

Blanka Hubena  
Uwch Ddarlithydd  
Cyfadran y Gwyddorau Bywyd ac Addysg



## **Diddordebau ymchwil**

Art Psychotherapy  
Clinical supervision of Arts Therapists  
Clinical competence  
Inter-professional learning and training in health and care sciences  
Attachment, neuroscience and trauma informed practice  
Creativity and leadership  
Pluralistic principles in HE pedagogy and practice  
Early childhood trauma and reparative psychotherapeutic practice  
Arts in health and well-being (AiHWP)  
Mental health needs of diverse populations (asylum seekers and refugees, BME communities, carers, travellers and gypsies)

## **Cyflogaeth**

Uwch Ddarlithydd  
Cyfadran y Gwyddorau Bywyd ac Addysg  
7 Awst 2018 → present

## **Allbwn ymchwil**

**Art psychotherapy tools in clinical supervision: HEIW Arts Therapies Showcase**  
Hubena, B., 12 Ebrill 2021

**What is art psychotherapy? HEIW Arts Therapies Showcase**  
Hubena, B., 8 Ebrill 2021

**Inter-professional learning: initial observations of the art psychotherapy tools used in the post-qualifying postgraduate training in counselling children and young people**  
Hubena, B. & Mulcahy, J., 9 Rhag 2019, Yn: *British Journal of Guidance & Counselling*. 48, Issue 1: Creative Methods Part 2, t. 30-39

**Allied Health Professions and their role in improving mental health and wellbeing: Reflection on the opportunities for AHPs to contribute to improving MH and WB in Wales and how one of the AHP professions, the arts therapies, responds to the 21st century challenges to meet service user needs**  
Hubena, B., Medi 2017.

**Arts Therapies in Wales: Good Health Wales 2017 - Arts for Health and Wellbeing Symposium**  
Hubena, B., 25 Ebrill 2017.

**Arts Therapies and School Counselling**  
Hubena, B., 2016, *School-based Counselling Operating Toolkit*. Welsh Government, t. 236-246

**National Curriculum for Counselling Young People**  
Hubena, B. & Mulcahy, J., 2016, British Association for Counselling and Psychotherapy (BACP).

Effeithiau