



*Creative rest group*  
Art Workshops

...for busy working professionals

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ART PSYCHOTHERAPIST, MINDFULNESS PRACTITIONER  
& ARTIST

# Art-based workshops

I run creative workshops for busy working professionals who are overwhelmed and feel the urge to slow down and be more present with themselves.

The group is a safe and non-judgemental space where the focus is on the creative process and not on the end result.

No art experience is required and all art materials are provided.



# About me



I am a qualified art psychotherapist, mindfulness practitioner, author, clinical supervisor and painter based in London. I work online and in-person.

I believe that everyone is innately creative. Most of the time, our minds (or ego) tell us otherwise. You might be familiar with the thoughts "I am bad at drawing" "I can never make art" "I cannot even draw a line", "I was never good at art".

I passionately believe that the act of art-making and creativity can be an act of self-care and a way of nurturing ourselves and learning about ourselves.

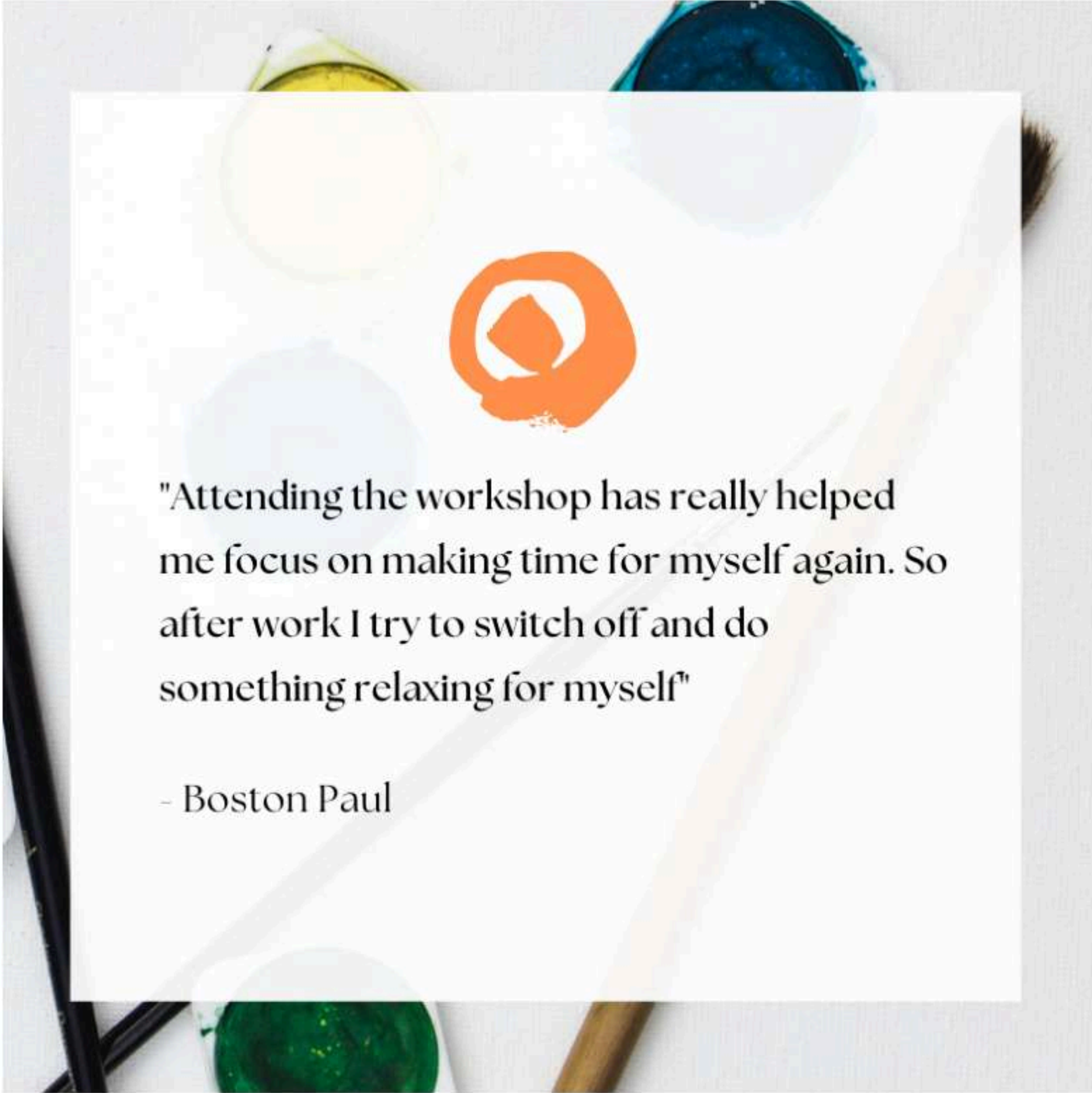
When done in a safe and trusting space, art-making leads to healing and new ways of thinking as it connects people to their own limiting beliefs, narratives, self-critic and other habits and patterns that might no longer be serving us anymore.

I am skilled at creating a safe and creative space where there is no right and wrong. In a world where we are constantly judging and labeling behaviors and actions as good or bad, art therapy offers relief from that way of thinking.



# workshop attendee feedback

SLOW DOWN, CONNECT, CREATE



"Attending the workshop has really helped me focus on making time for myself again. So after work I try to switch off and do something relaxing for myself"

- Boston Paul



"The creative and welcoming atmosphere helped me forget the outside world for a little while and focus on a creative project and self-reflection. Loved it and want to do it again!"

- Djoina Armani



"I'm not a very creative person but it's magical to experience how through art your unconscious guides you. I now feel great harmony with nature and myself."

- Tatiana Kemp




It was one of the most creative + meditative time I had in the last few years. It brought me back in times when I was younger and I used to love making collage"

- Elisa C



"Great discovery about myself. Allowed me to really connect with my emotions and address a few challenges I've been facing. I would recommend the session to anyone who is going through a tough time or change in their life"


- K. Owusu

A photograph of a white table covered with various art supplies, including paint bottles, brushes, and paint splatters. A white rectangular box is overlaid on the image, containing text.

"The creative workshop was a great experience that helped me to think of things in a way I hadn't really done before.

I enjoyed the discussion at the end as well, and allowing others to share their thoughts on what each other had done."

- Creative Rest Group attendee

A photograph of a white table covered with various art supplies, including paint bottles, brushes, and paint splatters. A white rectangular box is overlaid on the image, containing text.

"I was nervous coming into the workshop and Denise's facilitation, and the warmth of the other participants helped towards easing those nerves. The workshop was useful, I found it a supportive, calm and encouraging environment."

-- Creative Rest Group attendee



find out more:

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