

Creative Research Supervision

Discover a New Path with Transformational Conversations

A space to think differently.

When you're stuck, you don't always need someone to give you the answer. Sometimes you need someone who can help you find it.

You have an idea, a project or a question you can't quite articulate. You sense that there is something worth pursuing, but the connections are unclear, the possibilities seem endless, or you cannot quite find a way forward.

Creative Research Supervision offers one-to-one sessions for postgraduate researchers, independent scholars and creative practitioners who want to explore ideas, work through intellectual difficulties and develop their thinking beyond the immediate demands of their projects.

What we can work on

- Developing research questions, concepts and arguments.
- Exploring interdisciplinary connections and alternative perspectives.
- Identifying assumptions, blind spots and unexplored possibilities.
- Working through conceptual difficulties and creative blocks.
- Developing original ideas and finding ways to articulate them.
- Thinking critically and laterally about complex problems.
- Finding direction, focus and renewed engagement with your work.

How I work

My approach brings together philosophical inquiry, phenomenology, fine art, interdisciplinary research, psychotherapy and clinical supervision.

Through active listening, critical dialogue, questioning and creative problem-solving, I help you examine your ideas, challenge familiar assumptions, recognise unexpected connections and discover possibilities you may not have considered.

The sessions combine intellectual freedom with critical rigour. They offer a non-judgmental space in which unfinished ideas can be explored without the pressure of having to present a fully formed argument.

You do not need to arrive with a clear question or a ready-made plan. Sometimes the most productive starting point is simply an idea you cannot stop thinking about.

From the tangle to the insight

The aim is not to tell you what to think, but to help you discover what you might think, what is worth pursuing, and how to take your ideas further.

Creative Research Supervision is an independent, supplementary service. It complements, but does not replace, formal university supervision or specialist academic guidance. It is not a proofreading, editing or thesis-writing service.

Format: One-to-one sessions, available online, on Google Meet or a similar platform. [In-person meetings may be possible by arrangement].

Nature and scope of the service

These sessions offer independent intellectual dialogue, critical reflection, brainstorming and creative problem-solving. They do not constitute formal university supervision, specialist academic advice, proofreading, editing or thesis-writing.

Responsibility for the research

You, the client, retain responsibility for your research, arguments, decisions, academic integrity, sources, submissions and compliance with your university's rules. My role is to facilitate your thinking and support your intellectual development; responsibility for decisions and outcomes remains with you. I cannot guarantee any particular academic outcome.

Confidentiality and unpublished work

will treat our discussions, session notes and any unpublished research you share with me as confidential, subject to applicable legal obligations and the limits of confidentiality explained in this agreement. I recognise that your work may include commercially sensitive information, potentially patentable ideas or material subject to university or other institutional agreements. You remain responsible for ensuring that you are permitted to share such material with me. I will handle personal information in accordance with my privacy notice and applicable data protection requirements.

Intellectual property

You retain ownership of your existing research, ideas, materials and creative work. If any jointly developed materials or other intellectual property arise during our sessions, we will discuss and agree how these should be handled. Nothing in this agreement transfers ownership of your existing work to me.

Outcomes and expectations

I cannot promise that every session or conversation will produce an insight or breakthrough. The value of the service lies in the quality of the intellectual encounter and the space we create for independent thinking, exploration and development, rather than in any guaranteed result.

Think more freely.
Question more deeply.
Discover where your ideas might lead.

Who I Am

My name is Matilde, and I am a BACP eclectic existential psychotherapist, supervisor, researcher, artist, and the creator of **paleophenomenology**. This innovative framework explores the roots of human consciousness through ancient

wisdom and phenomenological experience, offering pathways for transformation, creativity, and deeper meaning.

About my approach

My work brings together interdisciplinary research, creative practice, philosophical inquiry and many years of experience supporting people in their intellectual and professional development. Across these different fields, I have maintained a sustained interest in how we think, how we construct knowledge, and what becomes possible when we question familiar assumptions and approach a problem from another direction.

My academic background spans scientific education, fine art and practice-led research. I hold a Foundation Diploma in Art and Design, a BA in Fine Art, for which I received an award for my dissertation, and an MRes in practice-led research. I am currently in the writing phase of my PhD thesis at Bangor University and am the founder of Paleophenomenology, an interdisciplinary approach I have developed to explore the emergence of consciousness and meaning-making in early humans.

Alongside my academic and artistic practice, I have been a practising psychotherapist since 2014. I hold a Diploma in Counselling and Psychotherapy, and a Level 6 Advanced Diploma in Clinical Supervision. These experiences have shaped my capacity for attentive listening, critical reflection and working collaboratively with complexity, uncertainty and questions that do not necessarily have straightforward answers.

Since 2018, I have also worked as a non-medical mentor supporting university students, primarily at postgraduate level. My work encompasses both the practical and intellectual dimensions of research, from organisation, prioritisation, goal-setting and accountability to brainstorming, planning and developing strategies for moving a project forward. I also support students in navigating the emotional vulnerabilities of academic work, difficult relationships within academia, questions of work-life balance and periods when progress feels uncertain or stalled. This experience has given me a deep appreciation of research not simply as an intellectual undertaking, but as a sustained human process requiring critical engagement, practical support and the capacity to work through uncertainty.

My wider professional experience includes designing and delivering workshops, lectures and presentations, as well as teaching in a variety of educational settings. Earlier in my career, I worked in marketing and coaching in Italy, exploring the concept of Lovemarks™ and the relationships between identity, meaning and human connection. These varied experiences have contributed to my interest in how people communicate, learn, make connections and develop new ways of understanding their work and the world around them.

I am bilingual in Italian and English, and moving between languages continually draws my attention to the ways language shapes perception, thought and meaning. Different words carry different nuances, associations and possibilities; sometimes, approaching an idea through another language can reveal something that was previously difficult to articulate. This sensitivity to perspective, together with my experience across different disciplines, informs my approach to intellectual exploration and collaborative inquiry.

What connects these strands of my work is a commitment to thinking beyond established boundaries, recognising connections between apparently unrelated ideas, and creating the conditions in which new understanding can emerge. I bring this perspective to **Creative Research Supervision**, offering an intellectually engaged and supportive space in which researchers and creative practitioners can explore unfinished ideas, question assumptions, develop original connections and take their thinking further.

Important Information

Creative Research Supervision is an independent professional service focused on intellectual exploration, critical dialogue and the development of research and creative practice. It is not a therapeutic, clinical or crisis-support service.

I respond to non-urgent emails and phone messages during my usual working hours. Contact between sessions is intended primarily for scheduling and practical matters; sessions do not include ongoing email-based research support unless explicitly agreed otherwise.

Standard Fee

The standard fee for a **Creative Research Supervision** session is **£120 for 90 minutes**.

Payment Methods

Payment is requested by bank transfer at least 24 hours before each session. Advance payment confirms the booking. Where more than one session is planned, I also request payment in advance for one additional session. This payment is held as a credit against a future session and may be applied to a late cancellation or missed session in accordance with the cancellation policy below. If this credit is used, a further session fee will be payable in advance before additional sessions are booked. If payment has not been received by the required time, I reserve the right to postpone or cancel the session. Any prepaid amounts will be handled in accordance with the cancellation and refund terms of this agreement.

Late Cancellation and Missed Sessions

Cancellations made with less than 24 hours' notice, and sessions missed without prior notice, are normally charged at the full session fee. The prepaid session credit described above may be applied to such charges. If the credit is used,

further payment will be required before another session is booked. This policy is subject to any applicable statutory cancellation and refund rights.

Late Arrivals

If you arrive late, the session will normally end at the originally scheduled time, and the full fee will remain payable. This helps maintain the agreed schedule and respects other commitments.

Session Extensions

Sessions are scheduled for 90 minutes. Any extension beyond this time is subject to mutual agreement and my availability. Where an additional fee applies, this will be agreed with you before the session is extended. We will aim to conclude sessions at the scheduled time.

Review of Terms

Fees and working arrangements may be reviewed periodically. Any changes will be communicated in advance and will apply only as agreed for future sessions. Existing bookings will remain subject to the terms confirmed at the time of booking, unless otherwise agreed or required by law.

Confidentiality

I will treat information shared during sessions and any associated notes as confidential, subject to applicable legal obligations and the limits of confidentiality described in this agreement. These may include circumstances in which disclosure is required by law or necessary to address a serious risk of harm. I will handle confidential information in accordance with the commitments set out in this agreement and my privacy notice.

Data Protection

I will process personal data, including contact details, payment records and any session notes I keep, in accordance with applicable data protection legislation. Further information about the personal data I collect, how it is used, how long it is retained, and your rights in relation to it is provided in my privacy notice. Personal data will not be disclosed to third parties except where there is a lawful basis to do so.

Boundaries

Creative Research Supervision is a professional working relationship. Contact outside scheduled sessions is intended primarily for arranging appointments and addressing practical matters. Ongoing discussion of research ideas, review of materials or additional support between sessions is not included in the standard fee unless explicitly agreed in advance. Both parties are expected to maintain respectful and professional communication.

Feedback and Complaints

I welcome feedback about the service. If you have a concern or are dissatisfied with any aspect of our work, please raise it with me directly so that we can try

to resolve it. Where a concern cannot be resolved directly, I will explain any applicable formal complaints procedure and any relevant external route available to you.

Agreement to Terms

By confirming a booking, you acknowledge that you have read and agreed to the terms of this agreement. Please raise any questions before confirming your first session. I will provide a copy of the agreed terms for your records.

Matilde Gliubich Tomat, MRes
as The Resting Tree
www.matildetomat.com
Blackburn, October 2026

Privacy Notice

Creative Research Supervision

Last updated: 11 October 2026

1. Who I am

I am Matilde Tomat, an independent practitioner providing Creative Research Supervision. I am responsible for the personal information I collect and process in connection with this service. You can contact me about this notice or the handling of your personal information at: info@matildetomat.com

2. What information I collect

I collect and process only the information reasonably necessary to arrange and provide Creative Research Supervision. This may include:

- Your name and contact details.
- Correspondence relating to enquiries, bookings and sessions.
- Appointment details and payment records.
- Brief session notes, where I consider these necessary to support continuity of our work.
- Research-related material you choose to share with me during our work together.

Please avoid sharing personal or sensitive information that is not relevant to your research or the purpose of our sessions.

3. How and why I use your information

I use your information to:

- Respond to enquiries and arrange appointments.
- Provide and administer **Creative Research Supervision** sessions.
- Communicate with you about bookings and practical arrangements.
- Maintain appropriate professional and financial records.
- Meet applicable legal and accounting obligations.
- Respond to concerns or complaints relating to the service.

I process personal information on the appropriate lawful basis for each purpose. This may include taking steps at your request before entering into a contract, performing our agreement, complying with legal obligations or pursuing legitimate interests where appropriate.

4. Confidentiality

I treat our discussions, correspondence, session notes and any unpublished research you share with care and confidentiality. Confidentiality is subject to applicable legal obligations and the limits explained in our service agreement. Information may be disclosed where there is a lawful basis or legal requirement to do so. You remain responsible for ensuring that you are permitted to share any research material that is confidential, commercially sensitive, potentially patentable or subject to university or other institutional restrictions.

5. How I store and protect information

I take reasonable and appropriate steps to protect personal information against unauthorised access, loss, misuse or disclosure. Information may be held in electronic correspondence, digital files, appointment records, financial records and, where applicable, paper notes. Access is restricted to what is necessary for the administration and delivery of the service.

6. Who I share information with

I do not sell your personal information.

I may share information with service providers where necessary to operate the service, such as email, online meeting, website or payment providers. These providers may process information on my behalf in accordance with their applicable terms and data protection arrangements.

I may also disclose information where required by law or where another lawful basis for disclosure applies.

I do not share your research or session notes with your university, supervisors, colleagues or other third parties as a routine part of this service.

7. How long I retain information

I retain personal information only for as long as reasonably necessary for the purposes for which it was collected, taking account of professional, administrative and legal obligations. Different types of information may need to be retained for different periods. Financial records, for example, may be subject to statutory retention requirements, while correspondence and session notes may have different retention periods.

8. Your data protection rights

Under applicable data protection law, you may have the right to request access to your personal information, ask for inaccurate information to be corrected, request erasure or restriction of processing in certain circumstances, and object to certain processing. You may also have the right to data portability where the relevant legal conditions apply. These rights are subject to applicable legal conditions and exceptions. To exercise a right or ask a question about your information, please contact me using the details above.

9. Complaints

If you have a concern about how I handle your personal information, please contact me first so that I can consider and respond to it.

You also have the right to complain to the UK Information Commissioner's Office (ICO), the UK's independent data protection authority.

10. Changes to this notice

I may update this notice when my working arrangements or data processing practices change. The latest version will be made available, with the date of the most recent update shown above.