

**Kate Guscott - M/A State Registered Art Therapist**

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1 (714) 559 8585

**Profile**

My practice as an artist has continually served as a personal, reflective, communicative interpersonal and developmental therapeutic process. Encouraging, facilitating and bearing witness to this process in others drives my work as an Art Therapist and has lead to the rich and full experience I have had during my career so far.

I am have 4 years post qualifying experience working with children and their families for whom economic and social deprivation, poverty and social exclusion, loss and adversity are prevalent in their lives. I work with many children who are refugees/asylum seekers, families struggling with issues around mental health, domestic violence, drug and alcohol misuse and imprisonment. A high proportion of children I work with have social services intervention and some are in foster care.

I am highly experienced in dealing with Child Protection. Referrals generally come from schools and social services and I work closely with the supportive network around the child (school, family, social services) as well as key agencies, and professionals in order to ensure the child is safe, secure and to work towards improving their emotional health.

I believe bringing together the various aspects of human experiences, particularly the person and the material environment/or internal and external worlds through creativity, art making and interpersonal relationships is key to wellbeing.

I am continually inspired by the unique ways in which clients make use of Art Therapeutic processes to develop inner resources, sense of self, trust, confidence, aspirations, relationships and health.

I am highly energetic and motivated and adopt an adaptable way of working providing services for children who are in such extremely unsettled circumstances with high levels of need. During my art therapy career in London I was based across a variety of locations and settings including family centres and schools. My adaptive and dynamic way of working meant that a typical working day could mean my traveling to as many as 3 different locations by bike to provide Art Therapy to children who are unable to come to me where I set up safe and creative spaces with often limited resources. I would describe my theoretical approach as taking reference from psychodynamics, intersubjectivity and attachment theory but essentially being a client-lead approach.

## **Experience**

### **Art Therapist**

*Action For Children- Bayswater Family Center*

*St Vincent's Family Project London*

*4 days per week*

Aug 2010 - Aug 2013

Initiating, managing and delivering an art therapy service 4 days per week, during which, I would provide assessments and regular on going individual and group Art Therapy interventions for between 8- 12 children per week from a number of locations including families centres and schools. Children came from a multitude of referral routes and circumstances and reasons for referral varied widely, all had experienced emotional, behavioural and circumstantial difficulties. I would feedback and evaluation of interventions and the service as a whole (audits and Audio Image Recordings available).

Here I supervised an Art Therapy trainee on the MA program at University of Hertfordshire.

### **Art Therapist**

*Bridge Counseling Service Bodey House, Church Walk, Basildon*

*1 day per week*

Feb 2010- Aug 2013

Here I initiated and ran Art Therapy in a number of primary and secondary schools across a variety of locations with a diverse demographic and cultural backgrounds. Most recently I was situated in a primary school in one of the most deprived areas of London. I saw 5 children per day for individual Art Therapy.

### **Visiting Lecturer:**

*Creating and delivering educational Art Therapy lectures for undergraduate and postgraduate students.*

University of Hertfordshire

Lectures include: '*Delivering Art Therapy to Children Within an Educational Setting.*' '*Creative Enterprise: Finding work as an Art Therapist.*'

British Association of Art Therapists

Lectures include: '*Art Therapy with Children.*'

Nov 2010 - Aug 2013

### **Trainee Art Therapist**

*St John and St James's Primary School, Hackney, London.*

*2 days per week*

*Sept /2008- June 2009*

*Delivering Art Therapy to children with emotional, behavioural and experiential difficulties whilst under supervision during training. 2 days per week over the academic year.*

**Trainee Art Therapist**

*Heatherwood Hospital, Berks.*

*2 days per week*

*Sept 2007- June 2008*

*Delivering Art Therapy to adults with mental health difficulties under supervision, whilst training. 2 days per week for an academic year.*

**Art Workshop Facilitator**

*Orchard Primary School, Hackney, London (photos available).*

*Dec 2006 June 2007*

Here I ran a weekly lunch time art activities for a group of 5 pupils with social and behavioural issues.

**Volunteer**

*Southwark Adult Therapy Team, St Giles Rd, London.*

*May 2006- March 2007*

Assisted a group of 10 adults with a variety of speech and communication difficulties as a result of head injury and strokes in social activities facilitating and encouraging communication and interaction between them.

**Full time Care Assistant**

*Manor Park Care Home, 55 Manor park rd, London.*

*May 2006- May 2007*

**Artist .**

*Studio 302 New Cross Rd, South East London*

*Sept 2004- May 2006*

Created, exhibited and sold works (portfolio available) whilst promoting and managing myself as an artist.

**Arts and Crafts Market Organiser for the Open Arts Platform**

*Seager Distillery, Deptford (photos available).*

(monthly) Summer 2004

Independently initiated, funded and managed the project recruiting stall holders, advertising and promoting the market.

**Previous jobs which subsidised my studies include Waitressing, Sales Assistant and Kennel Hand.**

### **Education and Qualifications**

**M/A Art Therapy.** University of Hertfordshire

Sept 2007-July 2009

**Teaching certificate, Facilitating Learning.** Camberwell Art College

Dec 2006

**B/A, Sociology and Anthropology (2:1)** Goldsmith's College, University of London

Sept 2001-June 2004

*Post Qualifying Training*  
2012:

**Child Protection Training (WHCM),**  
**Children's Accelerated Trauma Treatment (2 days, British Association of Art Therapists, BAAT),**  
**Domestic Violence Training (Action For Children).**  
**Systemic Therapy (4 days, WHCM)**

2011:

**Introduction to Mindfulness (WHCM),**  
**Safeguarding Children (Action For Children),**  
**Young People and Sexuality (WHCM),**  
**Audio Image Recording Training (BAAT),**  
**Supervision Training for Art Therapists (2 days BAAT).**

2010:

**Brief Interpersonal Therapy (National Health Service NHS),**  
**Note Writing and the Law (BAAT).**

2009:

**Public Sector Recession Survival Planning (BAAT),**

*Conferences attended:*

**British Association of Art Therapists Annual General Meeting (BAAT, 2010, 2011, 2012)**  
**Attachment and the Arts Conference (BAAT September 2010, 2011 and 2012)**  
**Art Therapy Research Practice Network Symposium (BAAT)**

**A-levels, Art, English, Politics** Notre Dame 6<sup>th</sup> Form College, Leeds. (grades B, C, D)  
1998-2000

**GCSEs** Sheringham High School, Norfolk. (9 grades A-C including English, Maths and Science) 1992-1997

### Interests

My own art practice is inspired by the city and the relationship between environments, ideas, creations, cultures, beliefs. I am interested in how materials impact and react, blend and sit alongside. I am interested in others' beliefs, and ways of seeing and have a particular interest in current affairs, contemporary art and literature with existentialist themes. Grayson Perry, Louise Bourgeois, Lucien Freud, Steinbeck, Tolstoy, Hemingway, Woolfe, Collette are amongst my favourite.

I am a committed athlete and take part in annual road cycling events in varying mountain ranges including the Dolomites, Alps, and Pyrenees and train for and compete in Triathlon events. This, along with my practice of Iyengar Yoga provide a way of keeping me healthy and strong in mind and body. While my interests appear diverse, I am aware that they are all linked in that they provide me with a way of navigating life and challenging myself.

### References:

**Val Huet** - *Chief Executive Officer*, British Association of Art Therapists  
val@baat.org  
British Association of Art Therapists  
24-27 White Lion Street, London N1 9PD  
Tel: 020 7686 4216

**Bobby Lloyd**: - *Clinical supervisor*  
bobbylloyd@macunlimited.net 07932 809816

**Shelagh Laslett O'Brien**: - *Managerial Supervisor* Action For Children  
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**Philippa Brown** - *Programme Leader MA Art Therapy and Professional Lead*  
Arts Therapies  
School of Creative Arts  
University of Hertfordshire  
Hatfield AL10 9AB  
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### Feedback

*'I am a Family Therapist in Westminster CAMHS where I have been working closely with Kate Guscott. The Art Therapy service that she provides in the community is making a valuable contribution to the Mental Health and Wellbeing of children in Westminster. Her work is particularly effective with hard to reach groups that are suspicious and reluctant to engage with mainstream services. For example she has managed to engage with a ten-year-old boy of Iraqi Kurdish descent whose parents had disengaged with social services. She worked*

*closely with the CAMHS team and offered a flexible service first in school then in a local family centre. Working outside of statutory service in a local voluntary Family Centre based in the community, helped her reached out to this boy and reduced the risk of family breakdown. As CAMHS move towards CYP IAPT dominated by CBT, IPT and Systemic work, the Art Psychotherapy service provides a valuable complementary service to address the complex emotional needs of children who are hard to reach and do not engage with other evidence based approaches .' (Philippe Mandin, Marlborough Cultural Therapy Centre, <http://www.cnwl.nhs.uk/mfsmctc.html>, 38, Marlborough Place, London NW8 0PJ, 020 7624 8605)*

*'M talked very warmly about her sessions (with Kate) and they were clearly something she looked forward to, perhaps an oasis in her very challenging family life. She actively sought out art activities during our work with her and she invariably used them in our therapeutic context very well. She had a capacity for reflection and could articulate her thoughts and feelings in language, which I feel sure was developed and nurtured through her art therapy. I'd also like to state that it was very helpful for our service to meet with Kate in professional meetings when discussing highly complex children and their families. Her knowledge and expertise in her area and collaborative approach was invaluable when thinking about how to support the vulnerable children and families with whom many professionals were involved. She produced professional and helpful reports.*

*Kate was always very prompt and professional in replying to e-mails, phone calls and very flexible about attending meetings at different venues in order to accommodate many and different requirements.'* (Serena Potter , Systemic Family Psychotherapist, Assistant Head of the Marlborough Family Education Centre)

*'Kate and I have a lot of shared clients that we have referred to each other. The art therapy Kate provides offers all of the children a space to reflect, to use art to express themselves and to have their own time. Art therapy offered X a space and time away from the difficulties of home and school life and gave him a sense of pride in the work he completed in the sessions. He seemed to be a happier child after the sessions and was always smiling.*

*Another child we both work with finds art therapy a vital place for her to voice her concerns and to have time out from everything going on around her. D's mum suffers from mental health issues and Kate has developed a very good working relationship with her, this has enabled increased understanding surrounding D's behaviour. D truly values art therapy and doesn't want it to end.*

*Kate's art therapy service is excellent, she is totally dependable, when you refer a child she will do her utmost to take the child on, she attends all the social care meetings she is able to, around her therapy sessions. She is very capable of reading a situation and being able to feed into CIN, CP or other social care meetings regarding the safety of a child and the safeguarding concerns she has.*

*Kate treats her clients with the utmost respect and keeps everything confidential and part of session, she will express the gist of what is going on or outcomes that she has achieved but she remains professional and confidential about all details. Kate service is a fundamental*

*part of support for many Westminster children.'* (**Julia Clarke**, Programme leader at Chance UK, Unit 202 | Shakespeare Business Centre | 245a Coldharbour Lane | SW9 8RR, 0203 177 3914, [www.chanceuk.com](http://www.chanceuk.com))





