



# EVELYN PELAYO PORTELA

Art Therapist, Cultural Producer &  
University Lecturer

## CONTACT

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## PROFESSIONAL PROFILE

I am passionate about using art as an accessible way to connect, support and empower people. Throughout my career I have specialised in:

- Management, planning and delivery of cultural and/or biopsychosocial projects/workshops, including writing successful funding applications.
- Arts-based research and evaluation within educational, socio-cultural and health care settings.
- Provision of psychodynamic and humanistic art psychotherapy.

## EDUCATION

MA Cultural Management  
Universitat Oberta de Catalunya  
2021-2023

MA Art Psychotherapy  
Goldsmiths University of London  
Pass with Merit  
2016-2018

DELTA (QCF)  
University of Cambridge ESOL  
Examinations  
Module 2: Pass with Merit  
2013-2016

AOCAD Material Art & Design  
Specialism: Ceramics  
OCAD University – Toronto, Canada  
2001-2004

## PROFESSIONAL SPECIALISMS

Mental Health

End-of-life Care

Bereavement

Learning Disabilities

Eating Disorders

Substance Abuse

Homelessness

## PROFESSIONAL EXPERIENCE

Art Psychotherapist  
Sept. 2022 - present | Private Practice

I offer time-limited or ongoing art psychotherapy to individuals or groups, including those currently studying as Art Therapy Trainees in English and/or Spanish.,

Art Psychotherapist  
Sept. 2021 - Jul. 2022 | Central and Northwest London NHS Foundation Trust

Independent management of clinical caseload consisting of individual and group art psychotherapy for adults with severe mental disorders (psychosis, chronic schizophrenia, and schizoaffective disorders).

- Competent completion of the tasks inherent in therapeutic interventions: patient reports, clinical notes, art-based formulations and evaluations in weekly MDT meetings and other procedures

Bereavement Volunteer  
Jan. 2021 - present | Cruise Bereavement Care

- Psychological and emotional support at various stages of grief through ongoing sessions by telephone or Zoom.

Art Therapist & Ceramics Studio Manager  
Oct. 2019 - Jul. 2022 | South London and Maudsley NHS Foundation Trust

Organisation and facilitation of client-centred therapeutic ceramics groups for individuals with severe and enduring mental health problems such as anxiety, eating, personality and schizoaffective disorders in the Occupational Therapy Department.

Project Lead/Cultural Manager  
Nov. 2019 - Jan. 2022 | Maudsley Charity

Development and implementation of Arts in Health projects, Re:Surface and Bethlem Handmade, to promote the health and well-being of people returning to the community after having been admitted to a psychiatric hospital..

- Two successful funding bids for 25k
- Design, analysis and compilation of evaluation measures.

## SKILLS

Adobe Photoshop & InDesign  
Microsoft Word, Excel & Powerpoint  
Virtual Learning Environments  
(Moodle, Blackboard, Teams, Padlet & Zoom)  
Social Media Marketing

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## PUBLICATIONS

At the Centre of the Picture: Older People with Learning Disabilities, Co-production and Community  
The British Psychological Society, Oct 2020.

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## OTHER

### LANGUAGES

Spanish - Proficient (C2)  
English - Proficient (C2)  
Catalan - Pre-Int. (B1)  
French - Elementary (A2)  
Basque - Beginners (A1)

### DRIVER'S LICENSE

Own vehicle

### REFERENCES

Available upon request

### Consultant Arts in Health

Jan. 2021 - Jun. 2021 | Central and Northwest London (CNWL) NHS Foundation

Consultancy for the development of a pilot project, The Hub, for the CNWL Arts in Health team and its users - adults with chronic mental health problems.

- Use of excellent communication and interpersonal skills to inform rewriting of the team business case, including budgeting, project outcomes & evaluation, project governance strategies, & risk assessments
- Market analysis, research, drafting of a funding bid

### Recovery Opportunities Coordinator (maternity cover)

Jun. 2019 - Mar. 2020 | Single Homeless Project

Coordination of two biopsychosocial programmes for the recovery of homeless people with complex needs, including substance dependence.

- Project & budget management, along with successful funding bids
- Design & facilitation of creative and skills development workshops/groups.

### Director/Cultural Manager

Aug. 2017 - Dec. 2019 | Pop-In Community Arts Festival

Led an arts and wellbeing festival for people with learning disabilities (LD), which hosted art, music and dance therapy workshops, community talks and social events by established organisations in the LD sector.

- Project and budget management including a successful funding bid for 10k
- supervision of artists and volunteers

### Art Psychotherapist

Sept. 2017 - Jul. 2019 | South West London & St George's Hospital NHS Trust

Group and individual psychodynamic art psychotherapy with outpatient clients, and weekly sessions on an acute mixed-admission psychiatric unit.

- Writing of clinical notes, patient reports, artistic psychotherapy evaluations at weekly multidisciplinary team meetings and other procedures.

### English for Academic Purposes Lecturer

Jun. 2014 - Jun. 2019 | University of the Arts London

- Academic English language and literacy support plus study skills with international undergraduate and postgraduate students via in-person & VLE platforms on in-sessional and pre-sessional programmes

### Art Psychotherapy Trainee

Sept. 2016 - Jun. 2017 | Princess Louise of Kensington Nursing Home

Implementation of the first art therapy provision, including referral and evaluation procedures for older adults suffering from dementia and/or degenerative diseases

### Coordinator, English Teacher & Educational Materials Author

Sept. 2005 - Jun. 2014 | Various language academies - Spain & Argentina

Over 13 years, I have worked with a wide range of students from Young Learners to Proficiency. In addition, I wrote educational materials with Pearson Publishing for 4 years and was the English Department Coordinator at Merit School in Barcelona for 4 years. I also worked as a Cambridge Speaking examiner from YLE - CAE for 5 years.