

# CAT 502 Portfolio

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# Artist Statement

I believe that art serves as a powerful conduit for both personal expression and continuous growth. Through my creative journey, I have discovered that each choice, brushstroke, and color allows a glimpse into my inner world, translating emotions, thoughts, and experiences onto canvas. My artistic process is not merely about creating visually appealing pieces but about delving into personal emotions and experiences. It is a journey of exploration and self-discovery, where each artwork becomes a mirror reflecting my evolving perspective on life. In periods of my life where I have found myself unable or unwilling to create, it has felt as if some part of me was missing. Allowing the creative process to guide me through these roadblocks and give me the means to express this turmoil productively truly was the key to moving forward. While my work is often bright, whimsical and colorful, I often include underlying themes of my own struggles with mental health, nonconformity and mortality. Creating, sharing and experiencing art opens a dialogue between creator, creation and the audience that can express the shared human experience, fosters personal growth and inspires a deeper connection to the world around us.

# Professional Aspirations

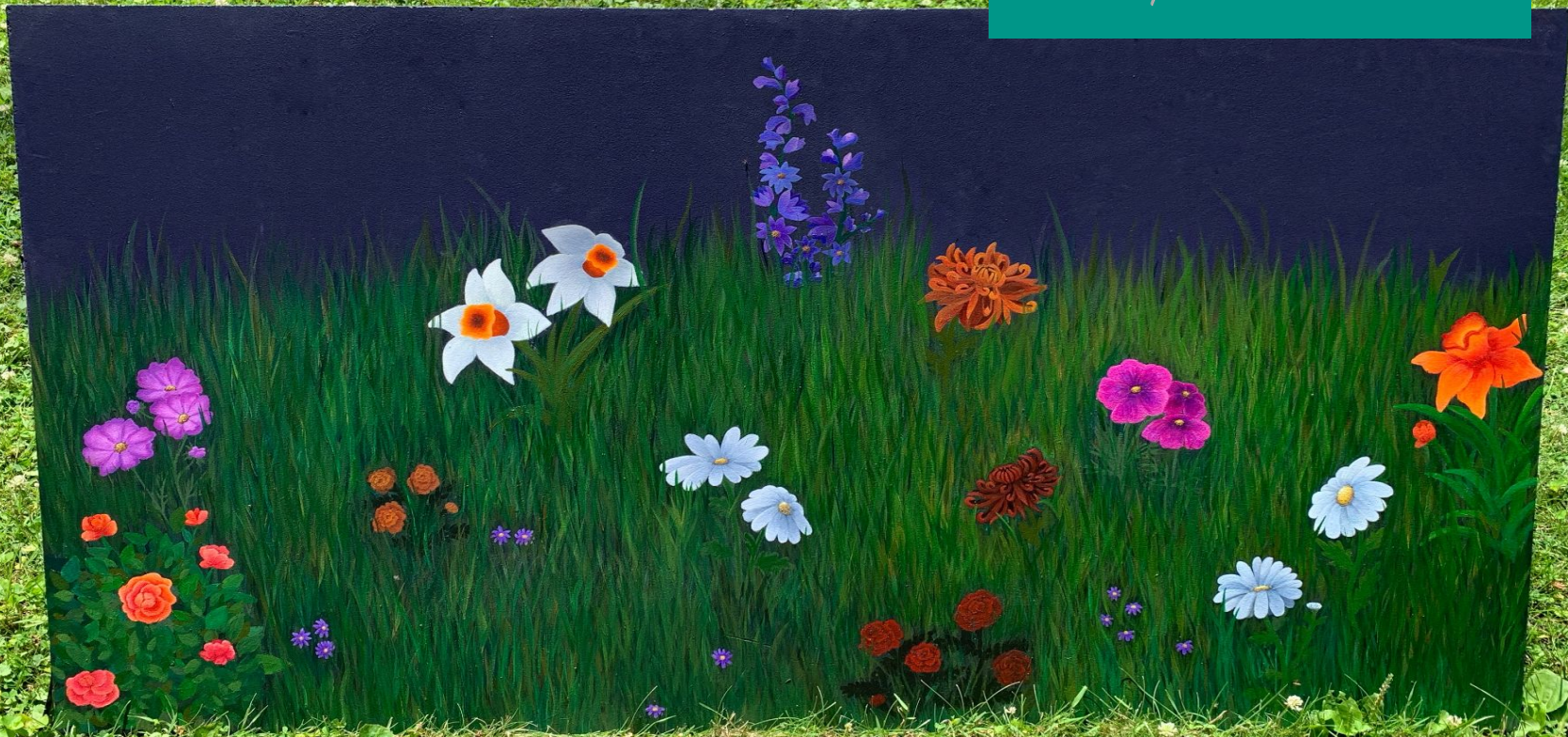
Upon gaining experience in the field and graduating from the Creative Arts Therapy and Counseling Program, I am hoping to obtain the required licensure to practice within the state. After receiving the licensure, I would like to find a job that allows me to utilize my knowledge and skill base while working on opening my own practice. Currently, I work in an acute psychiatric facility for children and adolescents, and I would like to continue working with this population. I love helping others through the means of art; I wouldn't be in this program otherwise. I love to ease the tiny seed of creativity that everyone possesses into what it needs to properly grow. I love to promote the idea that art should not only be accessible and praised by those who are deemed "talented."

*"Flowers in your hair"*  
Acrylic paint on glass



*"You're so Golden"*  
Acrylic on glass

*"The Mother's Garden"*  
*Acrylic on fiberboard*



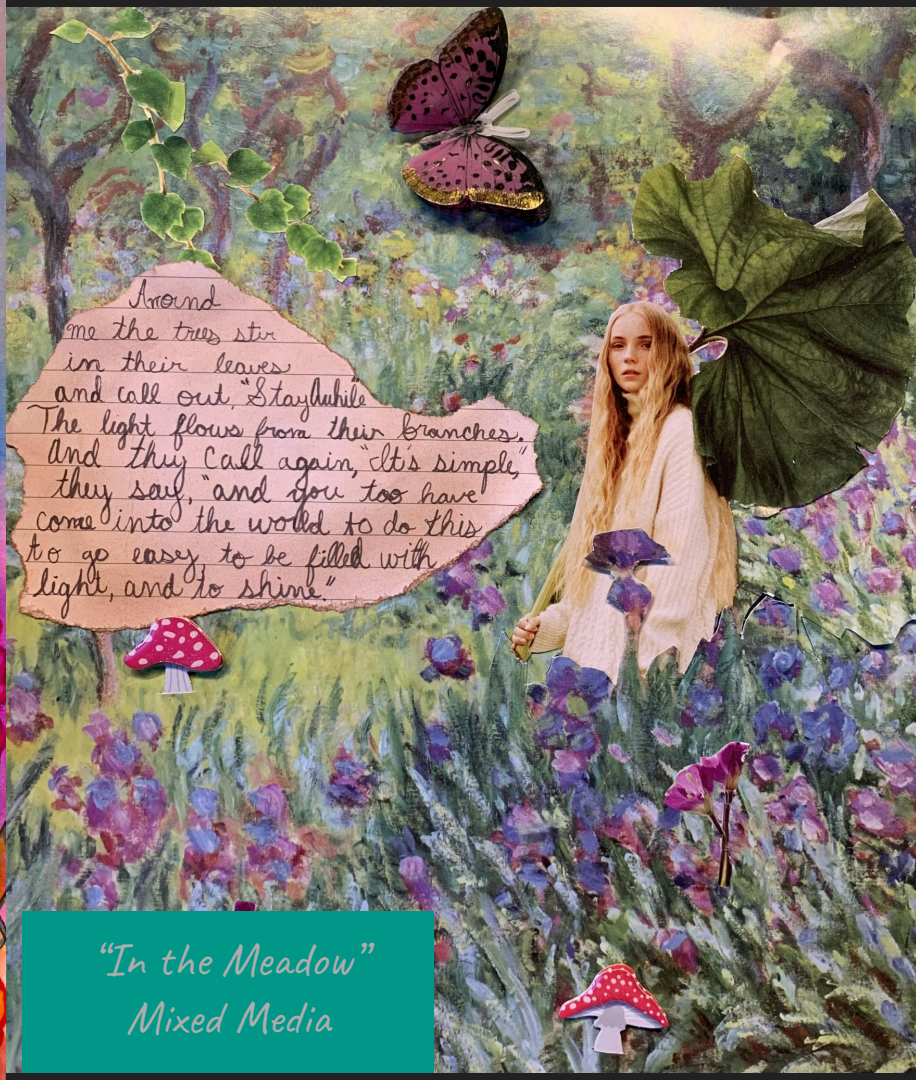
*"I'm Still Growing"  
Markers and Magazine Page*



*"Into the Stars"  
Markers & Magazine Page*



*"Up From A Dream"*  
Watercolor Powder, Markers &  
Gel Pens



*"In the Meadow"*  
Mixed Media

*"Fear and Friday's"  
Mixed Media*



*"Grow Through What You Go Through"  
Acrylic, Markers & Stickers*





*Pink Doll  
Mixed Media*

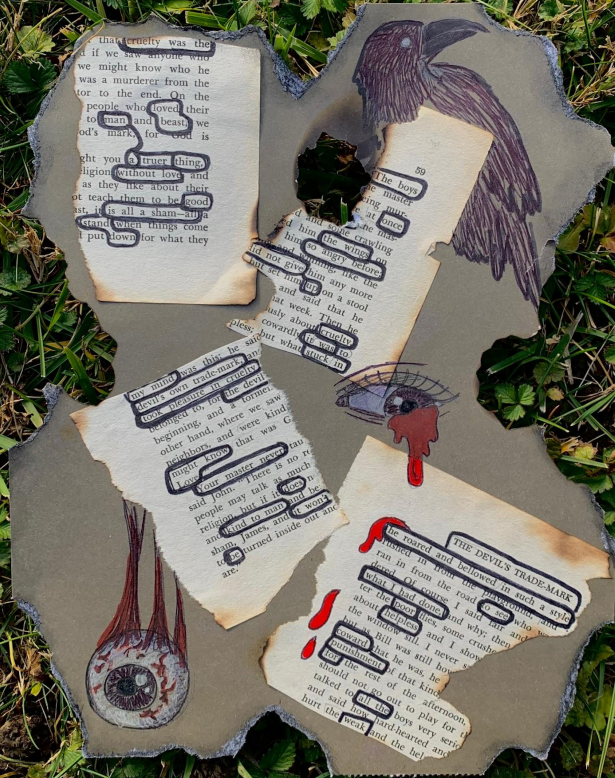


*Nature Spirit Doll  
Mixed Media*



The Devils Trademark  
Mixed Media

Acrylic Pours  
Acrylic Paint on Vinyls



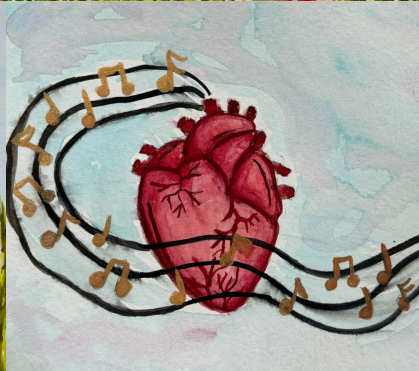
*Self Portrait*

*Acrylic paint & clear glue on  
glass*





*The Universe in You.*  
*Watercolor*



# Contents

1. *"Flowers In Your Hair": This is part of a series I am hoping to start in which I will create portraits of women based off a song. This song is called Flowers In Your Hair by The Lumineers. This work represents rebirth and transformation.*
2. *"You're So Golden": This song is based off of the song Golden by Harry Styles. The theme of this piece is living as your true self and finding inner peace.*
3. *"The Mother's Garden": This was created as a gift for a family friend, Jane. She is the mother of four children and grandmother to four grandchildren. The "canvas" is a section of a pingpong table from the family's home. Each flower represents the birth month flower of Jane, her children and grandchildren.*
4. *"I'm Still Growing": In this piece I chose to represent the importance in prioritizing personal growth despite living in a world that tries to put people into "black and white" categories.*
5. *"Into The Stars": Representative of organized chaos. It was a response piece to the way a photograph of space made me feel. I do not like space and feel overwhelmed when I ponder it.*
6. *"Up From a Dream": For this work I used watercolor, sharpies and pens. I feel like I am currently in a large transitional period of my life. While I may mourn or dream of where and who I used to be, I am cultivating and growing the me I am meant to be. I am using this work as a descending "timeline" of dreaming something, the moth, putting in the work to achieve it, the crying eye, and seeing the hard work pay off in the form of progressing my life, the flower garden.*
7. *"In The Meadow": This piece is based on the poem "When I am Among the Trees" by Mary Oliver. The peaceful nature of the poem inspired the dreamy, almost fairytale, imagery that I went with. I used magazines, an old book, notebook paper and stickers to create the piece.*
8. *"Fear & Friday's": Fear and Friday's is a poem by a musician named Zach Bryan. It resonated with me because I feel it highlights how people should focus on what they already have rather than what they are seeking. It is easy to continue to want and forget the "wealth" you possess.*

## Contents cont.

9. "Grow Through What You Go Through": When I created this work I was going through some person things I was having a hard time processing. I wrote it all down on the canvas board and decided to create on top of it. This helped with processing the information and transforming it into something self.
10. "Pink Doll": When my sister was little she had a dolly with pink yarn hair. It went everywhere with her until she grew up. I thought of my sister and that doll while creating this.
11. "Nature Spirit Doll": Something about this doll is so comforting whenever I see her. She doesn't really have meaning or a backstory to me but I am really proud of her. I felt I had to include her.
12. "The Devil's Trademark": During a course we had to create blackout poetry and a coordinating piece of art. I had pulled a random page from the book *Black Beauty*. Upon starting on the project I realized how dark and almost disturbing the verbiage on the page was. The art just kind of flowed with the macabre aesthetic after than.
13. "Acrylic Pours": These were more of an experiment. I have painted on old vinyls prior and decided they would be a good option for trying acrylic pours. I tried to choose colors I do not typically work with and really enjoyed the results.
14. "Self Portrait": My self portrait is reminiscent of a stained glass window. If you mix acrylic paint with clear glue it will dry on glass similar to stained glass. I chose local wildflowers to surround me; Queen Anne's Lace, Red Clovers, Buttercups and Purple Coneflowers. I chose to not give myself a face not only to bare resemblance to windows I have seen before but also to represent that I am ever changing, growing and transforming
15. "The Universe in You.": A series of watercolor paintings used to illustrate my take on a creation myth . Using the songs *Universal Sound* and *Born Again* by country artist Tyler Childers, I imagined my version of the start of creation using the process of reincarnation as the fuel source for a "cosmic phonograph" that turns out life in a continuous melody.