

# **Transitions**

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## **Collaborative Art Statement**

*We have been using art to explore the topic of Transitions as a group for over two years. We had a year to work together before Covid, and then continued the group remotely in 2020. Our meetings varied from monthly to more seasonally. We are 5 art therapists who value the art-making process as a way to learn, express and care for ourselves.*

*We each created our own art reflecting on Transitions. Some themes that emerged are: transitions from different cultures, internal and external environments, exploration of shifts within inner personal experiences, as well as life role changes, like having a baby. Also, the feelings associated with Transitions varied—for example joy, fear, awkwardness, confusion and hope.*

*In addition to our own explorations we have also explored the theme of Transitions with two collaborative projects. Each of us received the same object as a springboard to then work off of, illuminating how the same symbol could be seen and experienced in many different ways. In this case, the object was a small wooden boat chosen to represent transitions. In the end, five very different boats emerged. Also, we each started our own art piece and then passed it along to each group member to make their mark until everyone had contributed to each piece. The result was 5 pieces that had impressions from each of us. This was a meaningful way to stay connected with each other through the art, and to experience transitions within the art itself.*

*With these frameworks and the time together, we have inspired each other to reflect and to create, and also provided support to one another in this group setting. This has been a meaningful practice of self-care—to connect, to make art, helping us to name and make sense of our place in the ever-changing world around us.*

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