

## Online Art Therapy Group

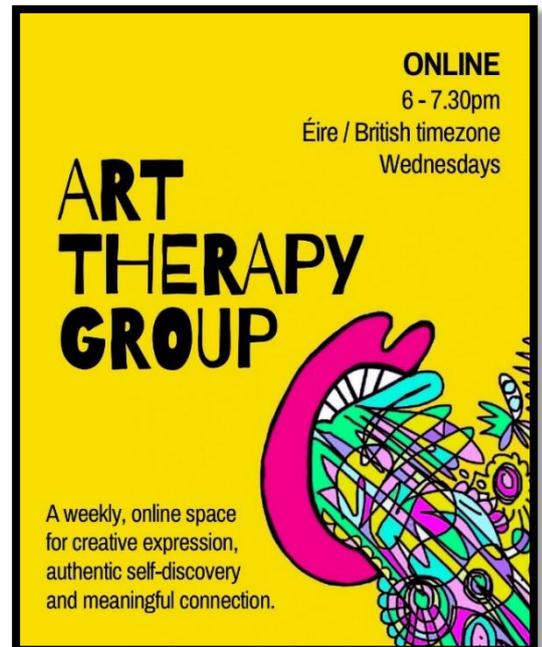
6 – 7.30pm, Wednesdays during term-time  
with Aisling Fegan, HCPC registered art psychotherapist

This is a weekly, online art therapy group for adults seeking an outlet for creative expression, discovery and meaningful connection. This group is currently being advertised in Ireland and Britain. So, we are meeting across the Irish Sea.

The group will run weekly during term-time, with breaks at Easter and Christmas and for the month of August. This is a queer friendly and neurodivergent affirming space. There will be a maximum of 8 people.

The group costs £30 per week.

To join, contact Aisling on [communityarttherapist@gmail.com](mailto:communityarttherapist@gmail.com). Before starting the group, Aisling meets group members individually for 30-minutes, online and free of charge.



### What is Art Therapy?

Art therapy (also known as art psychotherapy) is a state registered (HCPC) psychological therapy that uses art as the primary mode of communication. It offers a different way to explore what you're experiencing. Through creative expression—drawing, painting, collage, sculpting—you can communicate and process thoughts and feelings that might be hard to put into words. Sessions are non-directive, non-judgemental and confidential.

You don't need to be artistic. The focus isn't on technical skill or making something that looks nice - it's about the creative process itself. What emerges as you work, what you discover, and how making art can help you work through difficult emotions and deepen self-awareness. You don't even have to make art in every session.



### About Aisling

Aisling Fegan is an Irish artist and HCPC-registered art psychotherapist based in the East Midlands of Britain. Aisling primarily works with people navigating the effects of institutional abuse, statutory failures, and transgenerational trauma. Her work is grounded in psychodynamic theories, group analysis, and the spirit of therapeutic community. She became an art therapist because of her own lived experiences of neurodivergence and mental health. Learn more about Aisling's work [here](https://communityarttherapist.com).

Website: [communityarttherapist.com](https://communityarttherapist.com)