



“Final Piece”

**Dr Adina
Smith**

*Artist and Resident
Doctor in UHBW NHS
Trust*

Art at Medical Education 2026

Featuring work from members, artists and those with lived experience



“Male No 1”

Cherie Collins

RCPsych Staff

The upward head and clasped hands symbolize a plea for relief, while the stark contrasts reflect the tension between hope and despair

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“Loneliness”

**Yousif Alaa
Rasool**

Doctor / Artist

My work focuses on translating psychiatric disorders and human emotions into visual narratives. I believe that art is a powerful tool for empathy and medical education,

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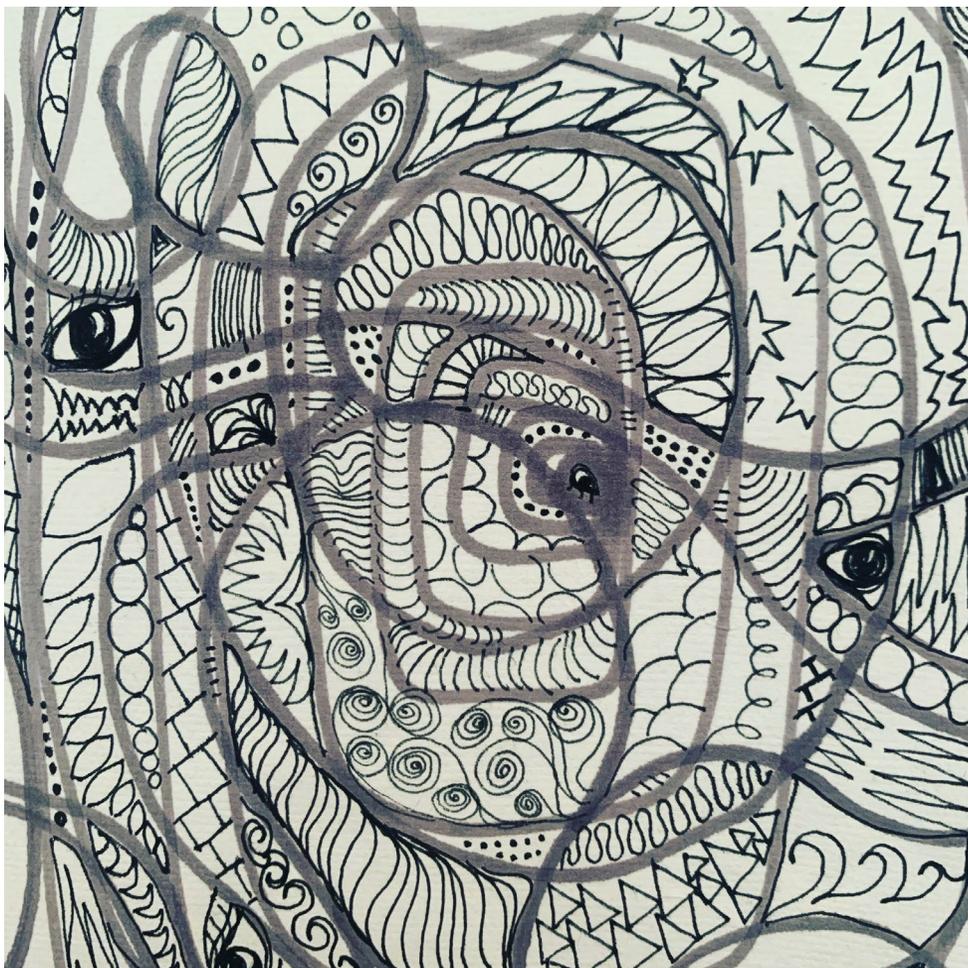
“Between the tides”

Dr Ananya Veenarun

*Artist, NHS doctor, Aspiring
psychiatrist*

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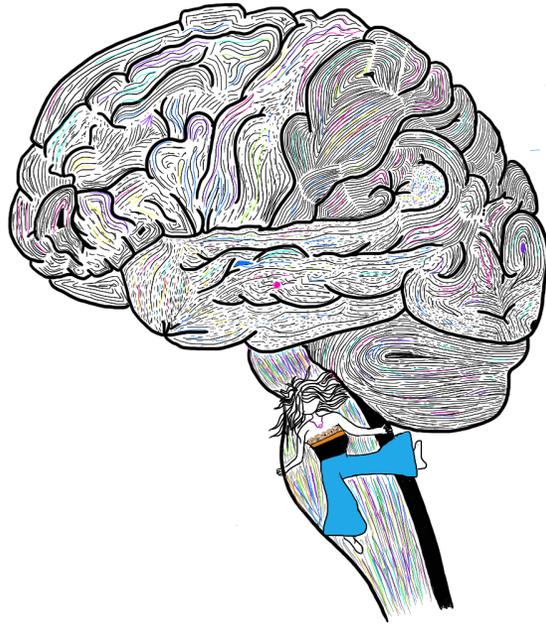
“”

Claire Gribble

Art Psychotherapist

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Dr Ananya Veenarun

Artist, NHS doctor, Aspiring psychiatrist

This drawing represents my wish to live outside anxious rumination and emotional heaviness, and to reconnect with a sense of aliveness.

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“”

Claire Gribble

Art Psychotherapist

This explores the therapeutic relationship and how the feelings expressed are held by the therapist, whilst freely expressed by the client.

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-Eating Disorder-

“Eating disorders”

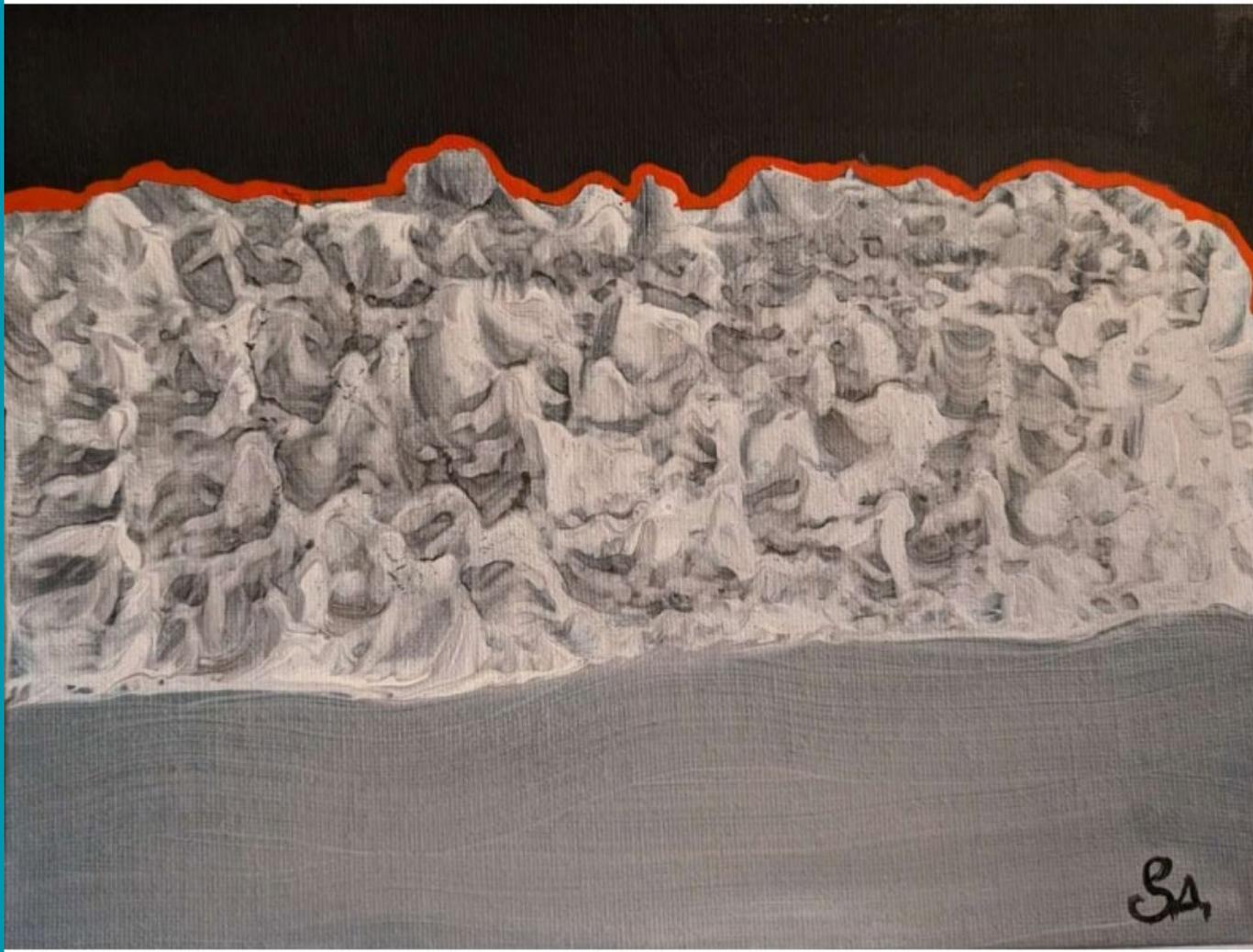
Yousif Alaa Rasool

Doctor / Artist

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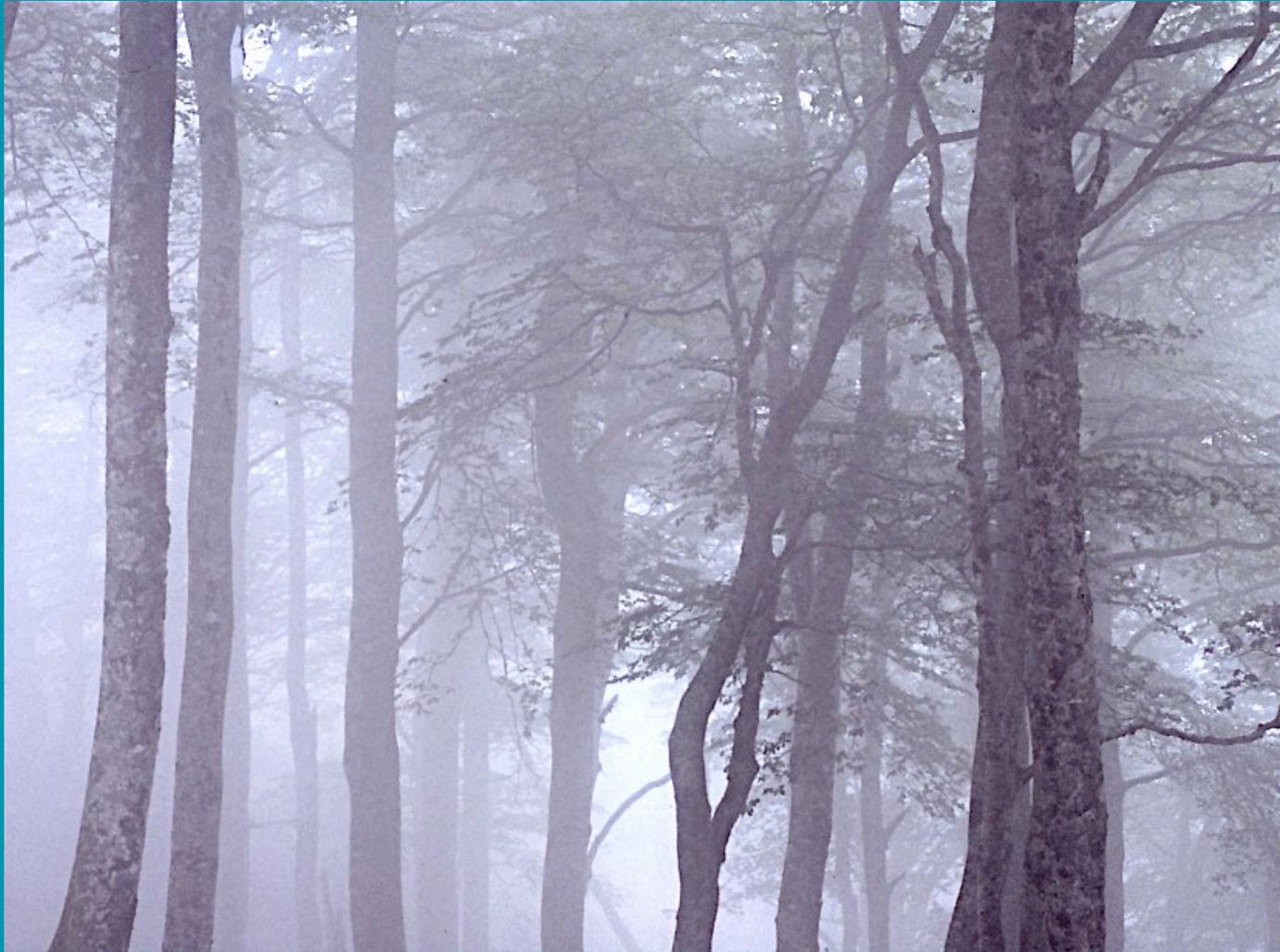
“The Psychiatrist”

Dr Sharon Kwagiri

CT3 resident doctor.

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“Misty Woods”

Helen Turnbull

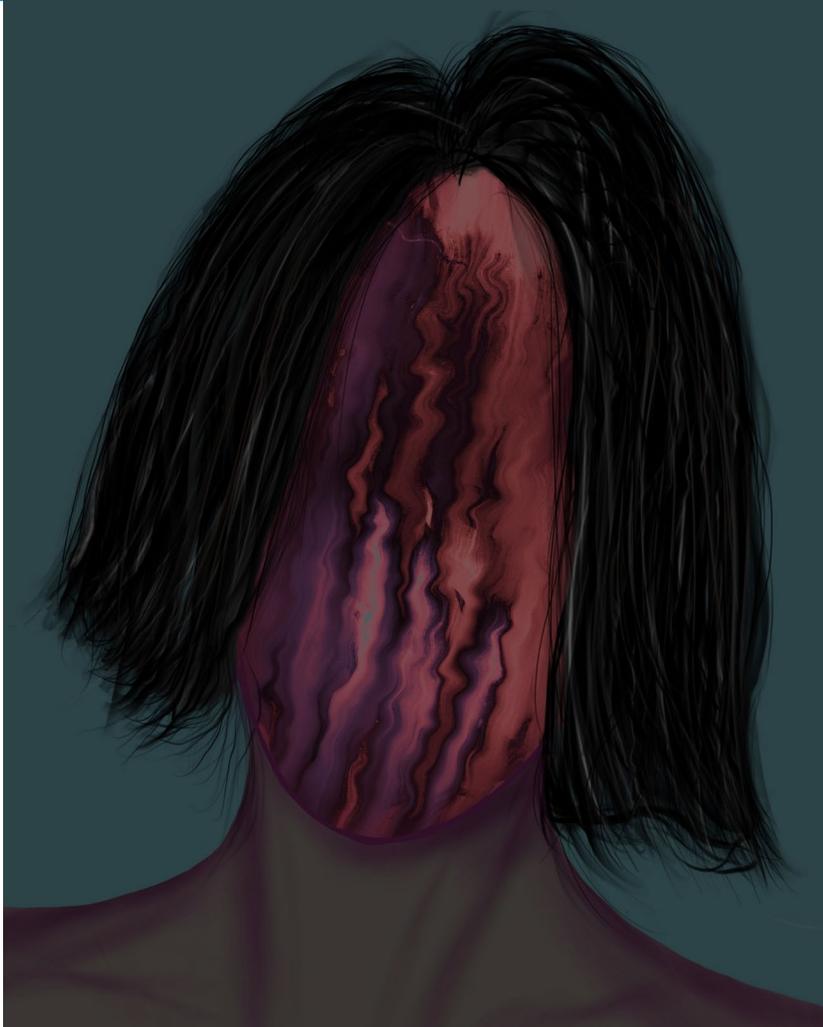
Visual artist & Specialist Occupational Therapist

Helen Turnbull (b.1972) is a visual artist working with photography. Her works encompass analogue, digital and printmaking. With a parallel career as an Occupational Therapist, she has a special interest in supporting health and wellbeing through the creative arts and photography as a therapeutic medium. She is a photography & zine making tutor for Pathway to Wellbeing, Surrey Adult Learning.

www.helenturnbull.com

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“Alexithymia”

Yousif Alaa Rasool

Doctor / Artist

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“Binge Eating Disorder”

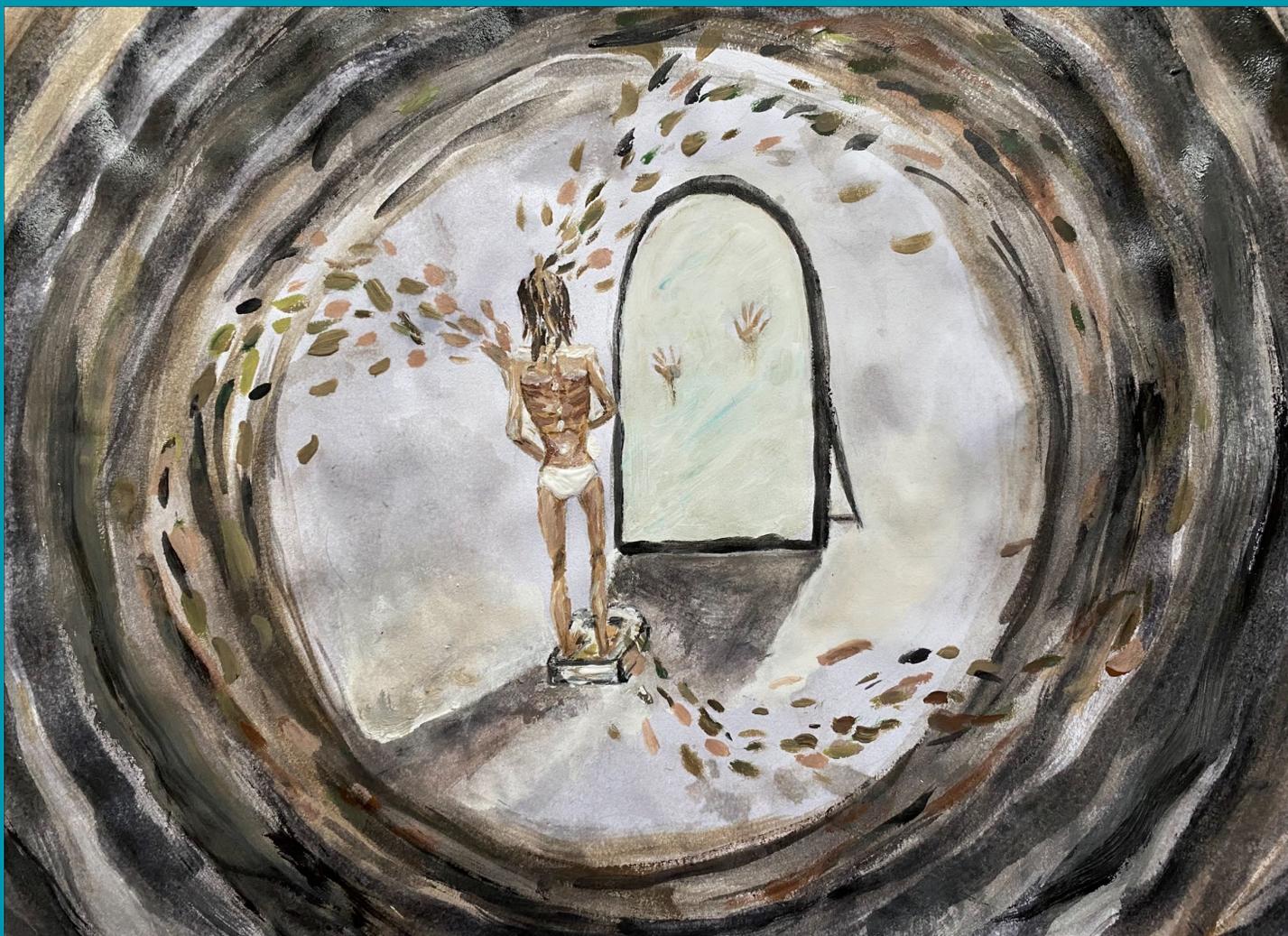
Cherie Collins

RCPsych Staff

This artwork explores the complex reality of binge eating disorder, capturing the emotional weight and inner conflict that often accompany the condition. Through its visual elements, the piece seeks to evoke empathy and awareness, highlighting the struggle between compulsion and control, and the silent battles many face behind closed doors.

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Naduni Jayasinghe

Core Trainee Year 2, Member

My interest in eating disorders stems from their increasing prevalence and the complex ways in which they are interwoven with individuals' lives and families. This work seeks to explore the narrowing of focus and growing isolation that can take hold, portraying image as a confining space where darkness gathers and where the pursuit of approval slowly erodes identity, personality, and a sense of self. The self becomes obscured, reflected through the lens of its own entrapment.

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Dr Nandini Chakraborty

This is a digitally edited photograph of one of my trips to Nigeria during volunteering in mhGAP training.

I took this photograph of a Nigerian market place in Benue state and then put my creative digital brush to it. I love turning photographs to paintings.

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“Skull”

Cherie Collins

RCPsych Staff

This piece uses the image of a skull as a powerful symbol to reflect on mental health. The skull represents both fragility and resilience, reminding us that beneath the surface, unseen struggles can shape our thoughts and lives. By juxtaposing mortality with the mind, the artwork invites viewers to confront the stigma surrounding mental health and consider the importance of care and compassion.

Art at Medical Education 2026

Featuring work from members, artists and those with lived experience



“Masks 1”

Richard A Whitaker

Fine Artist, Art Psychotherapist

These 2 digital pieces reflect an ongoing personal interest in masks, roles and characters, something that we also see present in art Psychotherapy practice with clients using art to express "parts" of themselves in the forms of masks.

Art at Medcial Education 2026

Featuring work from members, artists and those with lived experience



“Masks 2”

Richard A Whitaker

Fine Artist, Art Psychotherapist

These 2 digital pieces reflect an ongoing personal interest in masks, roles and characters, something that we also see present in art Psychotherapy practice with clients using art to express "parts" of themselves in the forms of masks.

Art at Medical Education 2026

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“Depression”

Yousif Alaa Rasool

Doctor / Artist

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