

## Aisling Brennan

*True Self, True Art*



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Aisling Brennan has always been drawn to the benefits of art as a therapeutic tool for empowering people's lives. Personally experiencing the benefits of art therapy, combined with her interest in spirituality, she has created her own business offering art therapy, wellbeing and spiritual accompaniment services.

Aisling worked as a primary school teacher for 15 years and holds a Master's in Applied Spirituality and a certificate in Spiritual Accompaniment. As Art therapy was a developing market, she felt inspired to play her part in helping it evolve.

In 2016, she went on to obtain a Master's in Art Therapy and in March 2017, she launched True Self, True Art.

Based in Mount Henry Art Studio, Killenard, Co Laois, True Self, True Art provides a number of services. These include art psychotherapy to provide people with a safe, non-judgmental space to process thoughts and feelings; wellbeing workshops to promote self-esteem, confidence, motivation and inner beliefs; and spiritual accompaniment. An overarching aim is to help people build awareness of and express their inner world.

Aisling credits ACORNS with boosting her confidence in herself and her business and giving her the tools to move True Self, True Art forward.

Since launching True Self, True Art, Aisling has worked with many children and adults as well as organisations such as Léargas, Tusla, Laois County Council, Foróige and Healthy Ireland. She is also a council member of the Irish Association of Creative Arts Therapies.

Aisling's plan now is to empower more clients, develop more resources in art therapy such as books, courses and delivering talks, and continue expanding True Self, True Art.

*Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.*



An Roinn Talmhaíochta,  
Bia agus Mara  
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Food and the Marine