

# Jean Gascoigne

## Nurture and Grow Your Environment For Everyone

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### PROFILE

I am an Artist, Art Psychotherapist, Jungian Sandplay Therapist, Bereavement Counsellor and Trauma Informed School Practitioner and Trainer. I have many years experience of working with young people and adults within the field of psychotherapy and the arts and am well informed in the need for Trauma Informed Schools/community approaches to be developed across all ages.

I was 16yrs old when I first got involved in working with young people as a member of the Y.M.C.A. I developed my love of youth work both locally in the potteries (Stoke On Trent) where I was born and Internationally through Y.Care International, an overseas project I helped develop in the Gambia. Having left school without any formal qualifications, I returned to formal education in my 30's to attain AS levels through the Access programme. I have not looked back since and going on to train in counselling and then to Art School.

My love of art and counselling provided me with a clear career path into the Arts and Education. After studying at the Institute for Arts in Education and Psychotherapy in London, I went on to Queens University Belfast, to attain an Msc. in Art Therapy. I then progressed into Jungian Sandplay Therapy, training in London with the British and Irish Association of Sandplay. In 2018, I returned to the Institute in London to develop my knowledge and understanding of the impact trauma has on the lives of our young people and qualified as a Trauma Informed Schools Practitioner and Trainer.

However, throughout all the above training's I was always hands on in developing my skills on the front line, working with young people, vulnerable adults and adults from all walks of life.

I have 40 years of experience on the front line and a depth of insight and knowledge in the core theoretical perspectives of the arts, psychotherapy, jungian sandplay and trauma informed practice. In addition using my learnings from research in ACE (adverse childhood experiences), CATT (child accelerated trauma technique) and neuroscience, I can offer bespoke training to reflect what your organisation/school/business requires in order to grow and develop your team to deliver a grounded and supportive approach to trauma informed awareness for service users.

## **PROFESIONAL BODIES**

**Registered Art Psychotherapist Practitioner HPC Health Professional Council UK**

**Sandplay Therapist British and Irish Sandplay Society**

## **EXPERIENCE**

**Art Psychotherapist, Trauma Informed Schools/Community Practitioner and Trainer: 2003 - Present**

- For the past 17yrs I have been the Art Psychotherapist in St Patrick's Academy Dungannon. Northern Ireland. I have a busy practice within the school setting of 1400 students. Here I developed a transition programme for first year students as they move from primary to secondary education. This is the foundation stone to secondary school life for students and each year the new intake of first years are facilitated in further understanding how to take care of their emotional, psychological and mental health through various workshops within the psychoeducational programme I have developed. Alongside the psychoeducational programme for students I have developed an extensive training for teachers which encompasses a whole school approach to being Trauma Informed (Please see Trauma Informed Training Programme on the website or request a brochure)
- Prior to taking up the permanent counselling role within the school setting, I provided an art psychotherapy service and some training of staff in facilitation skills to various organisations across Northern Ireland including: WAVE, Contact Youth, Cruse Bereavement, Inspire (wellbeing, ability, recovery), Social Services in the Northern Board Area, Care in Crisis, Learning for Life (drug and alcoholic unit), Probation Northern Ireland, the ADD NI Support Centre and Stepping Stones NI.
- Over the years I have also created various workshops mainly for women in relation to personal and professional development.
- I have a small private practice for adult clients who avail of one to one sessions and some group work in art psychotherapy and sandplay therapy.
- Prior to 2003, I had experience in a wide range of job roles ranging from professional artist, communications, administrator, sales, youth work, machinist (sewing factory) pottery (pottery factory), community work, to name a few.
- In addition to all of the above I am a professional artist and have enjoyed many highlights in the field of exhibiting my art work, some pieces are now part of a number of collections in England, Northern Ireland and America (Please view my website to see more on my work as an artist).

## **EDUCATION - BEGINNING WITH MOST RECENT**

Diploma: Trauma Informed School Practitioner (Institute for Arts and Psychotherapy Islington London )

Diploma: Spiritual Direction (Maynooth University)

Msc.Art Therapy (Queens University Belfast)

Jungian Sandplay Advanced Trainee (BISS: British and Irish Association Sandplay)

B.A Hon's Fine Art (Staffordshire University Stoke on Trent)

BTEC Diploma - Art and Design (Staffordshire University Stoke on Trent)

Cruse Bereavement Counselling Training (Belfast)

Foundation Certificate in the Therapeutic and Education Application of the Arts - UKCP (Institute for Arts and Psychotherapy Islington London)

Counselling Certificate Cauldon College Of Further Education (Stoke on Trent Staffordshire)

Youth Work Training Y.M.C.A (Hanley, Stoke On Trent)

## **SKILLS**

I have good communication skills, I understand the complex nature of trauma and how it impacts on all aspects of one's life emotionally, psychologically and physically. With many years of experience working with young people. I am able to draw on my experience when facilitating trainings for counselling organisations, schools, and other settings within the caring professions. In my work I do liaise often with relevant outside agencies such as CAMHS, GP, Social Services, Parents, Guardians.

I have an extensive knowledge and understanding of various modalities to draw from, both within my practice as an Art/Sandplay Psychotherapist and as a trainer in Art as therapy, Sandplay Training and Trauma Informed Practice.

## **HOBBIES AND INTERESTS**

I love sewing and dress making, drawing on my artistic flare for colour I tend to choose bold patterns to create my wardrobe. I continue to paint when I have time, I also love gardening and with my partner Jo, we have created a beautiful English cottage garden with a variety of cut flowers, roses and home grown vegetables. I enjoy playing my guitar and Psaltery which is an ancient stringed instrument played with a bow. Walking is another passion and an integral part of my daily life, along with periods of reflective silence. Hence my affiliation to the Benedictine Religious Order in Rosetrevor, N. Ireland, where I go regularly for a bit of time out from my busy and creative world.....

**REFEREES:**

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**Margaret McMahon**, 7 Cloverhill, Moy, Dungannon, Co Tyrone, BT7 17TP.  
Pastoral V.P St Patrick's Academy, Retired June 2019, I worked closely with Margaret from 2003 until June 2019. Email: [M.mcmahon208@gmail.com](mailto:M.mcmahon208@gmail.com)

**Joelle Gartner** 64 Glen Road, Belfast, BT11  
Co founder and Director of the Gestalt Centre Belfast. She is an experienced gestalt practitioner supporting growth and learning within the psychotherapeutic and educational field. Email: [j\\_gartner@yahoo.com](mailto:j_gartner@yahoo.com)

**Norma Patterson** 3, Charnwood Avenue, Belfast, BT15  
Head of Clinical Services WAVE. She is the Director of All Play Therapies NI and has a wide experience within community relations, and management. Email: [norma.patterson100@gmail.com](mailto:norma.patterson100@gmail.com)

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