



JEAN GASCOIGNE



07966434499



arttherapyworks@me.com



21 Broadmanor,
Pocklington
East Riding of Yorkshire
YO42 2GA



www.arttherapyworks.uk



19/04/1960



British

REGISTRATION OF PROFESSIONAL BODIES

HCPC State registered Art Therapist
AS07665 (Health Professions Council)

BISS Advanced Trainee Membership
(British and Irish Sand play Society)

BAAT membership no. 62318 (British
Association of Art Therapists)

EDUCATION

**Irish Institute Counselling &
Psychotherapy** | *Dublin,
Ireland*

Diploma: Clinical Supervision

09/2019

**Institute for Arts and
Psychotherapy** | *Islington,
London*

Diploma: Trauma Informed
School Practitioner: Trauma
Informed School Practitioner
Course

11/2018

Maynooth University |
Maynooth, Ireland Diploma:
Spiritual Direction

PERSONAL STATEMENT

I am passionate about all aspects of my work as a psychotherapist, trauma informed practitioner/ trainer, spiritual director and clinical supervisor. I have always aimed high within my profession with a desire and commitment to enable others to reach their full potential.

I have been a psychotherapist for over 30 years working independently and as part of a team. Over the years I have worked collaboratively with schools and other organisations in providing bespoke trainings and one to one therapeutic service, with the purpose of offering clients a supportive holistic approach to mental health and wellbeing. I draw from research, neuroscience and all relevant material to deliver a grounded, understandable and relevant approach thus making it accessible to all levels of need whether its children, students or adults. I consider my experience is transferable to all aspects of the clients need.

WORK HISTORY

School based and Private Practice

**Art Psychotherapist/Counsellor,
Trauma Informed Schools Practitioner & Trainer, Clinical
Supervisor, Bereavement Counsellor, Spiritual Director and
Jungian Sandplay Therapist.**

Continued overleaf.....

07/2009

**BISS: British and Irish
Association Sandplay |
London**

Advanced Candidate for
Membership: Jungian
Sandplay Advanced Trainee
Course

12/2005

**Queens University Belfast |
Belfast**

Master of Science (M.S.) Art
Therapy

01/1999

**Institute for Arts &
Psychotherapy | Islington,
London**

Foundation Certificate UKCP:
Therapeutic & Educational
Application of the Arts.

07/1997

**Staffordshire University |
Staffordshire, England**

Bachelor of Arts (B.A.): Fine
Arts

07/1994

**Staffordshire University |
Stoke on Trent**

BTEC Diploma: Art & Design

6/1991

**Cauldon College of Further
Education (Stoke on Trent
Staffordshire**

AS Eng, Hist, Sociology,
Psychology

6/1987

**Cauldon College of Further
Education (Stoke on Trent
Staffordshire)**

Counselling Certificate

Cruse Bereavement

Counselling Training (Belfast)

Current Provision of Psychotherapy for Private Individuals 1999- current

I currently run a private practice two days a week for children, adolescents and adult clients who avail of one-to-one counselling sessions and some group work in art psychotherapy and sandplay therapy.

Through my private practice I support children and adolescents who present with complex issues. Often, arising out of relationships within school and difficulties within the family home, due to family conflict/breakdown and bereavement. Or other external triggers such as peer pressure, social media, racism, bullying, transitioning from primary to secondary and secondary to higher level education.

Regarding my adult clients, the issues which I frequently work with include confidence building, work related stress, relationship difficulties, bereavement, refocusing their lives post trauma. I also work with adult clients who have been affected by the troubles of N.I, as well as those recovering from sexual abuse, victims of domestic abuse, drug and alcohol misuse.

Current provision of Clinical Supervision for Organisations and Individuals

I provide Clinical Supervision for support workers working in WAVE (support workers working with clients affected by the troubles, historical institutional abuse, and those affected by the mother and baby homes.). I also supervise individuals working in private practice.

School Counsellor/ St Patrick's Academy, Dungannon, Co. Tyrone.

_2003 – June 2025

For the past 22yrs I have been the Art Psychotherapist (School Counsellor) in St Patrick's Academy Dungannon. Northern Ireland.

I have a busy practice within the school setting of 1450 students. I work with students aged 11 -18yr old, offering one to one counselling sessions that cover many complexed issues that the young people deal with. These issues often arise out of

SKILLS

- Providing Clinical Supervision for Organisations & Individuals
- Facilitating counselling sessions with children, students, adults using Art Therapy, Sandplay Therapy & Talking Therapy
- Trauma Informed Practitioner and Trainer
- CAAT (Child Accelerated Trauma Technique)
- Responding to Critical Incidents
- Grief Counselling
- Psychosocial Assessment & Evaluation
- Therapeutic Plans
- Crisis Intervention
- Liaising with Care Agencies and Health Care Bodies
- Keep up to date with developments in legislation, theory and research and undertake continuing professional development
- Case Documentation & Producing Reports
- Developing Training Courses to meet an identified need
- Developing trusting and safe relationships with clients
- Maintaining the confidentiality of the client in therapy
- Able to successfully work on own initiative as well as working collaboratively with others, either independently or within organisations

relationships within school, difficulties within the family home, family conflict or family breakdown. Other external environmental triggers include peer pressure, social media, racism, bullying, gender identity and sexual orientation, issues transitioning from primary to secondary and secondary to higher level education. The outcome of these and other negative triggers are low self-esteem/confidence, diminishing academic performance, social isolation, self-harm, suicidal ideation, behavioral issues, eating disorder, alcohol and drugs misuse to name but a few. My role is to support these young people to manage and regulate these overwhelming emotions without judgment.

Creating Bespoke Training

Bespoke Transition Learning and Experiential Programme for Secondary Schools

I have developed a bespoke transition learning and experiential programme for first year students as they move from primary to secondary education. This foundation course enables students to develop a greater understanding in managing and navigating their emotional, psychological and mental health as they transition into secondary level education, through various workshops within the psychoeducational programme which I facilitate.

- 1) 1st Year Transition from Primary to Secondary School: Find, Follow and Connect on the Yellow Brick Road. (Themed around "The Wizard of Oz" story/film)
- 2) 2nd Year Developing Resilience, Role Models and Dealing with Difficult Situations: Eddie the Eagle' (Themed around the inspirational true story of Michael Edwards' dream to be an Olympian, against all the odds. He succeeds overcoming all discouragements and setbacks)
- 3) 3rd Year Teenage Brain Under Construction (understanding how the brain develops and effects behavioural patterns and decision making especially as they begin to make choices regards career paths.)

These early intervention and transition programmes enable students to build a clear pathway of understanding around emotional regulation through workshops focused on transition. In

addition, they are encouraged to cultivate peer support and work as a team, understand the neuroscience around teen brain development (under construction), and finally develop their own set of life skills and techniques that will enhance their ability to regulate themselves at times of emotional overload. Putting such techniques in place enables the student to avoid some of the complexed learnt behavioural responses to anxiety, panic and stress, such as eating disorders, self-harm, drugs, alcohol, and other forms of acting out through social media platforms and establishing unhealthy relationships.

Training Teachers and Non-Teaching Staff

Alongside the psychoeducational programme for students, I have also created and provide an extensive training programme for teachers and non-teaching staff which encompasses a school approach to being 'Trauma Informed'. The training draws on clinical scenarios and personal experiences from within the classroom environment.

Psychotherapy and Training Service

Prior to taking up a permanent counselling role at St Patrick's Academy three days a week. , I provided an art psychotherapy service and training of staff in facilitation skills within organisations. This was rolled out to a number of organisations across Northern Ireland including: Contact Youth, Cruse Bereavement, Inspire, WAVE (working with clients affected by the troubles, historical abuse, and those affected by the mother and baby homes) Social Services in the Northern Board Area, Care in Crisis, Learning for Life (drug and alcoholic unit), Probation Service Northern Ireland, ADHD NI Support Centre and Stepping Stones NI.

Communication Skills

I possess good communication skills, and routinely liaise with relevant outside agencies such as CAMHS, GP, Social Services, Parents, Guardians.

I have learnt the art of good note keeping in line with my professional practice and provide reports when required. I work within the framework of my professional code of ethics as outlined by the Health Care Professional Council. (HCPC) and British Association of Art Therapy (BAAT).

Spiritual Director

I qualified as spiritual director in 2018 which better equipped me in offering a holistic approach to my clients.

Professional Artist

I was a professional artist from 1998-2002 and have enjoyed many highlights in the field of exhibiting my artwork. Some pieces of my work are part of several collections in England, Northern Ireland and America.

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 had the privilege of taking part as a contestant in the BBC's sewing show 'The Great British Sewing Bee' in 2022.

I continue to paint when I have time, I also love gardening and with my partner Jo, 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, a traditional stringed instrument played with a bow.

Walking is another of my passions and an integral part of my daily life and routine for keeping fit, along with periods of reflective silence which is very important for my spiritual wellbeing.

I am affiliated to the Benedictine Religious Order in Rostrevor, N. Ireland, where I go regularly for silent retreats, to recharge and take time out from a busy, demanding and creative world.

During Covid lockdown I purchased a 10-needle embroidery machine and now as a hobby and leisure pursuit make liturgical vestments and have received commissions for vestments and church linens from the Benedictine monks in Rostrevor and other churches in Ireland and USA.

REFERENCES

See attached references from Chairman of the Board of Governors St Patrick's Academy, Mr. Fintan Donnelly and Ms. Norma Patterson.



ST PATRICK'S
ACADEMY
DUNGANNON

ACHIEVING
EXCELLENCE
TOGETHER

21st January 2024

Ms J Gascoigne

Dear Jean

On behalf of everyone at St. Patrick's Academy, I want to express our heartfelt gratitude for your exceptional dedication and service over the past 22 years. Your work as a psychotherapist and school counsellor has been nothing short of transformative for our students, staff, and community.

Through your leadership, we have become a trauma-informed school, a legacy that will continue to shape the lives of countless individuals for years to come. Your pioneering efforts in providing a comprehensive psycho-educational programme have not only supported the mental health and well-being of our students but also created a culture of care, resilience, and understanding across the entire school.

We are deeply grateful for your willingness to continue working with those in critical stages until June 2025, even as you prepare for this next chapter of your life in the City of York. Your selflessness and commitment are truly inspiring, and it is difficult to imagine St. Patrick's Academy without your steady guidance and compassionate presence.

While we will miss you greatly, we wish you all the best as you relocate and embark on this new adventure. Your contributions here have left an indelible mark, and we hope your future is filled with as much joy, success, and fulfilment as you have brought to our school.

Yours sincerely

Mrs F O'Hagan
Chairman to the Board of Governors

Testimonial

Mr Fintan Donnelly (Retired School Principal), 69 Ballygasey Road,
Loughgall, Co Armagh. BT61 8HS

Re: Ms. Jean Gascoigne.

I have known Jean since 2005, firstly in my role as Vice principal of St Patrick's Academy, Dungannon and, latterly, from 2010 to 2022 as principal. During that time, we employed Jean as school counsellor, initially through the local Education Board but because we were so impressed with her effectiveness in the role, we employed her directly since 2006 in order that pupils could avail of her expertise much more readily.

Throughout those almost 20 years, I always found Jean to be a thoroughly professional practitioner of the highest integrity. She was always thorough, never jumping to conclusions and always ready to probe more deeply to fully understand any situation.

She has the clinical confidence to seek advice, even though her assessments and proposed course of action are invariably correct. She was always thorough, level-headed and confidential. Pupils received careful assessment and appropriate guidance with further referral, when required.

Being an 11-18 coeducational school with an enrolment of 1450, there was always a need for a high-quality counselling service and Jean has met and continues to meet that need in a most effective manner. Trained in the use of Art Psychotherapy and Sandplay Therapy, Jean quickly gained acceptance among the school population and as someone who could make a difference and who could be trusted.

Jean always provided detailed statistical summaries of her work so that the school managers were informed of the number of referrals each year, the method of referral, the changing nature of pupils' emotional and anxiety needs, the numbers of counselling sessions required, the success rates and so on. Having had the benefit of this data, I asked Jean in 2010 to work with myself and a small team of senior staff on developing a preventative programme for pupils' mental health.

From this Jean developed a unique transition programme in the school, partly based on the work of Gita Morena the Great Granddaughter of Frank Baum author of the Wizard of Oz. This

approach involved Jean collaborating with members of the school leadership team who were working to improve learning and positive behaviour.

Out of this emerged a more holistic approach across the school to which Jean contributed by bringing her professional training in psychotherapy and trauma-informed practice. This enriched the team and contributed to a very positive and well-rounded, whole-school approach to supporting learning, improving behaviours and supporting children who were impacted by anxiety, emotional stress or other mental health issues. The outcome was a very integrated approach to the prevention, identification and response to mental health issues. This in turn produced very clear long-term reductions in late referrals and much more effective early interventions.

Through several crises that included the murder of a member of the teaching staff and the deaths of two pupils in a nightclub crush, Jean played a critical role both in influencing the ways in which the school was able to respond and in providing support to young people that was open-ended, always available and properly directed. That support has also been made available to staff members and, where appropriate, for families.

Jean's passion for her work and utter commitment to making a difference has saved lives and improved countless more lives among the school population over the past two decades. She has continued with her own professional development throughout those years, seeking out new training, methods and ideas so that she can be as effective as possible in her role.

I wholeheartedly recommend Jean to any organisation that may be seeking a highly experienced practitioner with up-to-date training, passion for the work and the personal qualities needed to be effective. She can work both independently and collaboratively, is utterly professional in every respect and, in my experience, is one of the best practitioners in her field.

Fintan Donnelly

donnelyfj@icloud.com

35 Sea Road
Castlerock
Co Londonderry
BT514TN
20.2.24

To whom it may concern

I write to confirm I was the clinical supervisor for Jean Gascoigne for almost five years from 2018-2023. I have been a Clinical Supervisor since 2014. I have a certificate in creative supervision awarded by PTUK my registration number is 201010692. I am also a BACP accredited counsellor my registration number is 044245.

I supervised Jean for her Art Therapy practice in Schools and with young people. Jean is a very experienced Art Psychotherapist with a wealth of experience working in the field of young people and trauma. She has undertaken extensive additional training in both these areas of work including trauma informed schools.

Jean has over 20 years' experience supporting an entire school system to become more trauma informed in their practice including staff training & support in trauma informed practice and policy development. She also works very closely with the Head Teacher and Senior Management Team in managing serious incidents.

In addition to all this she provides direct one to one therapy and psychoeducation with students aged 11-18, as well as bespoke transition programmes for year's 8 -10 pupils, she has also developed tailored programmes around neurodevelopment, regulation and stress management for years 11 & 12 and finally programmes around transitioning out of school and managing this process for years 13&14. She is very experienced in working with clinical risk and manages this very well ensuring the school child protection policy is followed closely.

During my time working with Jean I know her capacity to hold the utmost professional boundaries and she has shown exceptional levels of care and compassion for clients.

She has also forged excellent working relationships with parents, colleagues, CAMHs teams, GP's, social services and other professionals in order to support her clients. I feel Jean would be an exceptional addition to any clinical team and her steady, calm and caring presence would enhance any workplace.

Should you have any further questions please do not hesitate to contact me.

Yours sincerely

Norma Patterson MBACP (Accred)

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Norma Patterson', with a long horizontal flourish extending to the right.

Norma Patterson MBACP(Accred)

Tel 07712251807