

# Bianca Pedroso

Art Therapist



## Creative Facilitator | Art Therapy–Informed Group Experiences

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I design and facilitate creative group experiences for professional and organizational contexts, helping teams pause, reconnect, and engage more consciously through structured and well-held creative processes.

My work draws on my background in art therapy, translating its core principles — attention to process, symbolism, rhythm, and group dynamics — into non-clinical creative experiences that support presence, connection, and well-being at work.

I am currently attending the second year of a Bachelor's degree in Psychology (Universidade Europeia), strengthening my understanding of human behaviour and group processes. My professional background also includes international project management and corporate environments, which allows me to design experiences that are realistic, structured, and aligned with organizational needs.



# What I offer (non-clinical contexts)

I facilitate creative group sessions conceived as vitality pauses, designed to integrate smoothly into professional environments and team dynamics.

These sessions support:

- presence and attentive engagement, particularly in high cognitive-load environments
- accessible creativity, with no artistic background required
- collaboration and relational awareness within teams
- reflection and meaning-making through shared creative processes

The creative resources and materials used in each session are defined according to the client's objectives, context, and available resources, allowing each experience to be fully adapted rather than standardized.

## Structure of the proposed workshops

I work with a clear and flexible workshop structure, adaptable to different teams, cultures, and organizational contexts.

### **1. Arrival and grounding**

A short guided moment to support transition, focus, and presence.

### **2. Guided creative group process**

A time-bounded and clearly framed creative experience, facilitated with attention to group dynamics, rhythm, and participation.

The artistic medium is selected or co-created according to the session's goals and context.

### **3. Integration and closing**

A brief closing moment to support integration of the experience and connection within the group, with optional reflection related to the workplace context.

## Objectives of the group creative process

- Create a shared pause within the group
- Support focused attention and presence
- Encourage collaboration and interaction
- Foster reflection through symbolic and experiential processes

## Outcomes commonly observed

- Increased sense of well-being and emotional regulation, supporting more focused group interaction
- Strengthened group connection and collaboration
- Greater sensory and emotional awareness
- Reduced tension and renewed creative energy within teams
- Experience of participation without performance pressure

## Experience with groups

I have facilitated creative group processes across educational, community, and professional contexts, including:

- Adult creative and art therapy–informed workshops
- Group facilitation at Senior University (Universidade Sénior)
- Creative group activities within AECs (primary school extracurricular programmes) in Portugal
- Facilitation of online groups

This experience allows me to adapt language, pacing, and structure to different audiences while maintaining a clear, supportive, and professional framework.



## How I work

- Clear structure and pacing
- Human-centred and inclusive approach
- Attention to group dynamics and psychological safety
- Flexibility to adapt content and resources to each context
- Non-clinical framing suitable for professional environments

