



DIGITAL PORTFOLIO

Mykaela McLamar



PROFESSIONAL ASPIRATIONS

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- I'd like to work with children, teens, and young adults who are part of the LGBTQ+ community and their families. I have a desire to work with this population because of the current state of LGBTQ+ rights in the United States. I would like to provide services to queer children because the passing of anti-LGBTQ+ laws has increased dramatically, which significantly affects the overall health and well-being of members of the queer community.
- I desire to be an art therapist so that I can offer others methods to express their thoughts, emotions, and traumas through artwork. Art and creative writing helped me through many dark times in my life. Because I know how important art is to me, I want to encourage others to utilize art for their own therapeutic processes and emotional expression.
- I plan to continue pursuing learning opportunities throughout my professional career. Gaining more experience in the mental health field will provide me with the confidence I need to alleviate my own anxieties. I feel as though hands-on experience is extremely important as well as networking and creating connections with colleagues. Ultimately, I'd like to work within the school system as a school counselor and would also like to participate in the teaching of college courses for Art Therapy majors. In addition, I am currently considering pursuing my PhD in Art Therapy.



ARTIST STATEMENT

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I began my artistic journey as a child working primarily with graphite pencils, colored pencils, and Sharpie-brand markers on lined notebook paper. Eventually, as I grew, so did my choice of mediums. I began utilizing charcoal, ink, alcohol markers, and watercolor paints in my day-to-day artwork. As the years passed, I and my artistic abilities matured significantly. I continued to expand the materials I chose to work with to include a number of additional mediums such as traditional oil and acrylic paints, sculpture, collage and assemblage, printmaking, photography, pottery, and even woodburning. My preference, however, is digital art. As one explores my artwork, it's evident that psychological aspects and emotional expression inspire me.

The artwork featured throughout my portfolio includes the use of several different mediums such as photography, crafts, collage, watercolor paints, colored pencils, sculpture, woodburning, assemblage, acrylic paints, digital art, and pieces that mix multiple mediums. My art pieces represent many aspects of myself including my struggles in accepting my femininity to my feelings of being completely burned out. This compilation explores my emotions and traumas, and each piece is a true representation of my multi-faceted and unique self. Throughout the composition of my portfolio, as I reflected upon each piece I created, I felt that my battle with depression and suppressed anger was represented frequently. This portfolio illustrates that although one may appear happy and content, occasionally the darkness becomes overwhelming and the expressions of sorrow, anger, and frustration begin to overflow - for me, however, they overflow onto canvas.



ARTWORK

2023 Fall Semester

“Yarn Doll”

“Yarn Doll” was created using yarn, pipe cleaners, and batting.

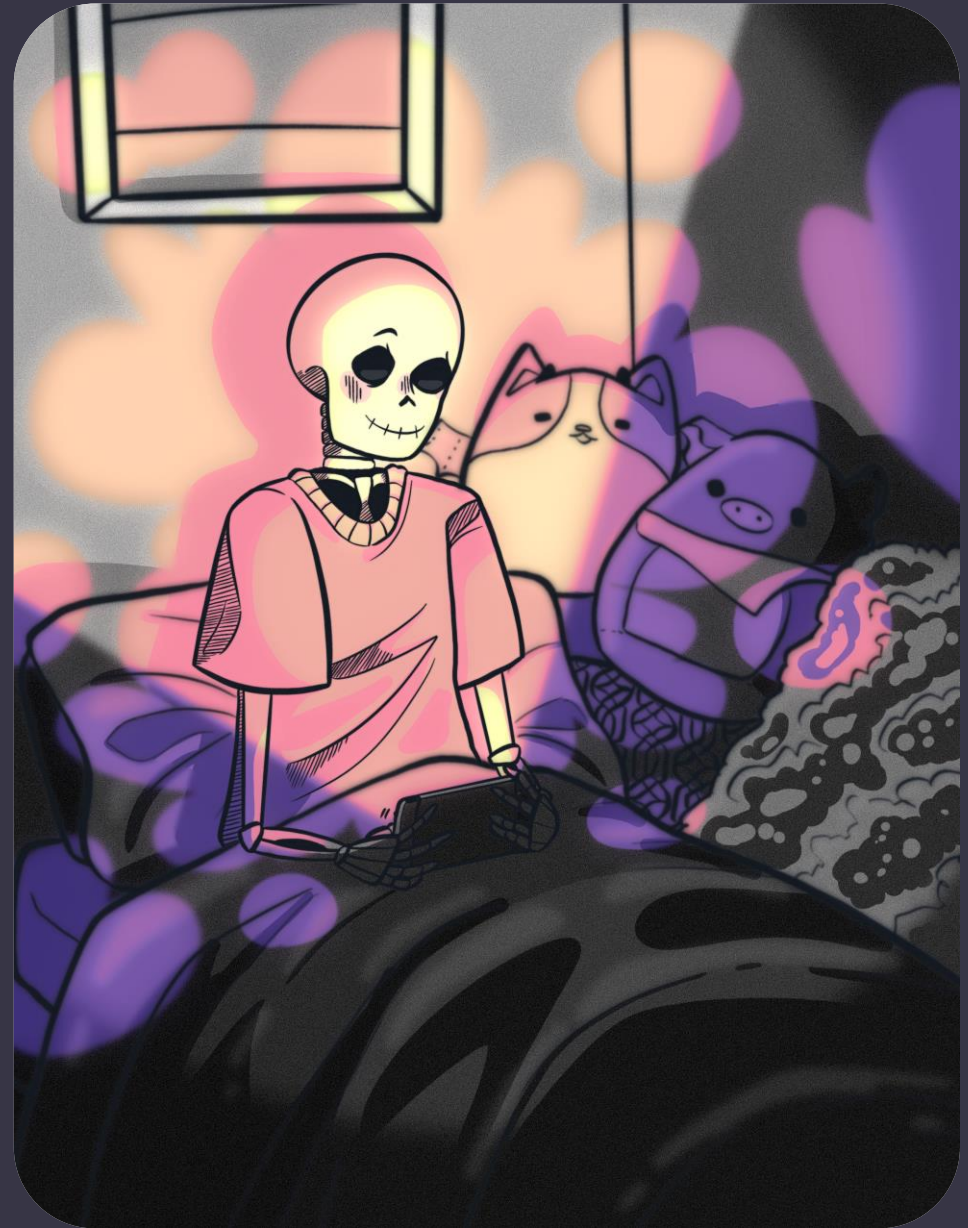
Growing up as a girl, I denied and rejected femininity for many years. I didn't want to be “like the other girls.” I no longer feel this way and have grown to embrace and love my feminine side. As a way to embrace my femininity, I created “Yarn Doll,” a representation of the female form.



“Blissful Bones”

“Blissful Bones” was created digitally using Procreate.

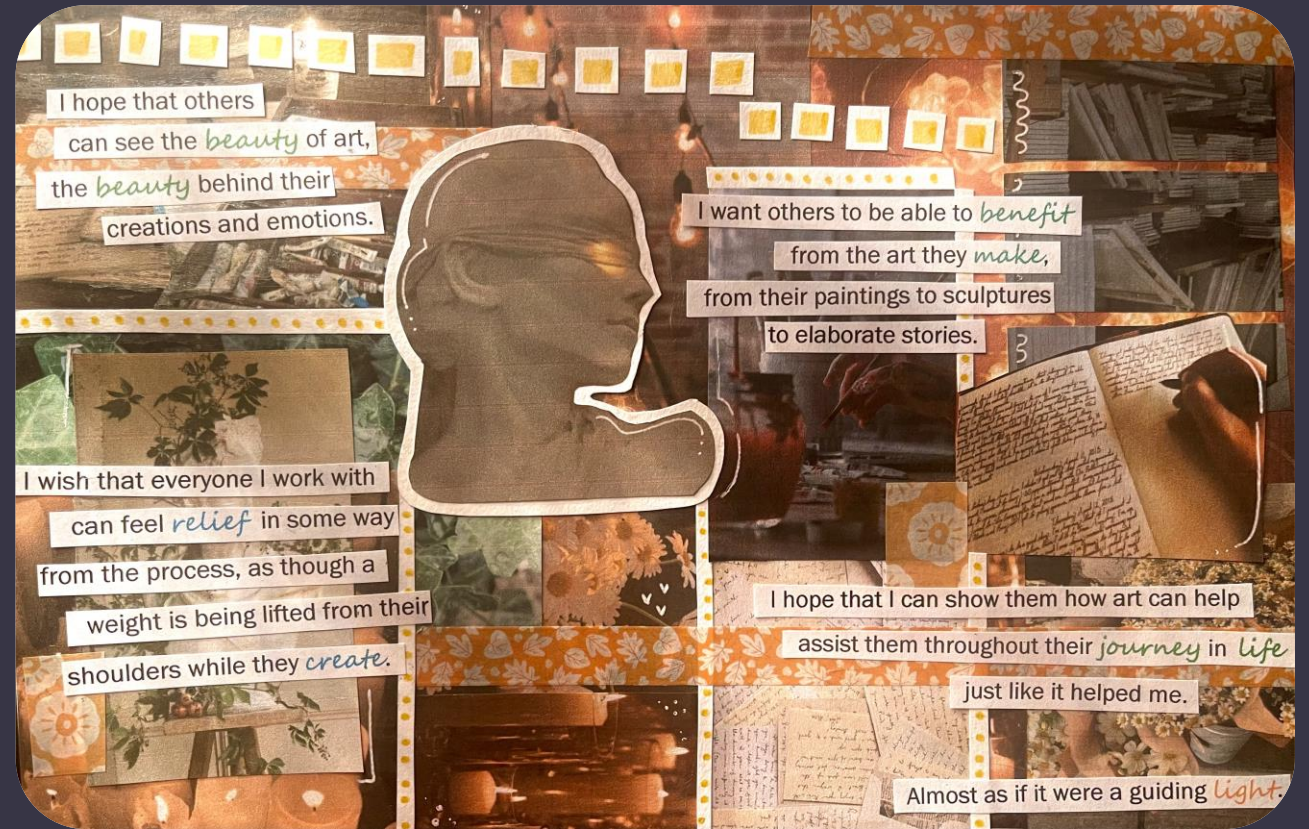
This piece was created to depict my personal interpretation of health and wellness. “Blissful Bones” represents my tendency to neglect my physical well-being and focus more on my mental well-being. I’ve often felt that even if my physical health is deteriorating, as long as I am happy and content, I view myself as being healthy.



“Aspirations for the Future”

“Aspirations for the Future” is a collage created using pictures found online, washi tape, highlighters, and an original poem.

This piece incorporates my ambitions as an art therapist. “Aspirations for the Future” illustrates how one can regulate their emotions and express their feelings with or without words. Since art and creative writing guided me through a very dark time in my life, I hope that this piece will provide others the opportunity to create their own light throughout their personal journey.



“Earliest Memory”

“Earliest Memory” was created using colored pencils and watercolor paints.

When I was three years old, I can remember taking a nap with my father and looking over his shoulder at the window. This was one of my earliest memories. To this day, it is very vivid. I can still hear him breathing in and out and recall that each time he did so, his back would move up and down. As a child, I attempted to mock the rhythm of his breath and was mesmerized by my own stomach, as it also moved up and down each time I inhaled and exhaled. This piece represents the one time I felt close to my father.



“Holding it Together”

“Holding it Together” was created on canvas using acrylic paint, hot glue, beads, safety pins, thread, and ribbon.

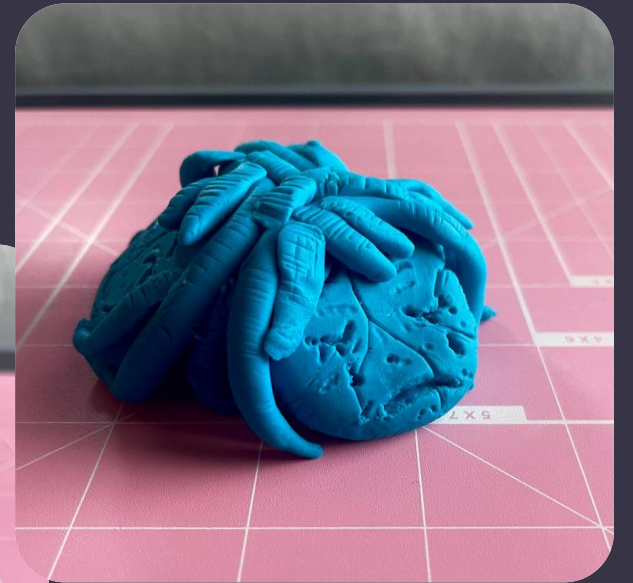
“Holding it Together” is a kinesthetic and sensory piece that represents my healing process from the anger and frustration I experienced due to many years of abuse. The piece was finger-painted while listening to music and while depriving myself of visual guidance.



“Multi-faceted”

“Multi-faceted” was a sculpture created using *Play-Doh*.

This piece is representative of the different emotions we often experience including happiness, anger, and sadness. “Multi-faceted” was created to illustrate these different emotions and represent how quickly one’s emotions can change.



“Best Friends Forever”

“Best Friends Forever” is a photography piece created using an iPhone 12 Pro Max camera and editing tools.

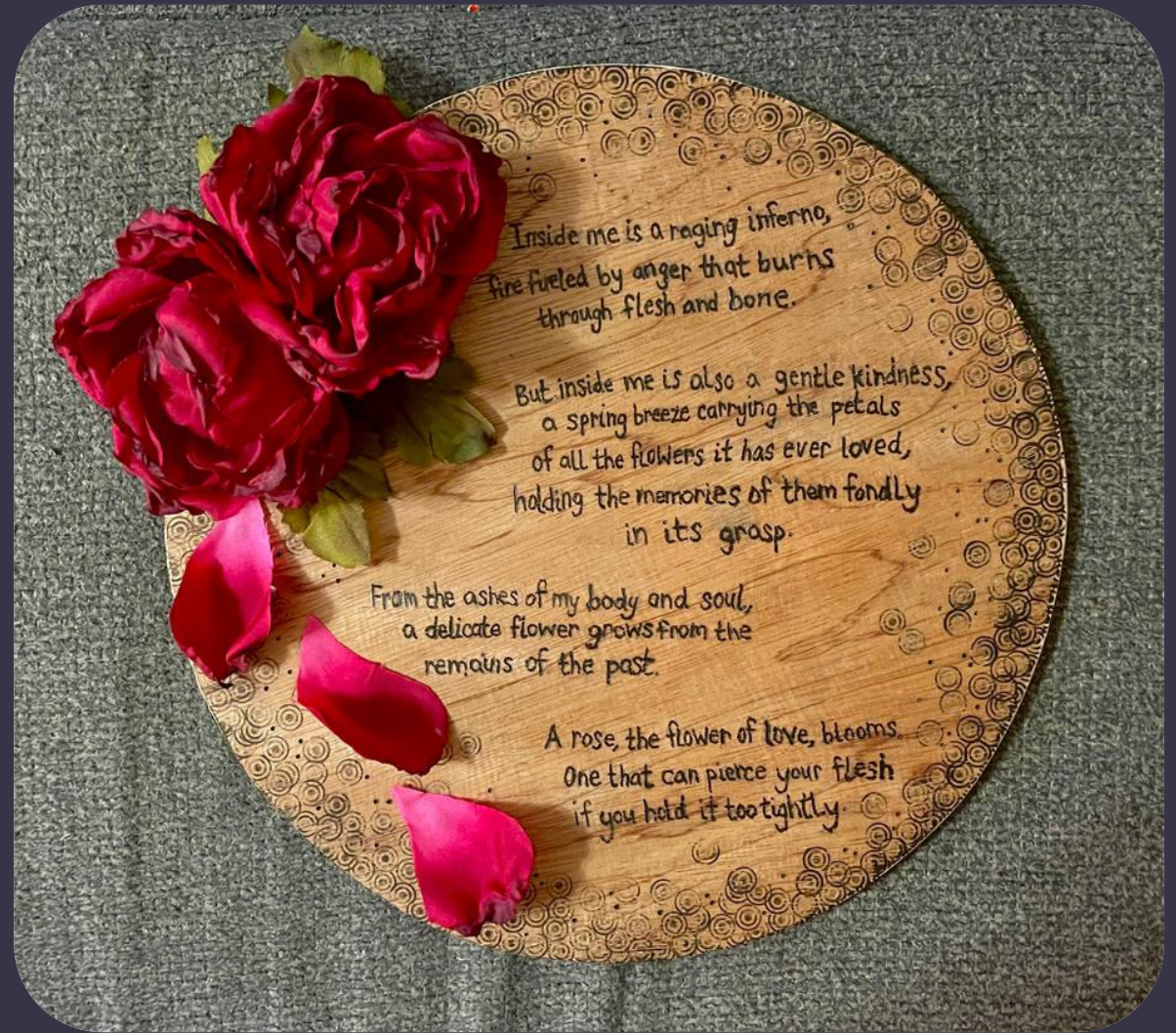
This piece includes items gathered from my room and organized on a glass table in a manner which I find aesthetically satisfying. The dried flowers were a gift from a former best friend with whom I no longer have a relationship. To me, they represent the irony of the saying “Best Friends Forever.”



“Flowers from the Ashes”

“Flowers from the Ashes” was created utilizing a wood block cut into a circle and woodburning tools. It also includes a piece of original poetry as well as artificial roses glued to the wood surface.

This piece was my first attempt at woodburning. The woodburning technique was chosen because the process itself symbolizes the raging inferno that has been inside of me throughout the years. As the rage has subsided it has turned into ash. The poem illustrates the anger I felt, and occasionally still feel, due to situations in my past; but also represents hope and good memories that I hold dear.



“To Make Art, or Not To Make Art”

“To Make Art, or Not To Make Art” was created utilizing traditional art, digital art, and photography. The piece was edited and enhanced in Procreate. The painterly effect was added using the application BeCasso.

This piece depicts the conflict posed for art therapists as to whether or not making art alongside their clients is beneficial. The stickman represents the potential artistic intimidation and inferiority a client may feel if their art therapist, who has been artistically trained, were to create a piece in conjunction with theirs.



“My Emotion Wheel”

“My Emotion Wheel” was created using pictures found online and highlighters. The pictures were arranged into a collage and organized by emotion, specifically based on which pictures evoke which emotions.

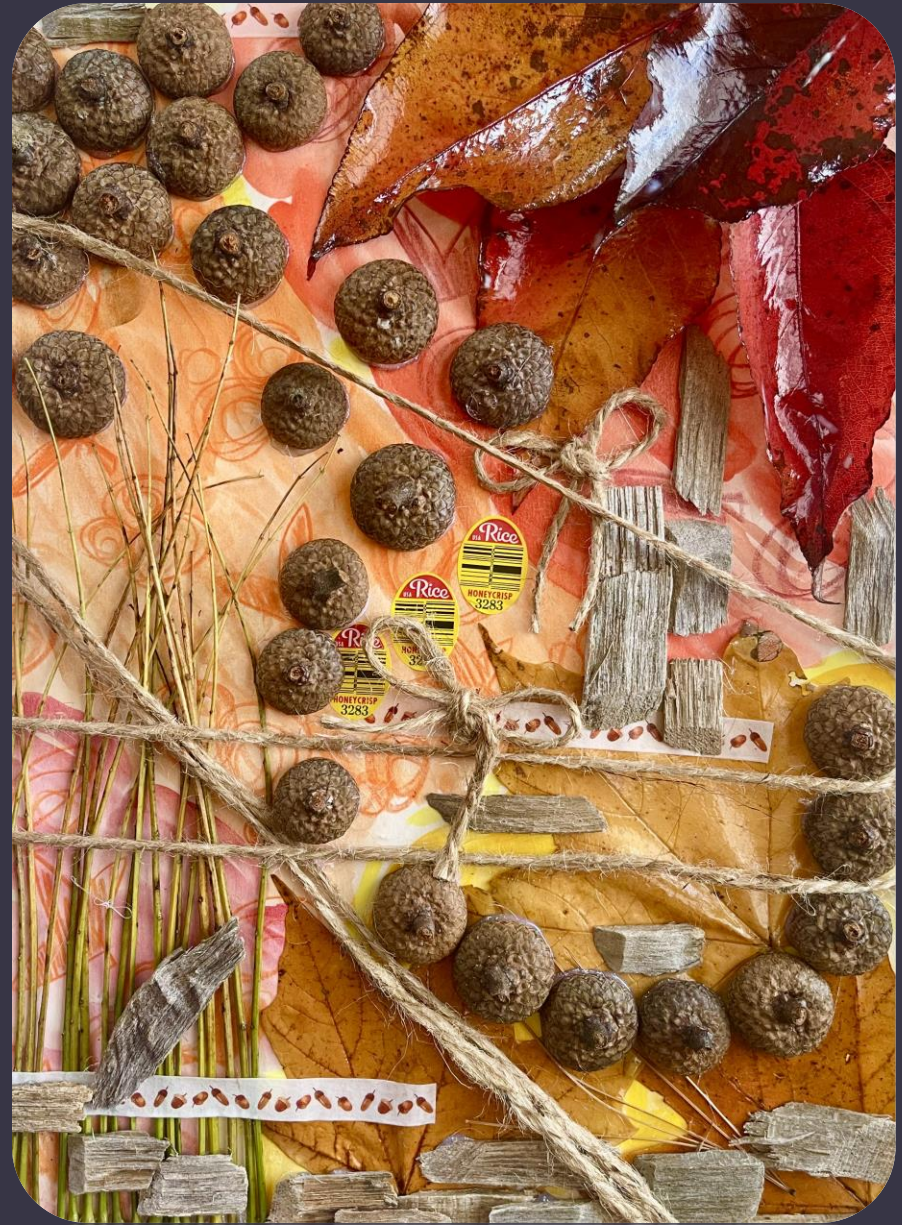
The emotion wheel art directive illustrated by this piece offers pictures of things that make me feel happy, angry, proud, sad, excited, and scared. The wheel includes pictures such as cats, messes, growth, war, haunted houses, and spiders, representing my emotions respectively.



“Autumn Love”

“Autumn Love” was created using acorn caps, leaves, woodchips, sticks, twine, fruit product stickers, colored pencils, watercolor paints, and washi tape.

This piece is a mixed media assemblage using primarily found objects from nature. “Autumn Love” is an expression of my appreciation for autumn using objects primarily found during the fall months. This piece also represents my enjoyment of nature as a coping mechanism. “Autumn Love” holds a dear place in my heart since most of the materials were gathered while hiking through my favorite park, which is someplace I often visit when I feel the need to be alone and reflect upon my emotions and the thoughts in my mind.



“Drum + Sticks”

“Drum + Sticks” was made using an empty coffee tin, felt, beads, twine, dowel rods, and yarn.

This piece was created as visual art in the form of a musical instrument, symbolic of the variety of ways one may cope with their emotions which can be simple yet complicated at the same time. Beads are also present inside of the drum and represent one’s hidden personality and characteristics that they typically don’t display to others until they feel comfortable enough to do so. The beads affixed to the top also symbolize that one may have much more to offer than that which is present on the surface.



“Travel Through the Stars”

“Travel Through the Stars” was created using Posca acrylic paint markers.

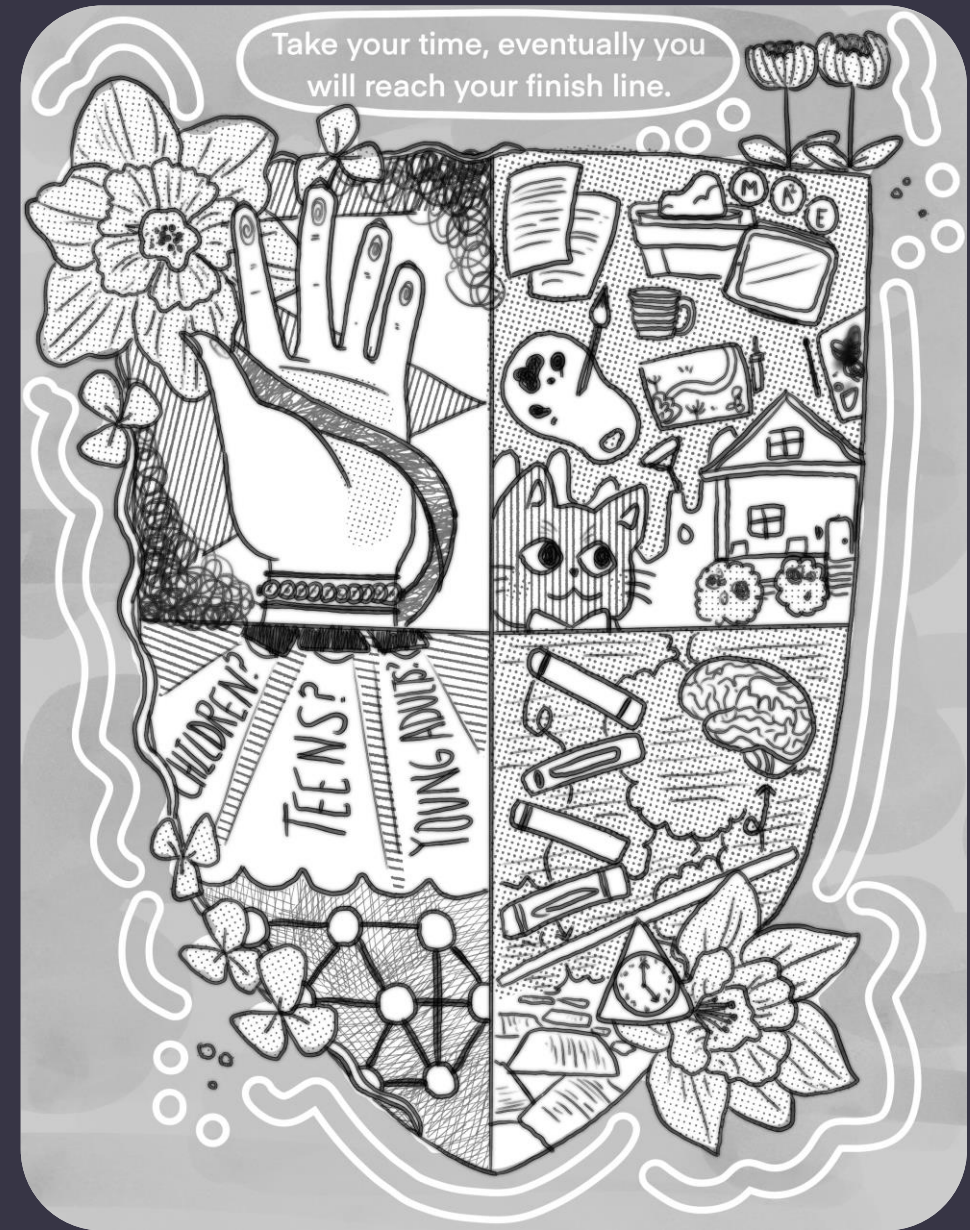
This piece was made to depict the ideal relationship between both our professional and personal lives. The use of black and white represents one’s professionalism while the more vivid colors are symbolic of one’s ability to be fun and carefree. The bright colors break off into small, bubble-like shapes to travel into the clinical blackness of the professional world. Combining these two aspects is imperative to one’s enjoyment of their chosen career path.



“Coat of Arms”

“Coat of Arms” was created digitally using Procreate.

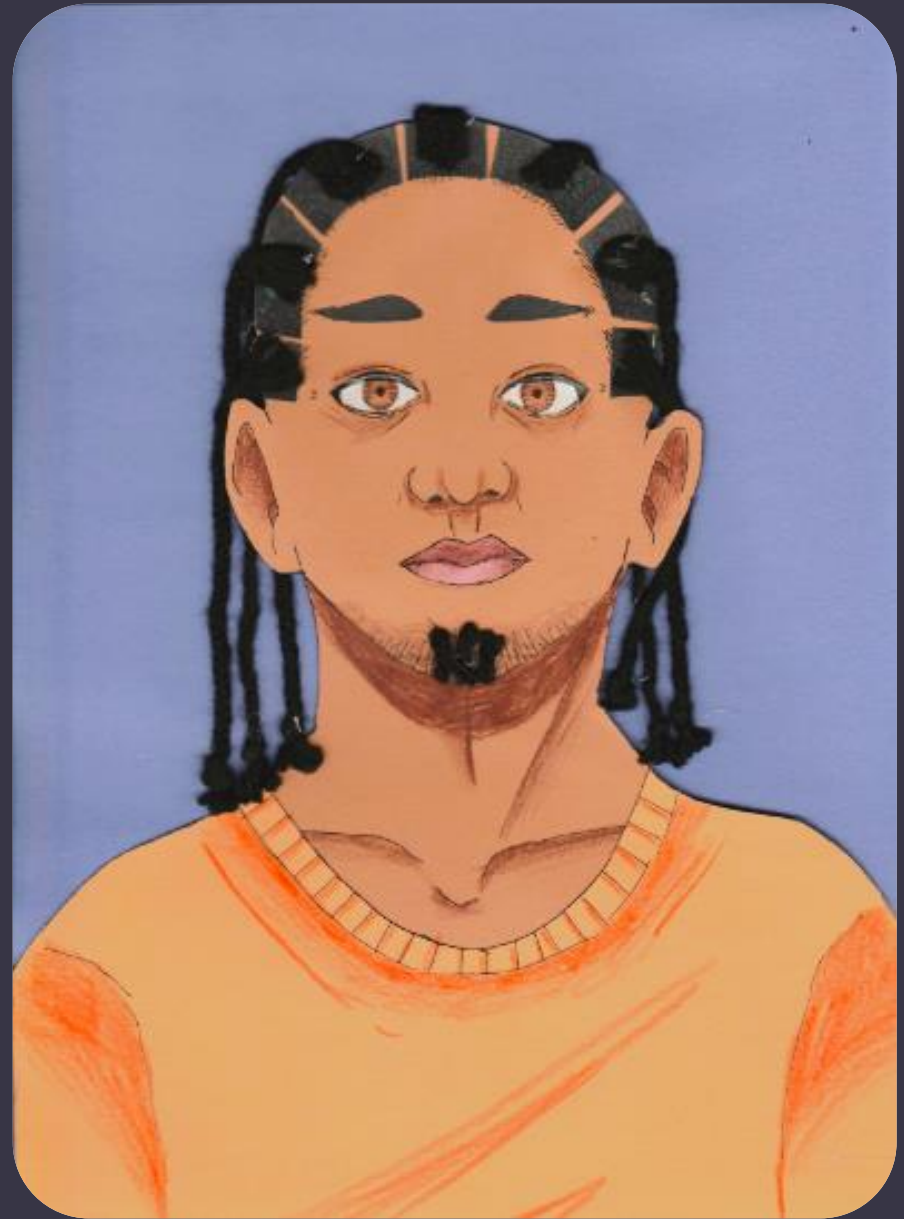
This piece is a representation of the expectations and hopes I have with regard to my graduate studies. The daffodils, the birth flower of March, represent my birth month, and thus are symbolic of myself. “Coat of Arms” also contains symbols that depict my hopes and goals, my strengths and supports, my opportunities, and my challenges, including making personal connections, having the ability to utilize a wide variety of art mediums, being given an opportunity to network, and overthinking, respectively. Also included in this art piece is my personal affirmation, “Take your time, eventually you will reach your finish line.”



“Elijah”

“Elijah” was created using construction paper, colored pencils, ink, and yarn.

“Elijah” is a self-portrait of a fictional client. This piece illustrates how different materials and mediums can be utilized to successfully create art during an art therapy session despite the extent of the client’s art knowledge and experience regarding the arts.



“Straight Outta Comics”

“Straight Outta Comics” was created digitally using Procreate.

“Straight Outta Comics” is a semi-realistic experimental digital art piece inspired by Western comic book styles. The colors selected were chosen simply because they are my favorite colors. The layering was implemented because I enjoy the visual appeal of this method. In addition, numerous different brushes were utilized throughout the creation of this piece to provide a more interesting overall composition.



“Burnt Out”

“Burnt Out” was created using ink, watercolor paints, colored pencils, and Posca acrylic paint markers.

“Burnt Out” is a semi-realistic mixed media self-portrait that was originally composed as a single line drawing, however, the single line did not convey the extent of the emotions I was feeling. I continued adding to this piece, using different mediums, until I felt that the anger and agitation I wanted to express was evident on my face. This piece also portrays the exhaustion and frustration that have been building inside me. The blue and purple colors chosen represent my sorrow and disappointment.

