

ART Portfolio

By: Danielle Sovinsky



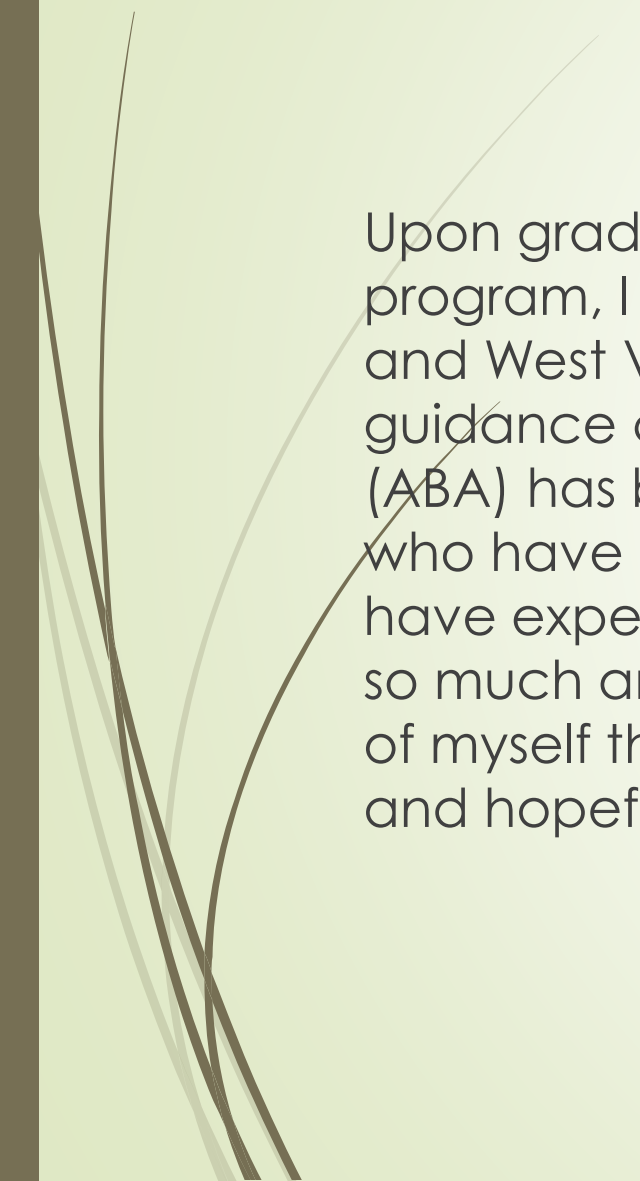


Artist Statement

My relationship with art has always been complex. I never had any real passion towards art or ever considered myself an artist. I found art during a difficult time in my life, when my brother was hospitalized for a month, and I was introduced to art therapy. Watching the art therapists work with my brother, as well as other patients, changed the way I viewed art. It shifted my perspective from seeing art as something that was only for those who are talented or creatively driven, to a tool that can be used to process emotions and encourage reflection and healing. I learned that art doesn't have to be perfect to be meaningful and while creating art is still difficult for me, I now see the value in the challenge.



Professional Aspirations



Upon graduation from the Creative Arts Therapy and Counseling program, I will prepare to obtain the licensures to practice in Ohio and West Virginia. Once licensed, I would like to work as a school guidance counselor. My current work in Applied Behavior Analysis (ABA) has been incredibly fulfilling. Every day I get to support children who have autism, children with behavioral issues, and children who have experienced trauma. My supervisors at the clinic have taught me so much and have inspired me to work towards being the best version of myself that I can be. I am looking forward to my continued progress, and hopefully, one day, put my skills into my own practice.

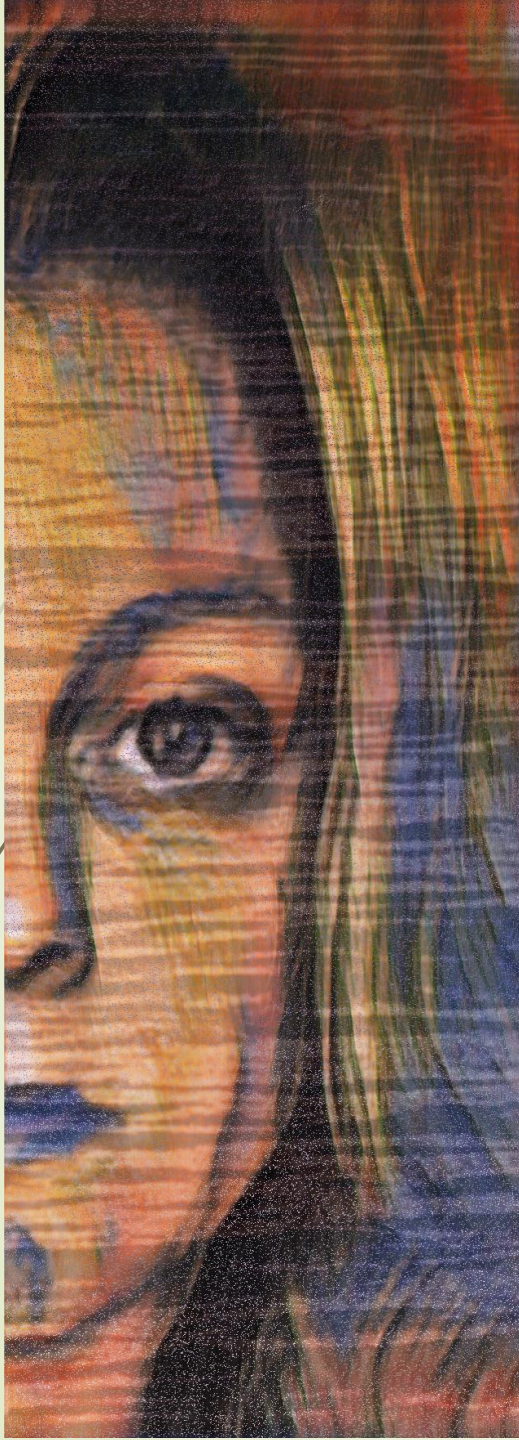


Digital Portraits

Self portraits

These self portraits were made digitally through photoshop.

Both images have the same photo base, but each portrait incorporates different overlays to give them each a different mood and feel. On the left portrait, an image of the beach was layered on the picture to give it more of a calm and colorful feel. On the right portrait, an image of palm trees was layered on the picture to give it more of a closed off and darker feel.



Lorenzo



For this piece, I had to create a portrait of a made-up client for class.

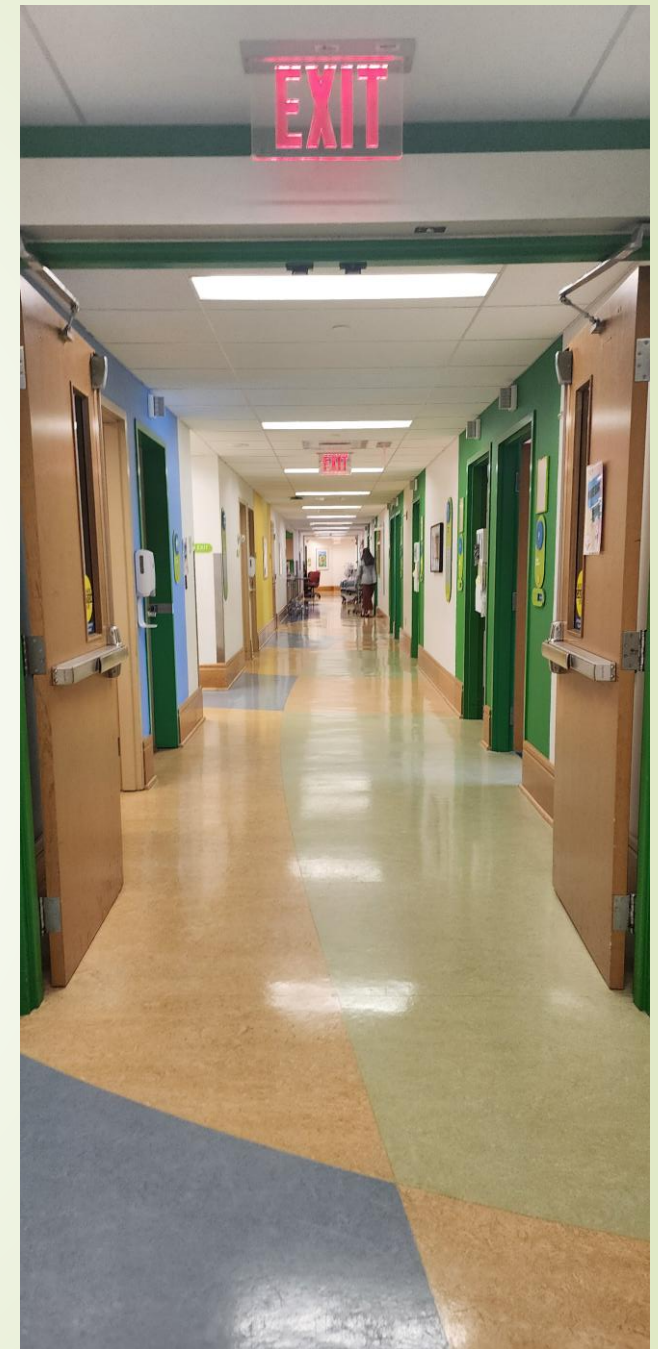
Like my previous portraits, this one was also made digitally in photoshop. This picture was layered with a photo of water, and I added some grain to the photo as well to add some texture to it.



Photography

Healing

In 2017, my brother was diagnosed with leukemia. He's okay now but he has checkups and visits regularly at Children's Hospital. At this appointment, he was getting blood taken because his iron levels were too high. Immediately after walking into the hospital, a wave of anxiety just washed over me and didn't go away until we left. I don't go to that hospital much anymore, thankfully, but walking through the halls of the hospital, especially the oncology unit, brought back so many memories.



**Healing
continued**



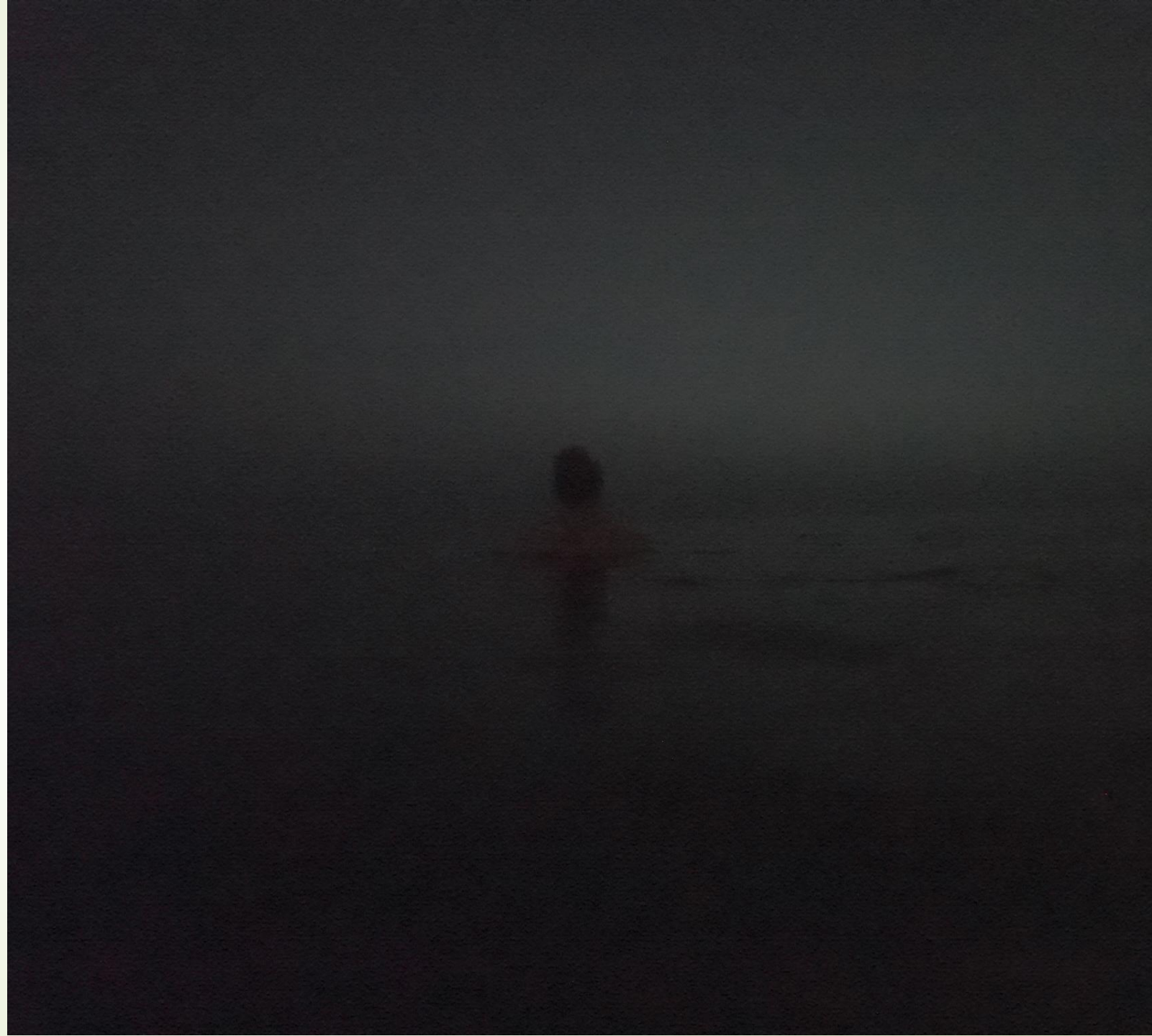
Antique

I took pictures of my husband's late grandfather's 1924 Dodge Brothers Touring with my polaroid camera. I used my polaroid because I wanted to give the photos that old and antique look. As I was taking the pictures, my husband's family was also taking pictures with their phones and reminiscing about their recently lost loved one. I think that getting the car out of the garage and taking pictures as a family was a therapeutic opportunity for my husband's family and it was nice to hear them reminisce about their grandfather/dad.



Lost in the Ocean

Creating art often makes me feel lost and I think this photograph says just that. This was taken on a go pro in the ocean at dark time. I like the dark and creepy feel of it even though that wasn't my intention, it just so happened that I was running late and didn't get to the ocean until it was almost too late. This photo pushed me out of my comfort zone as I don't particularly like being in water, especially at night.



Biking in Savannah

I had never seen trees like this before prior to this stop in Savannah. I remember being so in love with how these trees looked and how I wished that the trees here at home looked the same.





Sewing Projects

Rag Quilt

I created this rag quilt for my Internship I project. The quilt is 11 squares x 15 squares.

Prior to starting this quilt, I had never sewn anything before but I grew up watching my grandma sew all kinds of things. I decided to make a rag quilt because I enjoy making other types of blankets (tie blankets are my favorite) and I also wanted to learn a new and useful skill. This was a lot harder than I was anticipating and it really tested my patience.



Potholders and bowl cozies

These are just some small projects I worked on over the summer. I made a few sets of potholders and a few microwavable bowl cozies





Mixed Media

Jester Archetype Mask

Made from a paper mask, paint, glitter glue, wire, fabric, and bells.

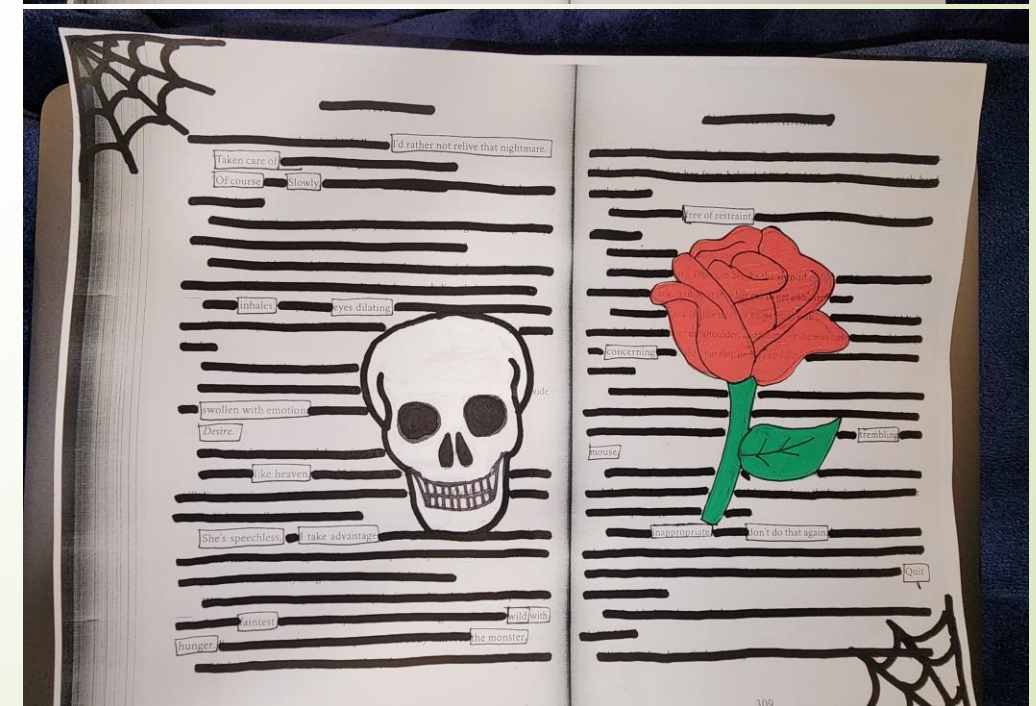
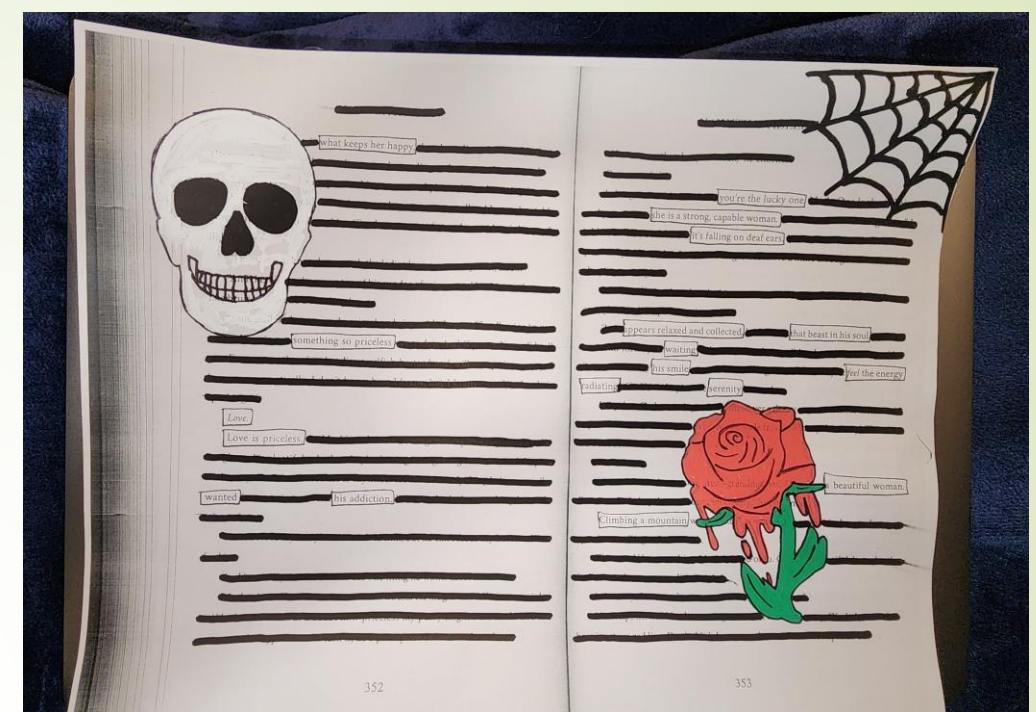
The jester is all about trying to make life fun and shows us to enjoy life as it is. As someone who struggles to live in the moment, I appreciate this aspect of the jester.



Blackout Poetry

Made with a scanned book page, sharpie, pen, and paint.

I have always enjoyed blackout poems and feel like they can be powerful. I feel like one poem represents how it feels to live within a difficult situation and the other poem represent healing and getting out of a difficult situation which is something we can all resonate with. The roses, skulls, and spider webs really have no significance to the poem to me, they just go with the theme of the actual book that I scanned.





Thank you