16

Trainee art psychotherapist, Shaftsbury Clinic, NHS, London (*Forensic Services*), Sept 14 – May 15

Trainee art psychotherapist, Trelawn House, Cranstoun, London, (*Therapeutic Community for  
addiction, childhood sexual abuse specialists*), Sept 2013 – May 2014

BBC Children in Need Sponsored Art Teacher, [AFRiL: Action for Refugees](#), London, Aug – Nov 2013

Outreach worker, Activity Plus (*Korsakoff specialists*), Housing 21, London, July 2012 – Sept 2015

Learning support worker, Swiss Cottage Specialist SEN School, London, Sept 2011 – July 2012

Voluntary art teacher, The Bray Lakers Charity, Ireland, Aug 2010 – Sept 2011

## FORMAL EDUCATION

Supervision Training, London Art Therapy Centre, May – Dec 2024

Qualifying Course - Year 1, Group Analysis India, Aug 2022 – Aug 2023

International Diploma in Group Work, Group Analysis India, London, Aug 2021 – July 2022

Foundation Certificate in Group Analysis, Institute of Group Analysis, London, Oct 19 – July 20

MA in Art Psychotherapy (with Distinctions), Goldsmiths University of London, Sept 2012 – June 2015

Degree in Model Making and Design for Film and Media, Institute of Art, Design and Technology Ireland (Sept 2004 – May 2007)

## ASSOCIATIONS & PUBLIC ENGAGEMENTS

Associate Membership, Institute of Group Analysis, London, 2020 to Jan 2024

Artist, Mirrors of the Mind 11: The Psychotherapist as Artist: From Chaos to Coherence, Online Exhibition hosted in Los Angeles, Nov 2022

Author, Normal Rules Do Not Apply: Early thoughts on the use of large groups. Published in Group Analytic Society International: Contexts, March 2021

Author, Together in the Storm: The use of group analytic large groups during the covid-19 pandemic, Published in Art Therapy Online Journal, March 2021

Educator, UCL Presentation: What is Art Therapy? BA Fine Art students from Chelsea College of Arts (Feb 2021)

Artist, Mirrors of the Mind 9: The Psychotherapist as Artist, Online / Los Angeles, Nov 2020 – Nov 2021

Author, How Can Art Therapy Help During the Covid-19 Pandemic? Welldoing.org, June 2020

Artist, Art and Healing Exhibition, Sept 2013 – Sept 2018

Artist, The Space in Between: MA Art Psychotherapy exhibition 2015. Goldsmiths, University of London.

Artist, Below the Surface: MA Art Psychotherapy Exhibition 2014. Goldsmiths, University of London.

## CONTINUING DEVELOPMENT

- ❖ Group member, The Alternative Large Group, Hank Nunn Institute, India, Weekly, March 2020 – ongoing

- ❖ MAD Studies Symposium, interdisciplinary innovation in mental health. 9<sup>th</sup> December 2024.
- ❖ MAKING A RUKUS! BLACK QUEER HISTORIES THROUGH LOVE AND RESISTANCE, Exhibition. Somerset House. 22<sup>rd</sup> October 2024
- ❖ Imran Perretta: A Riot In Three Acts, Exhibition. Somerset House. 22<sup>rd</sup> October 2024
- ❖ What does Palestine reveal about the Psy disciplines? Healing Justice London. 22<sup>nd</sup> Oct 2024
- ❖ What keeps a democratic community ticking?: HHG 'EiC' 3<sup>rd</sup> annual event, 11<sup>th</sup> October 2024
- ❖ Newark's Festival of Creativity, (Local festival of arts and historical creative practices) 5<sup>th</sup> October 2024
- ❖ Francis Alÿs: Ricochet, Barbican Art Gallery, August 2024
- ❖ Psychoanalysis: East and West, Group Analysis India, Anup Dhar, June 2024
- ❖ The Consortium for Therapeutic Community's Lived Experience Network (LEN) Group, May 2024
- ❖ SHAPE: The unfolding catastrophe in Gaza and the deepening regional and global crisis, May 2024 (Webinar)
- ❖ Paradise Lost? The Climate Crisis and the Human Condition. Paul Hoggett, Group Analysis India Events, May 2024
- ❖ Jean-Paul Sartre: The Road to Freedom (Human All Too Human). Documentary, May 2024
- ❖ Equality, Diversity and Inclusion (EDI) Advisory Group. Participation, May 2024
- ❖ Yoko Ono Music of Mind, Tate Britian Exhibition, March 2024
- ❖ Women In Revolt! Art and Activism in the UK 1970-1990, Tate Britian Exhibition, March 2024
- ❖ The Consortium for Therapeutic Communities, Conference, February 2024
- ❖ Decolonising your practice - white-id clinicians, Silvana Espinoza Lau, February 2024
- ❖ Tension between China and the Western World, EPIC, February 2024
- ❖ Nature based art therapy: principles and practice, BAAT, February 2024
- ❖ Embedding the updated HCPC standards of proficiency, BAAT, Jan 2024 (Recording)
- ❖ Working with Phone Photography presented by Mark Wheeler, London Art Therapy Centre, Nov 2023
- ❖ The Climate Book Group, Reading Group, weekly Oct – Dec 2023
- ❖ Updated HCPC standards – all you need to know, BAAT, October 2023
- ❖ BAAT Conference 2023, British Association of Art Therapists, Nov 2023
- ❖ Decolonial Psychiatry: Reconceptualization of Mental Health in the Context of Palestine with Dr. Samah Jabr (Palestine), International Students of Psychology, Nov 2023
- ❖ Safeguarding: A Workshop on Ethical Dilemmas In Private Practice, West Midlands Institute of Psychotherapy, 21<sup>st</sup> October 2023
- ❖ DELLU BY ENAM GBEWONYO, New Art Exchange, Nottingham, October 2023
- ❖ All-Island Reflective Citizens Ireland, Irish Group Relations Organisation (IGRO) 14<sup>th</sup> Oct 2023

- ❖ Cultures of Enquiry? HHG 'Experiences in Communities' second annual event, The Henderson Heritage Group, October 2023
- ❖ Presence, Self-disclosure, & the Use of Imagination in Online Therapy, Zur Institute, Sept 23
- ❖ Transforming Eco-anxiety Workshop, Full Circle Change (Ireland based), August 2023
- ❖ Race and Class under Patriarchy: A Conversation and Discussion, IGA London, July 2023
- ❖ Dear Earth, Art Exhibition Hayward Gallery, July 2023
- ❖ Decolonising Group Analysis and Much of Western Psychotherapy, July 2023
- ❖ Building Confidence (Children), Life Education Centre Nottinghamshire, July 2023
- ❖ Stress Management (School & children), Life Education Centre Nottinghamshire, July 2023
- ❖ Anxiety in Children, Life Education Centre Nottinghamshire, June 2023
- ❖ What is anxiety and where does it come from? Life Education Centre Nottinghamshire, June 23
- ❖ Cross roads: where next for Northern Ireland? Irish Group Analytic Society and the Institute of Group Analysis London, Jan 2022 – December 2022
- ❖ The Living Legacy - The HHG 'Experiences in Communities' first annual event, October 2022
- ❖ Intergenerational Haunting: Echoes, Silences and Dissociative States of Mind, icap and the Irish Forum for Counselling and Psychotherapy Annual Conference, November 2022
- ❖ 'Thinking about Gender', icap and Debbie Toksvig, Psychodynamic Psychotherapist, Sept 2022
- ❖ Alok Vaid-Menon, Beyond the Gender Binary, Liberty Hall Theatre, Dublin, August 2022
- ❖ The Vast Silence Exploring Loss, Grief, and Healing in the Irish Diaspora Conference, Siobhán McGee, Jane Haberlin, Professor Oonagh Walsh, Dr Michael O'Loughlin, and Kerri ní Dochartaigh, June 2022
- ❖ De-Colonising Group Analysis: What Are We Fighting For? Group Analytic Society International, Nov 2021
- ❖ Parent-Infant Art Therapy Groups, 2 days. British Association of Art Therapy, Sept 2021
- ❖ Connecting Globally, Monthly online artmaking group for art therapists, May 2020 – Aug 2021
- ❖ What's happening in the North? Good Friday Agreement & Brexit. What Next? Institute of Group Analysis, June – Dec 2021)
- ❖ The impact of Homophobia on Mind, Body and Soul, Group Analytic Society International, July 2021
- ❖ On Disappointment: promoting ordinary conversations for, and in, extraordinary times? Institute of Group Analysis, June 2021
- ❖ From a Woman's Point of View... how internalised misogyny affects relationships between women: 44<sup>th</sup> Annual Foulkes Lecture by Sue Einhorn, May 2021
- ❖ Whiteness in Group Settings, Institute of Group Analysis, May 2021
- ❖ Dismantling Whiteness Conference, Oxford Centre for Religion and Culture, London, April 2021
- ❖ Black Consciousness, The African History Project, April 2021

- ❖ *No room at the inn?* Re-imagining social inclusion at the intersections between climate change, globalisation, homelessness, and human migration, Institute of Group Analysis, London, March 2021
- ❖ *Service Users and Psychotherapy: A Personal Journey*, EPIC, March 2021
- ❖ *Ethics & Psychotherapy*, Institute of Group Analysis India, March 2021
- ❖ *Treating Black Women with Eating Disorders*, Orri Specialist Treatment for Eating Disorders, March 2021
- ❖ 'Money Talks – Are We Listening?', icap and Tom Bradshaw, Psychoanalytic Psychotherapist, Feb 2021
- ❖ *GDPR, Safeguarding Essentials, Equality, Diversity and Inclusion, Health and Safety, Home-working*, Roehampton University, Jan 2021
- ❖ *Reflecting on the implications of Brexit and American trade for the Good Friday Agreement (GFA) and Hiberno-British/Anglo-Irish relations in a new decade, in a new Europe*, Irish Group-Analytic Society and UK Institute of Group Analysis, Dec 2020
- ❖ *Taking the Group (Really) Seriously: Race, Racism & Group Analytic Psychotherapy*, Farhad Dalal, Group Analysis India, Dec 2020
- ❖ *Laing and Existentialism*, Philadelphia Association, Dec 2020
- ❖ *Data Protection, Webinar: Keep data flowing at the end of the UK's transition out of the EU*, Information Commissioner's Office, Dec 2020
- ❖ *The Irish and Racism*, icap and IFCP Clinical Conference, Nov 2020
- ❖ *Intersectionality and Group Analysis*, Dr Surya Nayak, The Institute of Group Analysis, London, Nov 2020
- ❖ *Facilitating Conversations - Working with collective trauma in groups using the arts*, Anthea Benjamin, British Association of Art Therapists, Oct 2020
- ❖ *Adult Safeguarding Training*, icap London, October 2020
- ❖ *Certificate: An introduction to working with people with eating disorders and body dysmorphia*, Tavistock and Portman NHS Foundation, London, Oct 2020 – June 2021
- ❖ *The Psychological Effects of Racism*, Freud Museum London, October 2020
- ❖ *Art Therapy and the New Normal*, Dr Neil Springham, British Association of Art Therapists, Oct 2020
- ❖ *Medicating Normal*, PLUS Perth, Angus Voices and Dundee Healthy Minds Network, October 2020
- ❖ *The Languages of Groups: the power to include and exclude*, GASi Online Symposium, Sept 2020
- ❖ 'Do Black Lives Matter?', The Institute of Group Analysis, London, July 2020
- ❖ *The Political Mind Seminar on Racism*, The Institute of Psychoanalysis, London, July 2020
- ❖ *Art Therapy Groups Online & In Person with PPE*, British Association of Art Therapists, July 2020

- ❖ Online Group Psychotherapy: Theoretical, Practical and Legal Considerations, Zur Institute, June 2020
- ❖ Safeguarding Adults Level 3, NHS Health Education England, June 2020
- ❖ Dr Bessel van der Kolk on the Global Coronavirus Crisis, Steering ourselves and our clients through New & Developing Traumas, April 2020
- ❖ Coronavirus - Considering our Responses and Responsibilities, Online Events CPD, March 2020
- ❖ Sensorimotor Psychotherapy from a Distance: Engaging the Body, Creating Presence, and Building Relationship in Online Therapy, Sensorimotor Psychotherapy Institute, March 2020
- ❖ From Circle to Screen: on conducting group therapy online; Haim Weinberg, PhD, Group Analysis Society International, March 2020
- ❖ Can I Work with Children & Young People Online? Online Events CPD (March 2020)
- ❖ IAPT CONNECT 2019 Conference, Sept 2019
- ❖ The Cognitive Behavioural Tsunami; Managerialism, Politics and the Corruptions of Science. Farhad Dalal, Group Analyst, The Institute of Group Analysis, London, April 2019
- ❖ Safeguarding Children Level 3, Safeguarding Adults Level 2, CNWL NHS Trust, London, May 2018
- ❖ General Data Protection Regulation, Age UK Kensington and Chelsea, August 2017
- ❖ Advocacy Training, Age UK Kensington and Chelsea, July 2017
- ❖ Risk Assessment, Managing Health and Safety, Fire Safety, Age UK Kensington and Chelsea, Aug 2017
- ❖ Equality & Diversity Training, Age UK Kensington and Chelsea, August 2017
- ❖ Learning Disability and Dementia Conference, MSNAP | Royal College of Psychiatrists', London, April 2017
- ❖ Hoarding and Self-Neglect Conference, London, March 2017
- ❖ Mental Capacity Act, CNWL NHS Trust, London, Feb 2017
- ❖ Lone Worker Train the Trainer, Skills for Care, Aug 2016
- ❖ Supervision and Appraisal Training, Skills for Care, April 2016
- ❖ Gold Standards Framework, End of Life Training, SweetTree Training Academy, London, Jan 2016
- ❖ Cognitive Stimulation Therapy Training, CNWL NHS Trust, London, Nov & July 2015
- ❖ Co-Production Course, Service User Involvement and Evidenced Based Co-Design Training, British Association of Art Therapists, London, Oct 2015
- ❖ Jewish Way of Life, SweetTree Training Academy, London, September 2015
- ❖ TEACCH Specialist Autism Training, Gary Mesibov (supplied by Camden Council), London, May 2012