BELOW THE SURFACE

MA Art Psychotherapy exhibition
2014

Private View Thursday 19 June 2014, 6pm-9pm
Exhibition Fri 20 - Tue 24 June 2014
10 am - 5pm, Free entry

*White Head Building
Richard Hoggart Building and Kingsway Corridor,
New Cross, London, SE14 6NW, UK

*Extends until Sun 29 June.
MA Art Psychotherapy

Art psychotherapy places image making at the center of the therapeutic relationship. It involves a process where people explore experiences to gain insight and understanding of themselves and others. MA Art Psychotherapy Students are immersed in working with the imagination and their own art practice is an important part of training. This exhibition gives insight into the emotional and relational processes that are encountered in the work and invites the audience to engage in looking below the surface.

Dr. Jill Westwood
Program Convenor
Emma Addison-Thomas

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Title: ‘Handstand next to Katharine’s painting’ - 2014

Media: Mixed media cut Photograph

Form: 1 X A3 2D framed/mounted photograph.

Artist statement:
My practice orbits around montage/collage and object based works. Discussing notions of media and personal archive, I use insertion or removal of visual stimulus from found images and or my own photography to shift accounts of how we objectively exist, frequent space and communicate personal narrative. In conjunction with this, I am increasingly engaged with the process of creativity and performance as a means to explore and re-present issues of conflict and event – global/personal/fictional. Work representing the person ‘alone’ runs parallel with a body of ongoing work, concerned with the physical manifestation of crowds and objective composition of groups.

Jono Allen

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Title: 1. Family
2. Drawing table

Media: 1. Canvas, acrylic paint
2. Selected drawings on paper, cardboard

Form: 1. 1 x Canvas – 1.5m x 1.5m
2. Small table (1m x 50cm) with drawing books

Artist statement:
What represents a family? What can a family represent?
Sara Barjakly
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**Title:** Within

**Media:** Water Colours on paper/ Papier-mache ball

**Form:** Floor and wall space - frame dimensions: 43x43 cm

**Artist statement:**
The image of a circle depicts the fragile walls of the womb. Within these walls lie the emotions and experiences of different stages in life.

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Emma Louise Bennett
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**Title:** Bubble Series

**Media:** Watercolour pencils on watercolour paper

**Form:** Trio of paintings (297mm x 210mm), Perspex framed (337mm x 250mm)

**Artist statement:**
‘it takes just a few puffs of air to create our ‘bubble’ of life, we watch the magic for a while, then finally one ‘pop’ and were done!’ (Rayerson 2013)

‘Bubble Series’ symbolises protection and tranquility whilst also serving as a visual metaphor for the fragility of life and the vulnerability I have both witnessed and experienced whilst training within a palliative care setting. As trainee art therapists we open ourselves up to painful experiences; we rediscover and expose ourselves to the pain of our patients. We face our weaknesses as well as our triumphs.
Paula Boyle

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Title: 'The Mess of Grief'

Media: Paint, Glitter and mixed media.

Form: Drawing/painting (size undecided as yet) to hang on the wall and a table/area beneath displaying mixed media and art making tools.

Artist statement:
'The death of a sibling means the loss of a playmate, confidante, role model and friend. Nothing can prepare the survivor for such a myriad of losses'. (Davies 1995)
During my second year on placement with a children's hospice I encountered emotional and practical challenges. Containing the therapeutic boundaries whilst working with a bereaved sibling proved problematic with constant intrusions and difficulties facilitating 'mess making'. Glitter became an irritation for the primary school where therapy took place, leaving evidence of messy emotions. This left me wondering about the mess of children's grief and where it can be contained and tolerated beyond the safety of the therapeutic space.

Claire Brett

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Title: Eros and Thanatos

Media: Mixed media

Form: 2 canvases (80cm x 60cm)
       1 wooden box 2 clay tiles.

Artist statement:

Ceila

When I am sad and weary
When I think all hope has gone
When I walk along High Holborn
I think of you with nothing on

Adrian Mitchell

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You are my shelter from death's shadow,
Our warm glow pushing back the night
But when I glance behind
Death's looming silhouette, sharpened in the light.
Title: Child's Play
"Even a minor event in the life of a child is an event of that child's world and thus a world event"
Gaston Bachelard

Media: Photography

Form: 6 framed photographs 7x5 inches

Holly Caldecourt
Holl_c@hotmail.com

Allegro Carpegna
allegradicarpegna@hotmail.com

Title: You, Woman

Media: Clay

Artist statement:
This piece emerged from a conversation I had with the mother of one of my clients. It surprised me greatly and I find it difficult to look at now. It makes me contemplate the violence, in all its many forms, perpetrated against women throughout the ages, and why this is?
Allegra Carpegna

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Title: MORPH

Media: Pencil

Artist statement:
This drawing I did whilst reflecting on disability.
I remembered a quote I had read in which the writer reflected on the importance of remembering the essence of an individual, that which lay beyond labels and appearance.

Sophia Catchpole

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Title: Untitled ll & III, 2014

Media: Clay

Form: A4 photograph framed
      Bowl W 30cm x H 13cm

Artist statement:
"What it is I do not know; what it is I do not need to know; what it means I do not know; what it means I need to know."
Natalie Chesterman
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Title: Seeds sown
Media: Mixed media
Form: Installation

Samantha Chilvers
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Title: ‘Infection Control’
Media: Digital Painting
Form: Printed and framed image approx 30 cm x 20 cm

Artist statement:
During this year I have followed a line of enquiry exploring the role of digital art within art psychotherapy. This has been informed by my placement in the setting of medical oncology, working with a client group with specific infection control needs. In this piece I consider the observed hazard and management of seemingly non-threatening objects such as fresh cut flowers brought by visitors and traditional art materials within this specific context.
Mandy Cowell

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www.fragilephantasy.blogspot.com

Title: “Exposed”
Media: Mixed media on canvas
Form: A2

Artist statement:
This work symbolizes my own feelings towards the first year on the course. I am releasing my true self, which has been concealed. The struggle and success of learning and understanding my emotions throughout therapy is revealed by rubbing and itching away my outer layers of skin to expose the sparkling glitter underneath. The outer skin represents my anxieties and the glitter expresses my happiness, ambition and new found confidence.

Malgorzata Czerwien

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m.czerwien88@gmail.com

Title: Faith, Hope, Love

Media:
Photography & photocopies of original paintings:
Raphael; ‘two angels from’ Sistine Madonna’ (1512)
Caravaggio; ‘The Incredulity of Saint Thomas’ (1601-02)
Jan Vermeer; ‘The Precious’ (1622)

Form: 3 x A3 framed works- need to be mounted next to each other.

Artist statement:
“Faith, Love, Hope”
Getting below the surface of old fine art masterpieces is not only entertaining but it allows us to extract the reality of the painting to the here and now. It reconnects us with the past and gives the painting new life though its recreation. Consequently, the new image embodies the perpetual aspects of live, which have been accompanying humanity throughout centuries and are present now within the therapeutic space. Being playful and able to immerse myself in the creative process has been a crucial factor in becoming an art psychotherapist.
Liz Dalton

Title: “Mess”
Media: Pastels and collage
Form: 24cm x 9cm

Artists statement:
The images shown in the exhibition are a reflection of the artistic and emotional journey I went through, in the Experiential Art sessions. I made them in response to particular themes, from an initial temptation to make a liberating Mess (and to experience any therapeutic value in doing this), to more concealed feelings in Pattern making. Also, Intuitive marks made in reaction to others drawings in collaboration. The last image- Graded reminds the viewer of the continuous assessment during this time. I found making art in the group has been my preferred way of working. Being in company whilst making is inspiring and the insight gained in the ensuing discussions has led to greater self knowledge and understanding of others, in the group.

Tracey Elliott

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Title: Magic Carpet
Media: Photograph
Form: Approx 30 x 42 cm – this may change.

Artist statement:
This is a reflection on ideas of home, family and the potential of a space to explore layers of identity, shared experience and meaning. A series of frames describes an experience of the significance of boundaries within art therapy and integrated within the work is a section of carpet from my family home, a container for aspects of my own personal journey whilst being an art therapy trainee.
Katherine Fallows

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Title: 'Roberto'

Media: Irish Linen, French linen, silk, wire, Fabio’s (poodle) hair, string, amber, silver

Form: 47x37x44cm

Artist statement:
'Roberto'
My work is influenced by my 'transitional object' I had as a child – Roberta. In marking the end of this 2-year Art Psychotherapy course I have made an object, in which I feel bridges my transition from the containing/mothering environment of Goldsmiths into an external space outside the course. Artist of Influence – An Australian artist Linde Tjimmy who uses materials such as turkey and chicken bones, skin, natural fibres.

Michele Fazakerley

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Title: unwind

Media: Oil on canvas

Form: 100 x 140

Artist statement:
The creativity in therapeutic space permits a sort of time travel that can change the future
Title: ‘Existence outside isolation’
Media: Photography.
Form: 210 x 297 mm

Artist statement:
My clinical placement this year was based in a therapeutic community for the treatment of drug and alcohol addictions. For me, ‘Existence outside isolation’ visually captures a relinquishing of painful isolation and represents the commitment from residents to a group oriented treatment approach.

Title: ‘Oral out-pouring’
Media: Photography and digital media
Form: 210 x 297 mm

Artist statement:
In ‘Oral out-pouring’, while thinking about alcohol consumption and verbal communication, I photographed my own lips in an effort to feel how physical oral movement can translate into relief of pressure.
Aisling Fegan

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**Title:** ‘Visual response to university group supervision’

**Media:** Digitally manipulated image.
Original: Felt-tip pen and paper

**Form:** 210 x 297 mm

**Artist statement:**
My ‘Visual response to university group supervision’ is my reflection on the supervision process.

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Magda Florek

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**Title:** Shared Experiences (2007)

**Media:** Digital film

**Form:** A short documentary film, running time: 4 minutes.

**Artist statement:**
I made this short documentary seven years ago shortly after I had arrived in London. When portraying my protagonist called Nessa, I intended to explore the life of immigrants in London. The central question I asked at the time was: ‘What is the motivation of one, who decides to leave his/her home (family and friends) and exchange these against the unknown, insecure?’ During the process of completion I discovered some parallels between her story and mine. I chose to include the film as a part of this year’s exhibition as I felt that its content is relevant as to where I position myself when considering the issues of cultural differences on my placement in a multicultural inner-city primary school.
Magda Florek
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**Title:** tiny things :: drobiazgi, in search of home  
*(2013-14)*

**Media:** Digital photography

**Artist statement:**
We comfort ourselves by reliving memories of protection. Something closed must retain our memories, while leaving them their original value as images. Memories of the outside world will never have the same tonality as those of home and, by recalling these memories, we add to our store of dreams. We are never real historians, but always near poets, and our emotion is perhaps nothing but an expression of a poetry that was lost. http://www.goodreads.com/work/quotes/2353571  
Gaston Bachelard, The Poetics of Space  
The series of photographs forms my personal exploration on the notion of containment. Having worked with my client who faced the threat of homelessness and deportation inspired me to think of how one can define the experience of HOME. My response was becoming engaged with capturing everyday moments.

Stephanie Frisby
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**Title:** ‘Loss,’ ‘Rudderless Ship’ & ‘Anchor’

**Media:** Clay

**Form:** Three clay sculptures

**Artist statement:**
Art making provided a means of reflecting upon my experiences at placement. I was able to relate the process and product to the placement experience which encouraged further understanding of my patients, of the emotional experience of therapy and the role of the art therapist. These three pieces of work were created during my final year on the MA Art Psychotherapy programme. ‘Loss’ acknowledges the impact of separation and endings in therapy. ‘Rudderless ship’ is a reflection upon the impact of organisational change. ‘Anchor’ acknowledges what and who has provided containment during difficult times on the course.
Clairemarie Gardiner

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Title: I wonder, what is Art Therapy...

Media: Mixed published media

Form: 1 Children's Hardcover book, (Landscape A4- Colour)

Artist statement:
There are so many questions that fills a child's head when they first hear about Art Therapy. This book combines my experiences working with children as a Trainee Art Psychotherapist with my understanding of Art Therapy to assist other clinicians, educators and parents or carers to explore and to some extent answer a few of the many questions children have about Art Therapy.

Cecile Geoffray

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Title: "My unsullied space"

Media: stoneware clay

Form: 20 cm diameter by 30 cm high

Artist statement:
This clay “Golden Cage”, inspired by Hilde Bruch, M.D.’s book on Anorexia Nervosa, symbolises what is not always seen beyond the bony appearance. It represents the internal world of a sacred space the purpose of which is to avoid any form of intrusion in order to remain untainted. Through the use of Art therapy, I was allowed to see this world and witness my client’s feelings hidden inside what looked like a frail body. Attention, loneliness, contamination, mess, emptiness, hunger, control, achievement, helplessness, fear, change, body, mind are words that altogether resonate with a world divided by conflicts. The artistic expression of these conflicts permitted the complexity of a starving protest to be “seen”. Artwork is an temporary image that supports the work but it is not the actual clay object.
Khalil Ghulamali

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Title: Untitled

Media: Multi media

Form: Clay piece- 20cm long
Wooden frame- 40cm x 40cm

Artist statement:
My experience of the year has been anxiety provoking yet insightful. This piece shows how exposed, small and insecure I felt during the process and the distance it created between the 6 walls of the university experience.

Jenny Gibbons

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Title: Saturated (2013-2014)

Media: Mixed media installation; paper towels, ink, finger paint, acrylic paint and chalk pastels.

Form: Site specific installation, approx. 1m x 2m

Artist statement:
I have collected these discarded paper towels throughout my placement this year in a girls secondary school. Collecting these became an enactment of something, the memory of the session, carrying them with me, taking them from the bin and treasuring them. They brought tear sodden tissues to mind which resonated with holding the emotional work of my clients. The disposable quality of this material seems appropriate for working with adolescents; the heightened emotions; changeable and stormy. The colour held in this work resonates with the ultimate transition of adolescence; childlike primary coloured finger paint to the blood red of menstruation and adulthood.
Becky Greenwood

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Title: Teddy and the City

Media: Acrylic and collage on wood

Form: Flat, wall-mounted, approx. 70cm height and 20cm width.

Artist statement:
The art is a reflection on my first experiences of client work as a trainee Art Therapist with children.

Pihla Gross

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Title: Mind Botany –
Seed of Fear
Seed of Hope
Seed of Loss
Seed of Change

Media: Mixed Media
(Inks, Watercolours, Acrylics, Pencils)

Form: 4xA4

Artist statement:
These works are inspired by the themes of 'Loss', 'Fear', 'Hope' and 'Change'. The themes reoccurred in different contexts within client work as well as being inherent to the human condition. My aim has been to give them a tangible form inspired by botanical illustrations of seeds and flowers.
Louise Higgs

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Title: ‘Below the (political) Surface’.

Media: Film - Duration: 2.50 secs

Artist Statement:
The underlying narrative of power.

Catherine Hollens

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www.catherinehollens@nailinthewall.com

Title: A Fine Mess

Media: Photography

Form: 2 framed photographs - 45x45cm each

Artist statement:
‘A Fine Mess’ is a series of self-portraits taken during my first year on the MA Art Psychotherapy programme. Learning to work with ‘mess’- both physically and emotionally – has been a fundamental part of the process. The experience has informed my work as a fine artist and is reflected in these images.
Marina Ioannou

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**Title:** Self-portrait

**Media:** Acrylic

**Form:** 59.4 cm x 84.1 cm

**Artist statement:**

*Macbeth:* How does your patient, doctor?

*Doctor:* Not so sick, my lord, as she is troubled with thick-coming fancies that keep her from rest.

*Macbeth:* Cure her of that! Canst thou not minister to a mind diseased, pluck from the memory a rooted sorrow, raze out the written troubles of the brain, and with some sweet oblivious antidote cleanse the stuffed bosom of that perilous stuff which weighs upon her heart.

*Doctor:* Therein the patient must minister to himself.

*William Shakespeare, Macbeth*

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Nicola Jefferies

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**Working Title:** ‘Networks’

**Media:** Porcelain clay sculpture

**Form:** In progress

**Artist statement:**

The ‘networks’ with other professionals, clients, family, friends, thoughts, feelings, connections, links, translation and holding other people’s mind in my mind. All existing within my body, with a sense of holding, they are discovered, investigated and worked through. Sometimes making me speechless as I weave through the meaning of each, finding some clarity and then travelling back to the beginning again.
Joy Kirkup

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Title: 'Attachment'
Media: Recycled HDPE milk jugs
Form: H - 41cm, W - 20cm, D - 9cm

Artist Statement:
Looking at the everyday objects that pass through our hands, their core interior qualities, delicacy in repetition and use during moments of intimacy and refection.

Chloe Kubicki

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Title: 1000 Footsteps
Media: 3 minute film
2 16x20 canvases

Artist Statement:
Throughout this training we walk in the shoes of both client and therapist. This for me is a unique and challenging experience. It raised many questions about my identity and role in my everyday life. Being in therapy as a part of my training has given me a space to explore my unconscious. I often experience reoccurring dreams of distant yet vivid childhood memories. These works have allowed me to reenact the past in order to find a pathway towards the future.
Fang-Chun, Kuo

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Title: Happy birthday

Media: Film / Media installation

Form: Film - 5-8 minutes and an Installation related to the film

Artist statement:
There is an imagined “me”, which is created from the unconscious, dream or memories. There is a conflict that I born first or "it", and I create "it" or it creates me. Is my birthday or its birthday? How does the imagined “me” exist? Is that the phantasy or the myth in the story?

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Venus Leung

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Title: The Matryoshka Doll

Media: Watercolour

Form: A3 (to be hanged on wall)

Artist statement:
The container containing the container containing the container containing...
"Matryoshka" comes from the Latin word, mater, which means mother. Traditionally, the outermost one would be a female mother figure and the innermost a baby. Nowadays, however, you never know what surprises you will find until you delve in it.
This series of nesting dolls depicts my experience of training to be an art psychotherapist.
Anna Lichtensteiger

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**Working Title:** 'Surrender/Conquer'

**Media:** Mixed Media Installation
(Clay, plasticine, wooden sticks,
fur, straws, string, feathers, flowers)

**Form:** Site specific installation

**Artist statement:**
This art piece is the conclusion and resolution of a year of exploration and uncertainty. Working with opposing yet unified themes of surrender and conquer, it externalises my internal world and initial experience as a trainee art therapist.
Images are to give an idea of the aesthetic of my work but are not representative of what i will be creating in the space.

David Little

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**Title:** Self-portrait (JB)

**Media:** mixed media on paper

**Artist statement:**
In these “self-portraits” I ask how we come to know ourselves through interactions with others. In my last placement I worked with adult offenders, many suffering from varying degrees of psychosis. Psychosis develops where the self is malformed and feels attacked – in the defence of the self, patients are prone to unrestrained projective identification, leading to deep confusions of identity. As a trainee therapist I often wondered about my own projections, and how I might be splitting off parts of myself and projecting them onto my patients. I began to see aspects of myself manifested in their behaviours; I saw that these people who at first seemed very alien to me were in many ways very similar.
Vicky Lysons

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Title: Internal Landscape; Drawing in the free method (after Marion Milner)

Media: Ink and gold leaf on paper

Form: Framed image, 40 cm x 30 cm

Artist statement:
"In fact the aesthetic experience has modified the wish, moulded a bit of oneself into a new form by giving it a new object: and at the same time it has given a previously indifferent bit of the outside world a new emotional significance." Marion Milner (1950)

Emma MacKinnon

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Title: Where Were You?
Media: Film (5 mins.)

Title: Where Were You?
Media: Collage and ink on paper
Form: Size: A3

Title: I Feel Weak But I Want to be Strong.
Media: Drawing: Charcoal on cartridge paper
Form: Size: A1

Artist statement:
'Where Were You' is a comment on industrial action affecting lectures at Goldsmiths and the need for containment of students and staff by the institution. It is a comment on the marketing of education; our education as art therapists - and education in general. It is also a recognition of my occasional absence as a parent, due to the commitments of the MAAP course over the last 3 years.
Alisa Margolies & Archanas Riswarie

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ar.archanariswarie@gmail.com

Title: From Beginning to End; An Art Therapy Trainee

Media: Video (approx. 3 minutes)

Artist statement:
Throughout our two years of training we've had the unique opportunity to experience many of the same groups together. It is not often that we are able to share a reflective space and experience such deep moments. Despite having come from different races, cultures and backgrounds we still shared some commonalities. With this video we reflect upon the sincerity of the emotions which brewed within our internal world during this process. We found a great importance in understanding feelings of being lost, uncertain and sometimes disoriented and the way in which we each chose to navigate within them. These have shaped us in our journey and the kinds of art therapists which we will become.

Sinead Moloney

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Title: untitled

Media: Mixed media.

Form: Dimensions: 100*100cm panel
Bisha Mistry
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07525932393

Title: Cataclysm

Media: Mixed media on canvas

Form: One canvas painting, 40cm x 40cm, to be mounted on wall.

Artist statement:
Cataclysm is an embodiment of endurance. It is symbolic of the struggle, and the satisfaction that I have experienced as a practicing art psychotherapist during my second year of training.

Alice Myles
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Title: Lacquered Vile 2014

Media: Nail paint and acrylic on board

Form: 36 x 34 cm
Brigid Nee
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**Title:** Shadows

**Media:** Charcoal on Paper

**Form:** Series of four drawings
(roughly 10 inches squared)

**Artist Statement:**
Everyone has a shadow, a past, that follows them around and influences their present. But if your shadow is ignored or dismissed can you change your patterns in life? “One does not become enlightened by imagining figures of light, but by making the darkness conscious.” Carl Yung, 1945

Laura Neiva
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**Title:** Memory Dewlings

**Media:** Paper and acrylic collage
printed on canvas
overlaid with oil, paper
and gold leaf.

**Form:** 1 canvas 30" x 21"

**Artist Statement:**
When textures and shapes metamorphosise taking on a life of their own, art transforms into a physical place and sublimation occurs, something emerges from our internal worlds endeavouring to scream out. The relation between the unconscious and art is unquestionable and art materials are our allies, assisting us in translating feelings that cannot be expressed using verbal methods. ‘Memory Dwellings’ represent this stage of my Art Psychotherapy journey, where I discovered myself revisiting all those forgotten corners of the mind. Creating art from dreams and imagination can be such a fascinating process for a greater understanding of our phantasies.
Nikolaos Petsalis

07455505595

Title: THE ARTISTIC TONGUE

Media: Black pen, black ink, graphite, acrylcs

Form: An A2 framed drawing.

Artist statement:
From the diary of a trainee Art Therapist
Symbols, colors and written words came together to reveal what the human tongue was not prepared to say. We are all so different but so similar at the end of the day. Art practice seems like a human tongue made by rainbow substance. Its saliva is colorful; its texture feels like cloud. I did not have to say much to feel that I really interacted within the group, I would simply create art. Now everyone seems to have their own artistic tongues, they all speak to one another. The more I observe them chatting, the more I understand similarities and differences inside and around me. I do not have to agree with everything I hear. I just need to comprehend the tongues and nourish their desire of being.

Natalie Piper

natalie.noodle@gmail.com

Title: Swan Song

Media: Sculpture and photographs

Form: Umbrella sculpture 60cm x 50 x 50 cm ish to be suspended from ceiling. Accompanying photographs also suspended.

Artist statement:
The swan is created from the table cloth from my placement this year. It wears the only thing that could be physically removed and kept from my time with the clients. Marked and marking the end of the experience.
Laura Pullen
laura@laurapullen.com

Title: Growth and uncertainty
Word Association Tree

Media: Ink and Watercolour on Khadi Paper

Form: "Growth and uncertainty" Four Suspended layers - total dimension of 50 x 55 cm. These layers suspended from the ceiling using cotton thread. Total depth when suspended - 35cm
"Word Association Tree" One framed flat wall hanging; 30 x 23 cm

Artist statement:
By separating the layers and suspending them, I am inviting the audience to look in between the layers and beyond the surface. The experience of doing so may be an uncertain process but it also satisfies the curiosity of the viewer. In this way I am reflecting my growing understanding of the therapeutic process and how by peering in and allowing ourselves to be curious we can begin to unravel the many layers of our identities.

Poppy Richmond Stevens
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Title: Account for me

Media: Wax, glass, metal

Form: Free standing sculpture metal stand,
110cm circular glass dish 20cm circumference

Artist statement:
‘In an ultimate sense I cannot know what I do in this place - yet I do ultimate things. Essentially I cannot know what I do - yet I do essential things’
-Peter Shaffer, Equus
Gwen Rogerson

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Title: A space between

Media: Ceramic

Form: Sculptural piece, max size 50 x 50 x 50 cm.

Artists Statement:
You were born together, and together you shall be for evermore.  
You shall be together when the white wings of death scatter your days.  
Aye, you shall be together even in the silent memory of God.  
But let there be spaces in your togetherness.  
And let the winds of the heavens dance between you.

Love one another, but make not a bond of love:  
Let it rather be a moving sea between the shores of your souls.  
Fill each other’s cup but drink not from one cup.  
Give one another of your bread but eat not from the same loaf.  
Sing and dance together and be joyous, but let each one of you be alone.  
Even as the strings of a lute are alone though they quiver with the same music.

Kahlil Gibran, 'The Prophet' 1996

Rebecca Scofield

beccascofield@hotmail.co.uk

Title: "Nesting Places"

Media: Mixed Media on Canvas

Form: One canvas: 60cm x 60cm.  
Attached image for reference only, 
not image to be displayed

Artist statement:
"Your memories will come if and when it is time for you to remember.  
What we are doing by making art is creating nesting places for the memories to be born into when they are ready." (Hyland Moon, 2002) This description encapsulates my exploration and learning as an art therapy trainee this last year.
Abby Scowcroft
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07964 987334

**Title:** Words and Pictures

**Media:** Mixed

**Form:** Several small collage assemblages.

**Artist statement:**
Finding words and pictures to make pictures then words.

Miranda Sharp
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**Title:** My Bleeding heart

**Media:** Ceramic, mixed media

**Form:** 18 x 10 x 11cm

**Artist statement:**
'My bleeding heart' represents my journey of holding, the clients, their families and my own losses throughout this final year working in paediatric palliative care. McGregor Hepburn (1992) discusses the primitive process of patients needing to be 'held in mind'. She describes this process as 'compelling' and 'disturbing' for the therapist but is perhaps unavoidable and a necessary journey in the practice of art psychotherapy.
Title: Therapy as Art
Media: Multi media
Form: A white lab coat, leaflets, and colour photocopies.

Artist statement:
This is an account of my participation in the art work of another artist. In the summer of 2013 I volunteered as a 'Therapist' as part of Sanatorium an installation by the artist Pedro Reyes at The Whitechapel gallery. I donated some small objects to a collection of objects that were part of one of the therapies in the installation. These objects are now a permanent part of this art work.

Title: Bread
Media: Human hair, PVA glue
Form: Blocks/bricks of hair.

Artist statement:
This piece explores the theme of the body and the object.

Title: Untitled 1914
Media: Plaster and etching
Form: Around 30 ears on a column in jars and 3 prints on wall.

Artist statement:
The ear is a masterpiece realised by our body. In this artwork the ear is de-contextualised from the body and thus from the person. It becomes a detached object. It acquires its own personality when combined with the other ear in the artwork. Together these objects represent a reunion of experiences which left an imprint in my life. These fragmented emotions belong to different realities which find a resolution in the artwork, but not yet in the real world. For this time only, they belong to the same roots.
Taylor Smart
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Title: Hold this for me
Media: Acrylic on Canvas
Form: Canvas = 60 x 80 cm

Artist statement:
The art therapy room and the objects within it contain and hold therapeutic content that changes and evolves with time. This painting attempts to capture the memory of my placement experience, illustrating the therapy room and how formerly inanimate, meaningless objects are now injected with feelings, colour, form, meaning and memory.

Hana Ibis Smeeth
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Title: Let the turkey rest

Artist statement:
Working within child palliative care for two years has been an opportunity for growth, the process is certainly not over. Genuinely connecting to feelings around loss, endings and separation has at times been overwhelming. Watching and waiting; expanding and reflecting on the communication between myself and clients, considering all that is presented. The not knowing is something that has stirred up philosophical and spiritual questions that I continue to ask, but to which I know there are no certain answers. It is a cycle of change, noticing the moment’s in-between, allowing the process, sitting and bearing the unknown.
Christopher Smith

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Title: Anti-climax

Media: Cake performance, Sculpture and Film

Form: Plinth, Cake & Cake Display Case
Filmed performance in exhibition space

Artist statement:
There are three parts to this work; making the cake, filming the cake being dropped, and exhibiting the result. This questions the significance of cake as a way of bringing people together, in a shared moment of positivity. It has also made me think about how this celebration can dismiss other significant realities, where hopes and fantasies have not been fully realized, this reflects part of my experience in placement within a drug and alcohol service and anticipation of my own perfect ending.

Emily Snell

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Title: Oral Artefact

Media: Glazed ceramic, resin

Form: One ceramic/resin sculpture

Artist statement:
Teeth (noun): hard, bonelike structures rooted in sockets in the jaws of vertebrates, composed of a core of soft pulp surrounded by a layer of hard dentin coated with enamel. Used for biting or chewing food or as a means of attack or defense. My work explores the potential of materials to engage the viewer in an experience of bodily sensation. ‘Oral Artefact’ brings teeth into our consciousness, reminding us of the fragile nature of our bodies and our imminent exposure to loss and death.
Ros Taylor
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**Title:** Container I, II, III and IV

**Media:** Ceramics

**Form:**
- I 8x14x6
- II 2x9x7
- III 2x9x7
- IV 2x12x8

**Artist statement:**
The therapist acts as a container to the client, modelling the mother who contains intolerable feelings projected onto her by the infant. She processes them and returns them as something more manageable. These pieces represent this relationship. I see them as a metaphor for ‘containing’ my clients and myself. Their fragility mirrors the vulnerability of both the infant and the client.

Jo Vallis
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**Working Title:** untitled

**Media:** Acrylic on board/canvas

**Form:** A1/2 to be hung on wall

**Artist statement:**
My identities as an artist and trainee art therapist are both in a state of transformation. The artist in me approaches art making from a different place since October; the training at Goldsmiths has allowed me to loosen up artistically, I feel comfortable using materials I once felt were beyond me. I now consider myself a painter.
Stacey Williams

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Title: Mirroring Me, Mirroring You

Media: Water Colour and Acrylic

Artist statement:
This piece is about the merging and mirroring I experienced with a client. I became so consumed by the emotional material in the work and the Final Clinical Report that it was difficult to separate from the ‘other’. I struggled to divide what belonged to me and what belonged to her. Making art became an imperative part of the process.

Kerri Wyatt

Title: "I hear you watching me"

Form: Wall hanging 4ft x 6ft
Li-An, Yang

Title: 1. Every little helps
       2. Why does she need to shout?

Media: 1. Paper box, ping pong balls, paper card, tape, spray
       2. Paper card, spray, toy car, tissue box

Form: 1. One shoebox, 32x23x11 cm
       2. Need to change the batteries, 14x8x28 cm

Artist statement:
“Every little helps” attempts to convey the art therapy that I experienced during my first year placement. It represents the way art therapy worked in a non-verbal, playful, and non-direct but interactive way. Art therapy takes times, and every detail helps although it might not cause a change on the surface immediately. It sometimes stuck, sometimes goes smooth, sometimes falls to a place that both client and therapist don’t expect to.

“Why does she need to shout?” was inspired by one of my clients. She kept asking for attention, but she could hardly believe she got the attention when she really had it. She was difficult for every adult in my placement, but that behavior came from her mother’s severe neglect.

Charlene Lilly Ann Yates

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Title: A Passage of Time
Media: Oil and gloss paint
Form: Unsure but large in size

Artist statement:
During my placement as a trainee art psychotherapist in CAMHS (children adolescent mental health service), I have learnt the importance of reflecting upon a young person’s interpersonal relationship dynamics within their families and the wider society that they live in. This invaluable process of reflection has helped me to facilitate art psychotherapy sessions with children and adolescents. The landscape suggests a manifestation between fantasy and the ambiance of working in a therapeutic relationship. For me this landscape speaks something of the privilege and beauty in being able to embark upon a therapeutic journey with a young person.
Josephine Young

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Title: “In Body”

Media: Acrylic on board

Form: 3’ x 3’ – free standing propped against the wall

Artist statement:
This work embodies the summation of a year of learning to let go. Letting go of cognitive response and allowing a balance of layered experiences to emerge. The mandala has been a constant as I worked towards finding a whole person – the tree is also symbolic of my inner growth. My voice as an artist has often been louder than the whisper of the therapist. “Inner equanimity stems from knowing that it is not things that disturb us but our interpretation of things”. (Schopenhauer)