

Misted Forest

Art portfolio in the Art Therapy Context

By Misted Forest (R.Y.Kesselman)
September 2022



Presentation Order



FIRST THE IMAGE AND TITLE

To see additional artwork go to
Misted Forest's CV:
www.mistedforest.com



THEN THE STORY OR CHOICE BEHIND THE IMAGE

The different images chosen are
based on showing a variety of
artistic technique, art therapy
significance, and personal
connection to Misted Forest's
life



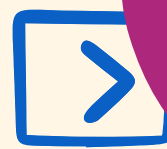
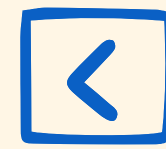
Let's
Begin

In this Together

Fabric and acrylic paint on
Water-resistant fabric



My husband's jacket



I started to paint on clothing in high school, which was the only way I painted until a few years ago.

This Jacket is my husband's. I took a chance and painted this for his last birthday. The risk and image represent the love and anxiety in our relationship. I wanted to show him that our lives and relationships have waves of difficulty.

Nevertheless, regardless of the weight of hardship, I will always take the risk for growth. He is happy about the Jacket and why I did it. Creating activities for couples, especially non-traditional ones, will be enriching when I am a therapist.

Figures to fairies

thin liner pen, of live figure
models

✕ □ -

Blissful Picnic



● ● ●

Orange Angel



Figure Drawing



I WAS A
PROFESSIONAL FIGURE
MODEL FROM 2014-
2020

I STARTED TO DRAW
THE FIGURE IN 2019

FIGURE DRAWING, TO ME, IS A
MOMENT IN TIME WHEN SOMEONE
BECOMES A MUSE.

IT IS A CREATIVE SPOT IN SPACE
TO BE CAPTURED IN THE MEDIUM
OF THE ARTIST'S CHOICE.

I LOVE THE MEDITATIVE STATE
THAT I EXPERIENCE BOTH AS A
MODEL AND AS AN ARTIST.

Ceramics



History with Ceramics

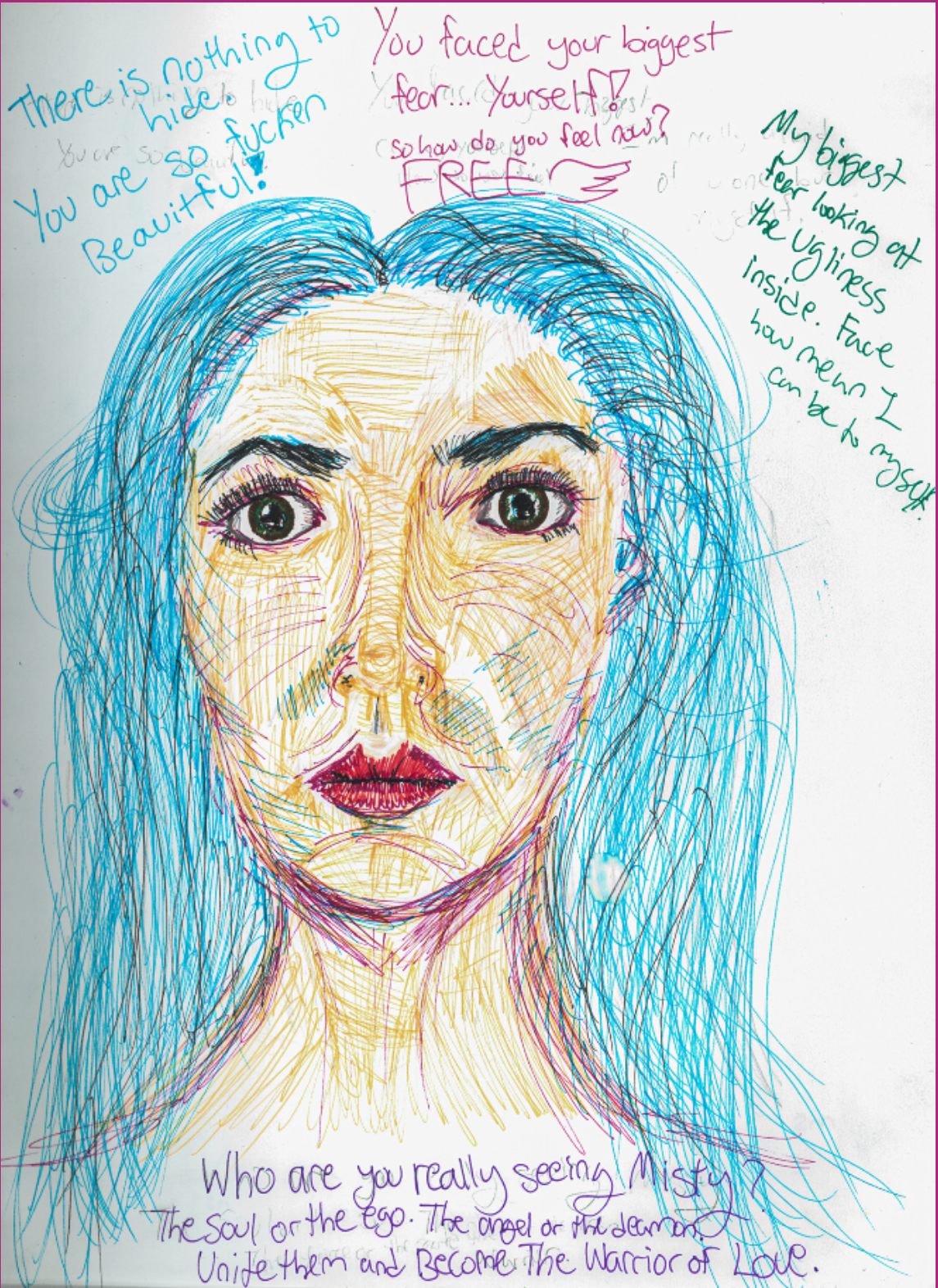
I COULD HAVE BEEN BETTER AT CERAMICS HAD I KEPT IT UP SINCE I STARTED IN CHILDHOOD. MY FIRST INTRO TO CLAY WAS IN A LAB TO TEACH ME HOW TO IMPROVE MY DYSLEXIA USING CLAY TO SPELL WORDS.

HOWEVER, SADLY, IN MY FIRST YEAR OF HIGH SCHOOL, I WAS SEXUALLY HARASSED IN CERAMICS; WHICH CAUSED ME TO GIVE UP CLAY. DOING CERAMICS AGAIN AS AN ADULT THIS PAST SUMMER WAS A WAY FOR ME TO RECLAIM MY POWER AROUND CLAY.

I DID NOT UNDERSTAND AT FIRST WHY POTTERY IS USED IN ART THERAPY UNTIL I WORKED WITH IT AGAIN. THE FRUSTRATION OF BEING A BEGINNER. THE JOY WHEN YOU START TO GET BETTER. THE MENTAL CONNECTIONS ONE MAKES WITH THE CLAY AND WITH THEIR OWN LIFE. CERAMICS IS AN EXCELLENT THERAPEUTIC TOOL. I AM GLAD TO HAVE FOUND IT AGAIN.

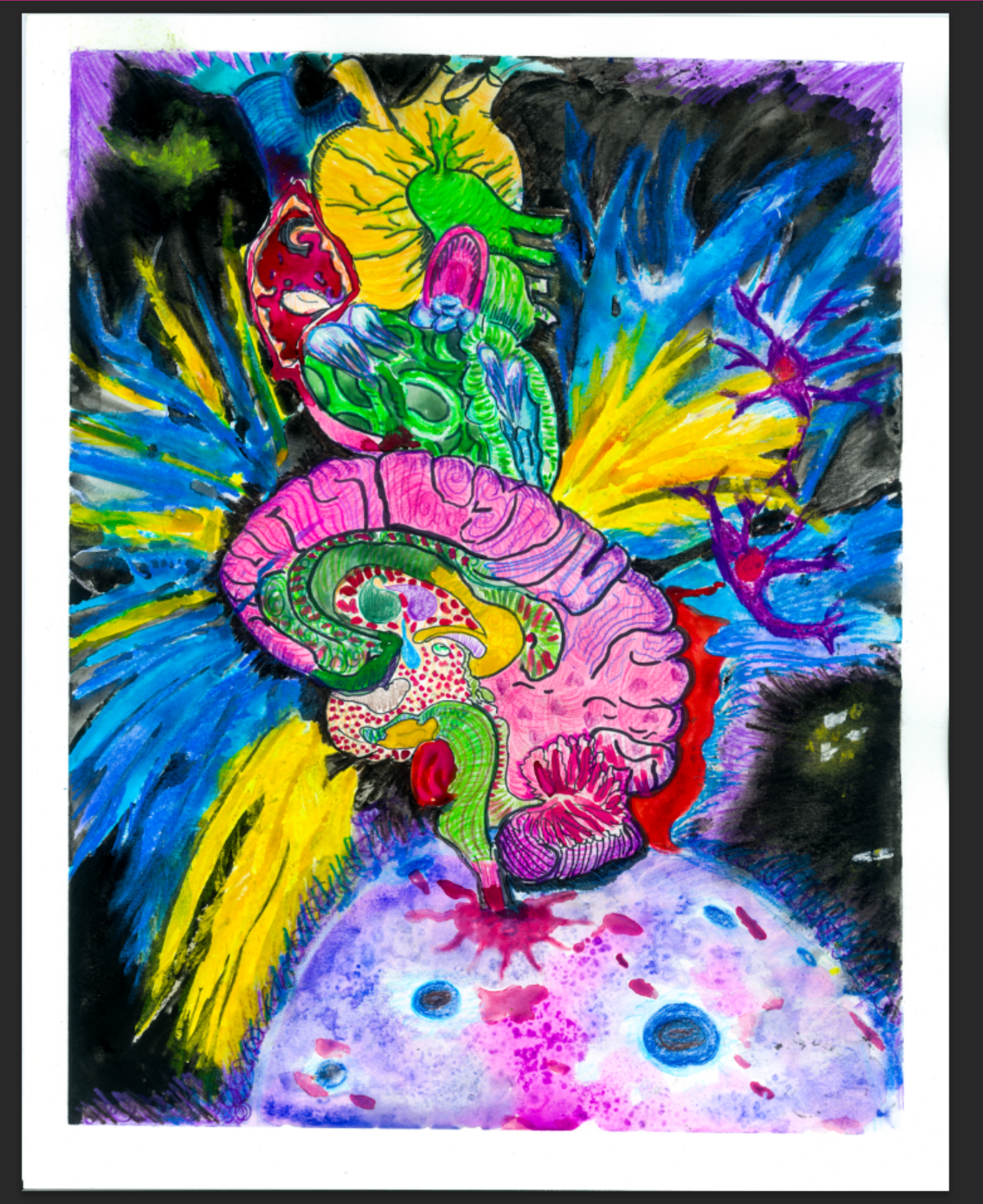
Self Portraits

2019 Fine liner pens



2022

Mixedmedia: pastel, ink, charcol, color pencils, water color



Self Portrait Evolution

In the 2019 portrait, I came out of deep meditation and did a mirror exercise. In this experience, I realized how cruel my negative self-talk was. At this point in my life, I recognized I was not mentally healthy and wanted to change.

Over the past two years, my physical illness changed how I viewed myself, and I was tired of being sick and tired all the time. After this experience, I found health insurance and restarted trying to find a cure and work on my PTSD.



The 2022 portrait shows my focus on the self as internal and external. My organs are what give me personality and dictate my vibrancy or exhaustion.

Simultaneously I am a part of a more incredible picture, more than some of my parts



Building Guinea Pig Houses

2019

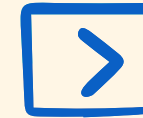


2021



Current Version

- 2022 4 tier guinea pig house work in progress



Why Guinea Pig Houses?

For each of these homes, I created the design. My husband and I built the houses.

For me, creating homes for the animals I care about brings me joy. It is an exciting challenge, and when finished, a strong sense of accomplishment.

It's one thing to create something for yourself, but when you create something that brings joy or improvement to another life I feel it builds self esteem and creates stronger relational bonds.



Paintings

Growth through mud

Oil on Canvas



2014

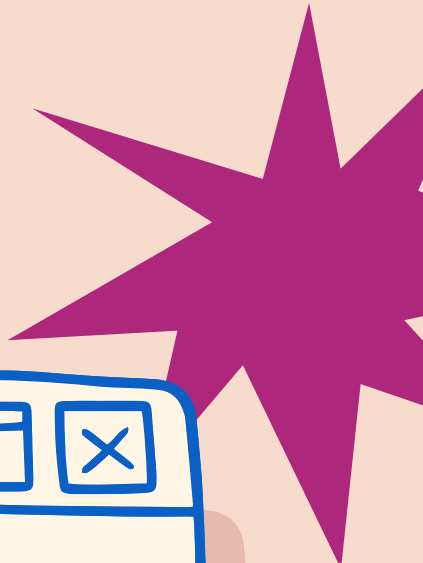
Wish You Were There

Acrylic and water color on Canvas



2020

About the Paintings



Growing Through The Mud was one of the first oil paintings I ever did. Painting this was like acknowledging how much I have survived. How much I wanted to achieve.

It marked a significant change in my life. I felt as if doing this painting helped me consolidate much memory and thus helped me mature.

Wish You Were Here was a painting I did as an art therapy exercise with my counselor in 2020.

Unfortunately, my mother has been remarkably absent from my life due to her physical and mental illnesses. When I was 18, I was sexually assaulted, leading to a suicide attempt. I really could have used my parents' help. However, they were thousands of miles away.

Painting this was a way to create the feeling of closeness I wish existed then. The protection I wish I had. This painting does not erase the past. But the process helped my relationship with my mom by allowing some release of blame, which made space to feel more compassion for myself and her.



Thank You

I hope you enjoyed my portfolio
presentation

