

Liz Finegold @LizFinegold

Liz Finegold is a psychological therapist, artist and mindfulness teacher with more than 15 years' psychology experience in the NHS and third sector.

Liz has a breadth of postgraduate clinical training in various psychological frameworks and in delivering individual and group therapy. She also has significant experience in developing and delivering workshops and courses that instil hope, control and opportunity. She is currently a Peer and Professional Tutor at the Recovery College, Camden & Islington NHS Foundation Trust, and has co-facilitated self-management of long-term mental health conditions courses through IAPT (Improving Access to Psychological Therapies) in conjunction with the Heath Foundation.

Her research at universities has contributed to studies published in academic journals. Working with Dr Tamara Russell, Liz has gained more than five years of mindfulness personal practice and has taught mindfulness and creativity workshops. Liz enjoys collaborating with Tamara as they both have a strong intention to teach mindfulness in innovative ways that integrate creativity.



Liz is passionate about the creative arts and has an extensive training in a wide variety of areas including fine art, textiles, puppetry and creative writing. She has exhibited both in London at the Tate Modern, Salome Gallery and abroad.



Liz currently works as a Vocational Peer Support Worker in the Employment Initiative Team at the mental health charity Jami (Jewish Alliance of Mental Illness). Her role focuses on “vocational recovery” which aims to instil hope and confidence by supporting clients to pursue and sustain the vocational experiences that give meaning, purpose and activity in their lives.

Based on her own lived experience, Liz strongly believes that challenging health conditions can empower people to have a sense of efficacy in their mental and physical health despite the challenges they may face.

Liz can be found on Twitter and Instagram @LizFinegold

