NIGAT
The NI Group for Art Therapy

Invites you to its

February Day Meeting

Date: **Saturday 7 February 2026 (10am-3pm)**

Venue: Ballynafeigh Community Development Association (Mountain View Room), 283 Ormeau Road, Belfast, BT7 3GG

Cost: £15 NIGAT members £30 non-members
Booking essential, email: day-meeting@nigat.net

Title: **New Year, new beginnings – looking back to go forward in 2026. Celebrating 50 years of art therapy in Northern Ireland and exploring the beginnings of art therapy here.**

NIGAT's first event in its celebratory 50th year will focus on the beginnings of the profession of art therapy in NI through a presentation of historic archive material, a conversation with an NIGAT founder and a Case Study demonstrating art therapy's potential for personal change and growth.

Founded in 1976 by Rita Simon (1921-2008) and Alice Graham, pioneer Art Therapists, the Charity is now entering its 50th anniversary year and has maintained its tradition of holding 3 Day Meetings each year since its foundation and an annual Art Therapy Summer School since 1993.

NIGAT's Day Meetings provide an opportunity to make art with a wide range of materials. No prior skill or experience is necessary as you discover the nature of your creative relationship with art materials, in safe surroundings, without expectation or judgment!

NIGAT is an inclusive and welcoming Charity 'promoting the use of art therapy, and art and creativity to facilitate personal development and health' (https://nigat.net/).

Participation and attendance will suit those interested and curious to learn about the necessary conditions for creativity to flourish.

Structure of the day

9.30:	Coffee/tea available
10am-12noon:	Eileen McCourt in conversation with Alice Graham, NIGAT Co-founder. Including Rita Simon Archive & Audio Interview, & case study presentation by Dr Caryl Sibbett, Art Psychotherapist
12 noon-1pm:	Lunch break *(please note that lunch is not provided)*
1pm-2pm:	Artmaking period
2pm-2.45pm:	Optional sharing of artwork
2.45-3pm:	Closing and Clearing up