



Online Art Therapy Group

6–7.30pm, Wednesdays during term-time

This is a weekly, online art therapy group for adults seeking an outlet for creative expression, discovery and meaningful connection. Facilitated by Aisling Fegan—an HCPC-registered art psychotherapist and clinical supervisor—this group is particularly suited for art psychotherapy students seeking an accessible and supportive space for their own personal therapy.

WHAT IS ART THERAPY?

Art therapy (also known as art psychotherapy) is a state registered, psychological therapy that uses art as the primary mode of communication. *You don't need any particular skill in art — it's about the creative process.* 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. Uncover what emerges and what you discover as you create. Through art, you can work through difficult emotions and deepen your self-awareness.

WHO IS THE GROUP FOR?

This group is for anyone who feels ready to create and think together with others — bringing your own experiences, ideas and reflections into a shared space, and staying open to what others bring in return. It asks for a willingness to listen, to be respectful of different experiences, and to hold what's shared by fellow group members with care. It is a queer friendly and neurodivergent affirming space.

Cost £40 per week / £533 per term

Group size Maximum 8 people

Before joining Group members meet with Aisling individually

To join Email Aisling on communityarttherapist@gmail.com

ABOUT AISLING

Aisling Fegan is a HCPC-registered art psychotherapist based in the East Midlands (Britain). Primarily working with people navigating the effects of institutional abuse, statutory failures, and transgenerational trauma, her work is grounded in psychodynamic thinking, group analysis, and the spirit of therapeutic community. She is an advocate for lived experience led learning and community-led activism.

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