

Arts and Creativity in Mental Health

Chaired By: Dr Charlotte Wattebot-O'Brien & Dr Khaldoon Ahmed (ELFT)

Wednesday 8th January

2025—14:00pm—17:30pm

**Bearsted Lecture Theatre, Alexandra Wing (Dental); Royal London Hospital
(WHITECHAPEL CAMPUS London E1)**

Presentations	Speakers
Welcome and Overview	Dr Charlotte Wattebot-O'Brien & Dr Khaldoon Ahmed <i>Consultant Psychiatrists @ ELFT</i>
14:05—14:30 "Compassion-focused group Art Therapy to address burn-out and psychosocial distress in clinicians "	Megan Tjasink <i>Lead Art Psychotherapist Barts Health NHS & Doctoral Clinical Research Fellow, USCP, QMUL</i>
14:30—14:55 "Art Therapy with People with Learning Disabilities: Authentic Voices in Clinical Practice & Research "	Dr Nicola Power <i>Doctoral Research Fellow QMUL & Strategic Lead for Arts Therapies (Learning Disability) ELFT</i>
15:00—15:20 Tea / Coffee break	
15:20—16:15 "The neuropsychology of creativity, followed by Q&A"	Professor Anna Abraham <i>Professor of Psychology and Director Torrance Center for Creativity & Talent Development University of Georgia, USA</i>
16:15—17:15 "The artist perspective on creativity and healing, with Sara Haq"	Sara Haq <i>Artist, London</i>
17.15—17:30 "Medical Education Awards 2024"	All
Closing remarks	Dr Charlotte Wattebot-O'Brien & Dr Khaldoon Ahmed