Karen Huckvale is an artist and art psychotherapist. She worked as a knitwear designer, graphic designer and art college lecturer before training as an art therapist in 1993. She has since worked in NHS adolescent, adult assertive outreach and acute services whilst maintaining an arts practice and also working within Arts and Health projects. Karen worked within Devon’s Child & Adolescent Mental Health Services (CAMHS) for many years until January 2015 when she resigned to focus on her work and private practice with Insider Art. Karen’s practice is pragmatic, broadly Jungian and informed by a wide range of theoretical approaches including Attachment theory, Dialectical Behaviour Therapy and Morita Therapy in combination with her emphasis on arts based skills building and Sand Tray Therapy. She mentors and supervises a wide range of counsellors, therapists , trainees and arts projects. She is a British Association of Art Therapists approved supervisor and an approved play therapy supervisor. Karen is a director, trustee and treasurer of ‘Self Heal’ a registered charity.

Karen’s artwork is broadly figurative and concerned with details. She works with photography, painting, drawing, embroidery and plasticine.