

Amy V Donegani – Art Psychotherapy trainee, currently on placement at St Columba’s Hospice Care Arts Team.

‘Four daffodils’ and ‘Two Pyramids’

These images were created before my art therapy training. I created these large oil paintings in relation to my OCD and mental health journey, focusing on numbers and specific numbers of objects, breaking free from repetition and my obsessive mind-set around order and numbers. Salvador Dali is my favourite artist and biggest inspiration within art and I have tried to create my paintings in a surrealist manner.

Boats (x2) - acrylic paint on paper

These were created during the ‘Hola’ sessions at the Hospice. I think they were likely influenced once again by this idea of groups and togetherness, sharing this same platform. I explored different tools like old bank cards to drag the paint across and the same for the sky. I used different brushes for more aggressive, bold lines with the paint. They were quick, spontaneous paintings with little pre-planning.

Flower collage

In the ‘Hola’ group we looked at collage and exploring image-making with found objects/paper. I enjoyed cutting up old magazines and old artwork to create this new image.

‘Plodding along’

I created this painting during my art therapy last year. It was created in my own time for my own therapeutic/self-care purposes. It reminded me of the concept of ‘plodding along’ throughout the uncertainty of COVID restrictions. The water is a little choppy and the sea is unpredictable by nature and the journey for this little boat is a time-consuming one, that remains an independent one, with no other boats in proximity, very much like the concept of distant learning. There will be other boats in the sea somewhere, sharing the same sea, it’s just this boat can’t physically reach or see them. This reminds me of the idea of sharing a platform, the internet, but not meeting any of my peers in person.