



Artmoves

De therapeut van de workshop stelt zich voor

Dr Despina Weston AThR

Cert. Mental Health; Cert. Child Centred Play Therapy; Cert. Prof Supervisor; DCA ATh; MA ATh; Post Grad. Dip. Counselling; Dip. Teaching; Associateship Art; Dip. Graphic Design.

Despina is a psychotherapist, art & play therapist, counsellor, educator, and clinical supervisor. She runs a multi-disciplinary private practice. She works with children, youth and adults, individually, with couples, families and groups. With over 30 years of combined experience in psychiatric, educational and community settings, she specializes in the areas of grief and loss, relationship counselling, mental health and group work. Despina involves herself in a variety of community-based projects and also works in partnership with local agencies. In addition, Despina is a professional artist, regularly participating in exhibitions and artist trails.

Working creatively can give meaning to personal experiences. Her therapeutic methods are founded on the premise that everyone has the capacity to create and to express their inner imagery. The images or enactments created are viewed as agents for therapeutic change. As each person explores and participates in their own story of creating, they come to understand, accept and to build bridges to personal well-being and enhance their communication. Despina's creative approach aims to facilitate change and enhance well-being. Despina is compiling a visual journey of artwork and journal writing to trace her family's refugee and migrant routes, invoked through recent work with refugees on the Greek island of Chios.