

Master of Mental Health ART THERAPY

2004 - 2024

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New South Wales



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Armidale, NSW



Elizabeth Dowling
Kyogle, NSW



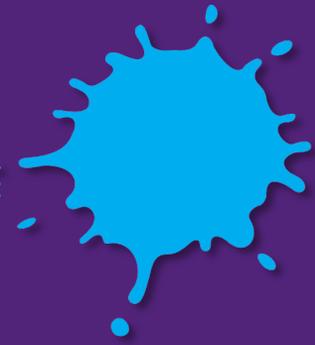
Elaine Pollen
Byron Bay, NSW



Marilyn O'Brien
Newcastle, NSW

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USA and UK



Joanne Kelly
Gloucestershire, United Kingdom



Sandra Drabant
Ann Arbor, Michigan,
United States of America

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Queensland



Alyce Aldous
Ipswich (Tulmur)



Angela Lancaster
Brisbane



Amanda Hall (Brown)
Brisbane



Charlotte Lancaster
Brisbane (Turrbal/Yuggera)

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Claire Edwards
Brisbane



Debra Bryant
Brisbane



Danielle Olive
Brisbane (Meeanjin)



Doris Jun Pan
Brisbane

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Springwood



Georgia Betteridge
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Farah Suleman
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Jane Griffin, O.A.M.
Brisbane

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Brisbane



Rebekah Warren
Brisbane



Manaali Manoharan
Brisbane



Renae Stevens
Tamborine Mountain

Alyce Aldous

Ipswich/Tulmur



After graduating in 2020, I began working in early intervention funded programs to support children, youth and families with mental health challenges with client-led therapeutic approaches. I completed certification in play therapy at the end of 2023 and began private practice full time in 2024 where I utilise creative therapies to support clients in the Ipswich/Tulmur region across NDIS, private and child protection systems.



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Amanda Hall (Brown)

Brisbane



Amanda is a proud graduate of the 2014 cohort of the Master of Mental Health (Art Therapy) and is a current doctoral candidate within a therapeutic arts program, utilising the modality of fictional story creation, researching therapist experiences of resonated with the lived experience of their clients/supervisees.

Amanda is Lecturer, Course Coordinator and Research Supervisor within the Master of Mental Health (UQ) program and, for the past 10 years private practitioner/owner of Folded Heart Studio and the Burn Bright Project (training/workshops) in the northern suburbs of Brisbane.

Amanda's interests include clinical supervision and mentoring, family and mental health across the lifespan, neurodivergent wellbeing and art/writing/pop culture in therapy. Amanda supports the Greater Brisbane Creative Arts Therapist regional group and volunteers where she can in advocacy and events in collaboration with other local arts and allied health therapists. Amanda is a proud wife and mum of two, living on Gubbi Gubbi country, with a love of the backyard, the sea and the bush, watercolour and sketching, short film, all things tea and books.

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Angela Lancaster

Brisbane



Graduation = 2020. Angela started her career in mental health as an occupational therapist. Initially she began in locum positions in a remote child & youth team (CYMHS) in St George and adult mental health services across Brisbane.

Angela commenced at Bayside CYMHS in her first year and returned here later after dabbling in paediatric OT. She remained at Bayside for more than 15 years.

Angela's own health journey gave her an experience of art therapy in its own right, and she decided to reinvigorate her career through further study. Despite the challenges of COVID interrupting her final year, she completed the Masters of Mental Health - Art therapy. Following this, she transferred to subacute youth mental health services across Logan and has been trying her hand at leadership positions while advocating for art therapy.

She continues to work in youth mental health and has been tutoring in the MMH-AT program.

Charlotte Lancaster

Brisbane, Turrbal/Yuggera



I am a trauma informed mental health art therapist supporting children and young people with complex health needs and profound disability. I have implemented mental health art therapy programs within a paediatric disability support company advocating for the inclusion of creative arts therapies to be utilised within the allied health team and support services team at the community short-term accommodation.

Additionally, I was honoured for my work as an accredited art therapist to be recognised at the National Disability Leadership Organisation QLD Sector awards for contemporary practice. Being an accredited art therapist has provided me the opportunity to enrich the lives of children, young people and their families. And in turn each individual and family I support enhances my own life and career.



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Claire Edwards

Brisbane



My father, Michael Edwards, was a Jungian art therapy pioneer in UK. I graduated in art therapy from Goldsmiths College, University of London in 1982 and migrated to Brisbane in 1989. I completed a research Masters into Art Therapy and Eating Disorders at University of Western Sydney in 2005. I also have a Masters of Social Work (2013).

I have worked in mental health, with adults, young people and children in community and government agencies, drug and alcohol rehabilitation, youth detention, family support and inpatient services. I also worked in private practice and as an art therapy educator at University of Queensland. I co-ordinated the art therapy program for several years, whilst working at Mater CYMHS.



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Danielle Olive

Brisbane (Meeanjin)



Danielle (they/she) is an ANZACATA registered Art Therapist practicing on Yuggera and Turrbal Country. After completing a Bachelor in Health Sciences in 2016, Danielle undertook the Masters in Mental Health (Art Therapy) at UQ in the 2017-2018 cohort. With this Masters degree, Danielle has had the opportunity to share their creativity and expertise in a variety of settings within health and the arts.

Danielle has been employed by QLD Health CYMHS since 2021, firstly in the Forensic Child & Youth Service and more recently in the CHQ Day Program service. Danielle has recently become a supervisor and enjoys supporting other CYMHS art therapists and clinicians to thrive in their workplaces.

Debra Bryant

Brisbane



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Debra is an art therapist with a Master of Mental Health in the field of Art Therapy with the University of Queensland (graduated 2023), and a professional ANZACATA member. She is a practicing artist with degrees in Visual Arts in Fine Arts and Art Education with extensive experience art teaching in kindergartens, primary and secondary schools and to adults across Brisbane and London. Debra currently works as an art therapist treating diverse populations across two distinct mental health environments. She facilitates creative and expressive therapy sessions to adult inpatients and outpatients and also supports young people in a day program setting. Within these settings, she aims to foster an environment where artistic exploration becomes a conduit for healing and self-discovery.

Debra witnesses how the artmaking process can positively impact others' health and wellbeing. In particular, how artmaking alongside others positively affects self-esteem, mood, and behaviour, leading to her discovery, journey and practice of art therapy. Debra is currently involved in a research project aimed to reduce social isolation and increase connections between refugee background youth, through creating art both individually and collaboratively.

Doris Jun Pan

Brisbane



Doris Jun Pan is a dedicated Art Psychotherapist with extensive experience supporting children (3+ years) and adults facing various mental health issues, including anxiety, depression, anger, grief, trauma, schizophrenia, and personality disorders. She is skilled at assisting ADHDers, autistic individuals, those with intellectual disabilities or brain injuries, and providing couples therapy. Doris employs diverse therapeutic modalities, including art, music, dance, Person-Centred Therapy, Dialectical Behaviour Therapy (DBT), and Cognitive Behavioural Therapy (CBT), complemented by non-contact, non-invasive acupuncture point techniques. Professionally, she is a contracted Art Therapist at The Psychology Hub at Northlake and a part-time NDIS Support Coordinator at Melioralife. She also provides in-home therapy for clients with mobility issues, ensuring accessibility and convenience.

Doris is pursuing a PhD with Shanghai University of Sports, focusing on enhancing therapeutic outcomes by combining art therapy with sports and exercise, reflecting her commitment to innovative, holistic approaches. Her background in psychology and training in art therapy provide a solid foundation for this research. Her journey as an art therapist is one of self-development and connection. Inspired by wise individuals and driven by her family roots, she pursued Traditional Chinese Medicine—a profession passed down on her grandmother's side—and continues to explore creative arts, influenced by her grandfather's artistry. This journey, filled with challenges, enlightenment, and love, now includes her two children, who are growing into unique individuals. Doris's enriching path underscores her dedication to creating an inclusive and empathetic environment, fostering resilience and healing.



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Eb King

Springwood



I graduated from the master's program in 2020 where I focused my thesis on identify transitions from student to professional art therapy practice.

Since then I have had lots of lived experience of professional identity formation from working as a peer groups facilitator, to being a team leader as a lived experience clinician, and now into a new adventure in art therapy and counselling private practice.

The master's taught me the importance of community, adaptability and reflective practice and these are values I have bought into all aspects of my professional practice which has allowed me to weather the (at times) stormy journey.

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Farah Suleman

Brisbane



When I graduated more than a decade ago, there were little to no art therapy jobs available. I started working as a counsellor/advocate in a torture trauma centre where I utilised my training and advocated for creative therapies in this space. I worked extensively with children, adolescents and their families, including community healing.

Throughout my journey I utilised art therapy not only with the clients I worked with, but within the workplace; whereby I regularly attended conferences and delivered professional development to other clinicians who were interested in art therapy. I have over the years utilised creativity as a way to help the vulnerable find hope and heal from past traumas as well as utilising art and creative writing with my own self-care. Since 2019.

I have been lecturing in the UQ MMH - AThr course in the theoretical application of psychotherapeutic interventions and evidence-based practice in art therapy, as well as coordinating and managing the First Year Placement (practicum) which includes weekly clinical group art therapy supervision. I have great gratitude for all that I have worked with and for those clients that I have gained so much from, I thank you.

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Georgia Betteridge

Brisbane (Meeanjin)



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I am in private practice (making space therapies) where I see children, adolescents and adults, and provide professional supervision to art therapists and mental health workers. My main intention in therapy is that the child, young person or adult feels accepted as they are, and can discover through art or verbal therapy their capacity for managing life's challenges.

I am a Masters level qualified (UQ) and ANZACATA registered art therapist and ANZACATA approved professional supervisor. I am also an Accredited Mental Health Social Worker and have been a social worker for over 30 years, working previously in the fields of human rights & anti-discrimination services and health rights.

In 2016, I joined Children's Health Queensland's Child and Youth Mental Health Service (CYMHS) to provide evidence-based therapies to young people with complex mental health concerns. I then became the Senior Art Therapist at an subacute inpatient and day-program service for adolescents, and held this role for 3 years. I have also worked in school settings to provide art therapy to primary school children.

Through this work, I have become experienced in art therapy, counselling and psychotherapy for children, adolescents and their parents. I have an understanding of how young people and adults can use art to connect with who they are and their capacity for change towards the life they want.

Jane Griffin, O.A.M.

Brisbane



Having graduated in 2008, I have had the good fortune to have enjoyed my career as an art therapist at Milpera State High School, working with refugee-background young people. Naming it the HEAL (Home of Expressive Arts and Learning) service, I went on with others to start a charitable Foundation to expand HEAL into other schools. We then handed the charity to QPASTT to continue and expand.

I feel fortunate to have worked with the many young people seen in HEAL. They have expanded my world view, empathy and understanding, and my career has enriched my life.

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Jane O'Sullivan

Brisbane



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Jane graduated as an Expressive therapist at Lesley University in Cambridge Boston Massachusetts USA in 1991, completing both placements with an art therapist. Jane returned to Brisbane where she worked in the multi-disciplinary team in the Child and Youth Mental Health Service at the Mater Childrens Hospital Brisbane for 13 years working in different capacities with young people and their families. In 2004, Jane co-founded the art therapy strand in the Master in Mental Health Program in the School of Medicine University of QLD. Jane has continued her involvement throughout its development as a tutor and in 2012 coordinated the program for ten years. Jane now supervises students completing their research courses in the program.

Jane has a keen interest in group programs and has worked with various client populations within her private practice including adult oncology, parents living with mental illness, adults at risk of homelessness and children from refugee backgrounds. Jane worked for six years at a school in Logan QLD within a trauma informed practice facilitating individual therapy, group and class programs and is currently the wellbeing officer at the Samford Valley Steiner school. Jane has co-authored papers with her research students in the Australian Journal of Creative Art therapies JoCAT online, October 2022 and the International journal The Arts in Psychotherapy, June 2023. Art therapy has led to a rich journey of learning from clients, students and colleagues. It has been a privilege.

Judy Mackintosh

Brisbane



Art Therapy has assisted me to cope with balancing my own life demands and struggle with anxiety, while providing a safe and engaging way to connect with others. I graduated in 2014 while teaching at Darling Point Special School. I continued to work at the school after graduating, both as the visual arts educator and art therapist. I also worked part time with the amazing therapy team at Silky Oaks Children's Haven for a year. I was caring for my elderly mother with dementia and chose to continue my practice at the school where I had worked for many years. In 2021 I retired from teaching to pursue my art therapy practice from home.

I currently look after my three grandchildren under the age of five and provide art therapy to a few private clients. My art therapy pathway has led me to support mainly children, where I have witnessed the joy of creativity, the expression of myriads of emotions and the building of resilience.

Kate Finnila

Brisbane



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Art Therapy has been a source of inspiration for me, allowing me to harness creative practices to enhance well-being in both my work and life. My art draws deeply from the wellspring of family, the serenity of nature hikes, and a growing passion for integrating nature, self-care, and creativity. Since graduating from the University of Queensland, my journey began as an expressive art therapist with a community organization.

I have also worked as an Art Therapist in a Hospital In-patient Unit, an Eating Disorder Day program, and a school Well-being Officer. Currently, I am cultivating a private practice, Heart Garden Art Therapy. Alongside Art Therapy, I am committed to my own creative practice, which has included illustrating a children's book on attachment, 'Loving Lappy Little Boat.' My creative practices, raising a family, and connecting with individuals and nature while working through life challenges continue to inspire and guide my artistic endeavours, enriching my practice with fresh perspectives and unique insights.

Katherine Winlaw

Samford Valley

Commenced in 2012 and graduated in 2016 from UQ. Currently working in private practice with women and girls. Continue to support HEAL services when possible.



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Louise Leotta

Brisbane

Bachelor of Education (QUT, 1998), Master of Arts: Creative Arts Therapies (Concordia, 2008)



Louise Leotta graduated from Concordia University in Montréal, Canada with a Master of Arts Creative Arts Therapies. Louise has extensive experience working as an art therapist in Acute Inpatient Child and Youth Mental Health Services and as a senior therapist in a community organisation working with children, young people, carers and parents involved with Child Safety. The complexities of working with acute mental health issues, in large health settings and supporting people with complex and intergenerational trauma, encouraged Louise to seek out a broad range of professional development experiences, to support client and personal growth. In private practice she has facilitated group supervision, psychoeducation and team building experiences. Louise has a special interest in the areas of attachment and trauma informed practice, therapeutic presence and supervision. Finding meaningful connections through creative embodiment has been the essence of Louise's career.

Louise began working as a lecturer and research supervisor for the University of Queensland's Master of Mental Health Art Therapy Program in 2013 and in 2019 took on the role of placement coordinator, connecting students with clinical placements and deepening partnerships with professional placement sites. In 2022 Louise was appointed the role of Lead Lecturer and Coordinator for the art therapy stream. It is enriching to support Master's students on their journey to becoming accredited art therapists and to witness their immersion in the creative process and determination to live their dreams.



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Manaali Manoharan

Brisbane



Manaali has cultivated a deep-seated passion for art therapy since childhood, using art as a tool for self-awareness and emotional processing. This lifelong dedication culminated in her pursuit of professional art therapy, beginning with a transformative year-long expressive therapies training in India. In 2020, she achieved a significant milestone as the first Indian international student to earn her master's degree from UQ. Embracing a diverse range of roles, and following a successful placement, she joined a private paediatric allied health clinic, specialising in Child Safety and NDIS clients, while establishing her own practice, 'Friend of the Mind,' inspired by the Sanskrit meaning of her name. She has expanded her impact through student welfare roles at primary schools, facilitated outpatient art therapy programs at Belmont Hospital, supported multicultural communities and refugees with QPASTT and contracted with private art therapy studios. Developing her private practice, she co-facilitates workshops, sessions, and retreats, demonstrating a commitment to therapeutic innovation.

Transitioning into academia, Manaali assumed a role as a research supervisor at UQ in 2023, coinciding with her entry into Queensland Health's Jacaranda Place Day Programme. Currently, she is part of a groundbreaking pilot project with a creative arts therapy research team at North-West Child and Youth Mental health service (CYMHS) for disengaged adolescents with the aim of proving the worth of art therapy and creating more creative arts therapy roles within Queensland Health. With its initial success, this project has now expanded to include the 0-4 CYMHS service where Manaali continues to innovate art therapy interventions for younger age groups as of 2024, as a discipline lead.

Notable recent achievements include presenting at an art therapy conference in Adelaide and providing a self-care webinar to the Ukrainian Art Therapy Association at the onset of the war. Manaali's career is defined by a relentless pursuit of knowledge and innovation in the field of art therapy, solidifying her desire to advocate for mental health through creative expression.

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Rebekah Warren

Brisbane



Rebekah Warren graduated with a Master's degree in Mental Health - Art Therapy in 2021 and quickly embarked on a rewarding career at Act for Kids, where she works as an Art Therapist and Child & Family Therapist for the Individual Support Services team and the Safe Families program. Her path has been marked by a deep commitment to supporting vulnerable populations, particularly women and children.

A significant milestone in her career was developing and facilitation a highly impactful Art Therapy program at Northside Connect for women affected by domestic violence. This program provided a safe space for women to express their experiences and begin healing through creative expression.

Rebekah has seen firsthand the transformative power of art therapy, witnessing profound emotional breakthroughs and recovery in her clients. This work has deeply enriched her life, fostering a greater sense of empathy, purpose, and fulfilment. Through her dedication, Rebekah continues to make a meaningful difference in the lives of those she serves, affirming her belief in the healing potential of art.

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Renae Stevens

Tamborine Mountain



Renae Stevens with over a decade of experience, skillfully applies trauma-informed practice principles to support mental health in both children and adults through Expressive Therapy. Her approach is rooted in principles such as safety, empowerment, trust, collaboration, and choice. These principles create a secure and respectful framework for healing.

Renae's methodology is characterized by its gentleness, supportiveness, and emphasis on nurturing relationships, while also maintaining a focus on individual preferences and needs.



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Dani Walsh

Armidale, New South Wales



I graduated from the University of Queensland Master of Mental Health (Art Therapy) in 2011. I began integrating art therapy into my work soon after graduating in 2012, but it wasn't until 2017 that I started a private practice in Armidale, NSW, and began advertising myself as a registered Art Therapist, alongside my mental health occupational therapy work. Today, I have the privilege of working as an Art Therapist at Minimbah Primary School, an independent primary school with a focus on Aboriginal and Torres Strait Islander culture in Armidale.

I still work in private practice part-time, and am proud to be also working as a casual academic for the University of Queensland, supporting emerging Art Therapists through the Master of Mental Health program. I dreamed of being an Art Therapist for many years, and studied occupational therapy as my undergraduate degree with the intention of studying art therapy as soon as I could. My career has unfolded in a way I could not have imagined – I absolutely love my work. I am so thankful for the rich beginning I had in the UQ program, and will be eternally grateful to my early teachers in art therapy; Clare Edwards, Sandra Drabant, Maggie Wilson, Jane O'Sullivan and Natasha Palethorpe.

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Elaine Pollen

New South Wales, Byron Bay



I completed my training as an Art Therapist in 1992 at the St Albans School of Art and Design in England; one of the first courses to offer Art Therapy Training. I was one of the founding art therapists who helped establish the Masters in Mental Health (Art Therapy) at UQ and was involved in peer supervision and supervision of student Art Therapists. I live and work in Byron Bay where I divide my time across my work as a Psychologist, Art Therapist and the development of my practice as a Visual Artist. I specialise in working with clients with complex trauma.

Creativity is an important part of the healing journey and assisting clients to connect to their own inner journey and exploring with them ways to navigate this remains a primary interest. My art practice is an ongoing exploration and articulation of my own creative process through writing and painting. Of making visible that which lies hidden, unseen, unrecognised and unexpressed. The creative process as a method of engagement with self, other and the world. Recent works explore the felt experience of being in the world. They are a direct response to the beauty and wonder inspired by nature and existence and are attempts to explore and expand conscious awareness through meditation, active visualisation and journeying.

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Elizabeth Dowling

New South Wales, Kyogle



I have been an artist for all of my life. My formal study began at North Sydney Technical College with subjects such as Lettering, Antique Drawing and Composition. During the 1980's I graduated from the Queensland College of Art with a BA in Graphic Design. The thread here was communication via film and print and I enjoyed the course feeling my strength in illustration was a design advantage. For 8 years I worked with the Interpretation Unit of National Parks in Queensland designing and illustrating maps, information sheets and interactive murals.

In the early 1990's, I discovered Art Therapy and took 12 sessions with a graduate from the University of Western Sydney. This was such a powerful awakening. Speaking to my true self had become more important in my life. I was guided to an interest group in Brisbane in which a few qualified art therapists presented art therapy to a small group, and later invited international art therapists to present to much larger groups. Once those qualified art therapists had initiated the Masters programme at the University of Queensland, the group members were then invited to apply there to study. In 2010, I graduated as an art therapist and moved to Lismore where Northern Rivers Arts Health and Wellbeing were running workshops for cancer survivors. This introduced me to the health community network. At present, I am in private practice with NDIS clients and a qualified supervisor.

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I think, as an art therapist, I am now more courageous with my own art.

Marilyn O'Brien

Newcastle



My name is Marilyn O'Brien and I graduated in the Masters of Mental Health in the Field of Art Therapy University of Queensland in 2012. I have worked in grief and loss, palliative care and currently with childhood trauma survivors at Heal For Life Foundation in Newcastle NSW. I continue my own art practice and have a studio at Newcastle Artspace which continues to enrich my personal and professional life.



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Joanne Kelly

Gloucestershire, United Kingdom



I have lived in India, Papua New Guinea, Bangladesh and briefly, the US. I actually started my training in 2006 at UQ. On graduation, I returned home to Yamba, NSW and worked in private practice, as a counsellor/art therapist in a high school. I commenced a PhD (Education) in 2010 through Southern Cross University. My PhD, at the time, was the first research in art therapy in a high school undertaken by a trained art therapist.

Since my initial UQ training, I was heavily involved in the recently renamed ANZATA (now ANZACATA) and stayed on the committee until 2019. I was president from 2014 to 2018 and then acting Executive Officer until 2019. I am currently Senior Lecturer (Clinical Lead) on the MA in Art Psychotherapy at the University of South Wales, Newport, Wales and work in private practice.

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Sandra Drabant

Ann Arbor, Michigan, United States of America



As a Board Certified Art Therapist and Licensed Clinical Professional Counselor, I currently work at the University of Michigan, Michigan Medicine Rogel Cancer Center. I received my Masters in Art Therapy from the University of Illinois in Chicago and have worked as an Art Therapist in the USA and Australia. While living in Chicago I worked as a contract Art Therapist with a range of grief and loss programs and was the Coordinator of Palliative Care Center and Hospice of the South Suburbs as well as a clinician in private practice at the Center for Psychological Services. When I moved home to Australia in 2005 I developed art therapy programs at The Talera Center and Silky Oaks Children's Haven.

I later worked as the Senior Art Therapist at Mater Hospital CYMHS Day Program and concurrently developed and piloted an art therapy program at Mater Cancer Care Center. While in these roles I lectured at UQ - School of Medicine, Masters of Mental Health Art Therapy program for 10 years. I have co-authored book chapters and journal articles on the topics of art therapy with refugee children, group and individual art therapy treatment modalities to address children's mental health, and benefits of an art therapy pilot program for patients diagnoses with cancer.

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