

# Creative Reflective Practice

## Online group sessions, led by an Art Therapist

A safe space for you to reflect on and process your experience of returning to medical practice, individually and collaboratively.

- ❖ Each session will include time and space to reflect and process creatively
- ❖ There will be opportunity for discussion with colleagues
- ❖ The online nature of the sessions will allow you to join safely and in your own space

## Session Dates 2021

Month	Date	Time
April	16th	3-5pm
	30th	1-3pm
May	14th	3-5pm
	28th	1-3pm
June	11th	3-5pm
	25th	1-3pm

There are up to 20 spaces available for each session.

You will need to book onto the sessions – there will be more benefit from attending all of them, however you may book the sessions you are able to attend on a more ad hoc basis if that is what you need to do. The times are alternated in order offer flexibility.

For more information **contact:** [supportt@uhl-tr.nhs.uk](mailto:supportt@uhl-tr.nhs.uk) (UHL SupportTT admin) or: [kath.higgins@uhl-tr.nhs.uk](mailto:kath.higgins@uhl-tr.nhs.uk) (UHL return to training lead).

To book a place, please contact [mary.c.hoyes@uhl-tr.nhs.uk](mailto:mary.c.hoyes@uhl-tr.nhs.uk) and follow your local Trust processes to apply for study leave, booking for each session you wish to attend. (There is no cost.)

Please note: your email address will be shared with the art therapist leading the sessions for the purpose of circulation of any instructions, information and evaluations.