



Inaugural Art Exhibition 2011

Sandra Indig, Chair and Curator

New York State Society for Clinical Social Work's Annual Meeting

Sunday, September 18th at the Hotel Pennsylvania, New York City, New York

Exhibiting Artists / Clinician Society Members:

- Judy Lynn Burns
- Susan L. Edlis
- Joan Furedi
- Beverley Goff
- Sema Gurun
- Sandra Indig
- Susan Kavelar-Adler
- Helen Hinckley Krackow
- Naomi Miller
- Toby Seiden
- Betsy Robin Spiegel
- Marsha Wineburgh
- Sarah Zahntescher

The creative process and art product are visual extensions of the therapy process. Both involve the actions of building and destruction in order to create a more fitting and complete expression of ourselves and the world around us.

Artist: Judy Lynn Burns

Member: Rockland Chapter, NYSSCSW

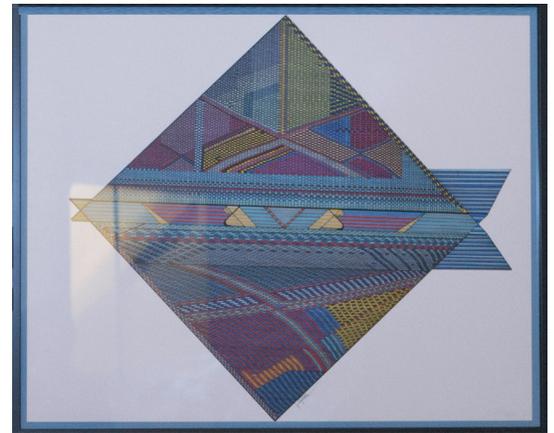
Designs: Two Framed Drawings generally using:
Prismacolor markers, Micron pens, and Pantone markers by Letraset Tria

Creator's Comments:

Several years ago I started drawing. Over time my drawings evolved into what you see today. I feel compelled to do this work and rarely give any advanced thought to the outcome of it. The designs simply evolve and I am merely the intermediary.

I take great joy in doing these drawings. I find it relaxing and meditative. When I am drawing I am focusing my attention on the drawing and may think "Red", "Blue", "Line", "Square", instead of "CPT code" and "Axis I or II" or "what is on my calendar today." This work is a reprieve from thinking.

I have never done these with the idea that I would show them to anyone but a few close friends. This conference, however, gives me the opportunity to share these with you and to show you my creative process.



Artist: Susan L. Edlis

Member: Metropolitan Chapter, NYSSCSW

Designs: Photographs

Creator's Comments:

Art and photography has always been an important part of my life. I have been creating photographs (capturing images) since I was 15 years old.

For many years I worked in the traditional "purist" mode of Black and White photography. In 1978, I began studying color photography, a concept which I had previously had been very resistant to. However, I soon discovered that my work came alive in color, and had greater personal meaning.

In the work I am presenting here, the quality of stillness is always present. This work is also about the absence of the human element. In some of the images the question is asked: Was someone just there? Where did they go? How did this happen? I photograph very tightly, truncating banal objects into slight abstractions. At other times, these images take on an almost cubist manner.

The relationship between photography and psychotherapy is that one must be present in all senses, and keenly aware of the subject in front of them.

"A Photograph is secret about a secret,
the more it tells you, the less you know."
Diane Arbus



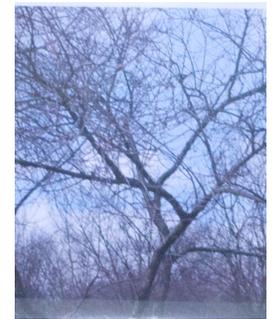
Artist: Joan Feredi

Member: Metropolitan Chapter, NYSSCSW

Designs: Photographs

Creator's Comments:

I take pictures in memory of my father. I love that the spontaneity involved in photography echoes that which I experience in working with my patients.



Artist: Beverly Goff

Member: President, Rockland County Chapter, NYSSCSW

Designs: Crochet Layette for Amy's First Baby

Description:

This is a loving gift for a sweet little girl to come. It is a layette which is hand crocheted with an imported baby fingering jacquard-dyed yarn. Three hooks, E, F and G were used and it is composed of mainly single and double crochet stitches.

Creator's Comments:

Crochet is a joyful experience to pass on to others, especially to the new generation the loving warmth from my handwork. To this end, I began a crocheting class in the Rockland Chapter for any Board members who want to experience this creative pleasure and pass it on.

This experience gives me the ability to identify with my patients creativity and to understand what it means to make something in order to give it to someone else.



Artist: Sema Gurun

Member: Committee for Creativity & Transformation, Workshop Committee, NYSSCSW

Designs: Paintings

Creator's Comments:

For the artist [and psychotherapist] the creative process overlaps into every area of expression; it is all in the human endeavor to communicate expressively and to make the communion a memorable one.



Artist: Sandra Indig

Member: Chair, Committee for Creativity & Transformation, NYSSCSW; Chair and Curator for Art Exhibit at the NYSSCSW Annual Meeting

Designs:

- *Inseminating the Waters*, 52" w x 30" h, mixed media painting on archival paper, 2011
- *Many Births*, 10" square, 5" high, "canvas, glass and stone sculpture on 16" rotating base, 2011
- *Transformative Waters*, triptych, 57" w x 24" h, acrylic paint on charcoal paper, 2011

Creator's Comments:

Statement/notes from my journal: My reading of the 8th Century Tiberian, Phinechas Kakohen, ignited the fire out of which I created my visual reply to his poem, *Water*. The titles of my work were made in response to his words.

Concerning the process of making the *Mingled Water Series*: I regard my willingness to create as both an artist and clinician to be a gift and a responsibility. The word and ideas associated with *Water* incubated, created an internal dialogue and then found expression as a visualization. This work fed my fascination with the spontaneous physical act of painting and drawing in color - both are poetry in motion. There is no separation between the rhythm of line or the skeleton of a painting and the mysterious way in which color creates shape and establishes meaning. I am always shocked and filled with awe that out of the poetry of words and the almost dream states experienced in creating - neither of which is logical or easily accessible - that a coherent visual statement emerges and, in clinical practice, metaphors evolve and connections made.



Artist: Susan Kavelar-Adler

Member: Metropolitan Chapter, NYSSCSW

Designs:

- Posters displaying 3 published and 2 in-review books
- Book illustrations related to the concepts of “developmental mourning” and the “demon-lover complex”
- Samples of creative writing
- Photographs of Argentine tango performances
- Poster handouts related to the Object Relations Institute for Psychotherapy and Psychoanalysis

Creator’s Comments:

Due to the untimely death of my father when I was ten years old, combined with my interest in object relations theories that speak of mourning within treatment, my own theory of “*developmental mourning*” in clinical work has developed and interacted with all of my work and my writing in the clinical field. Also, due to my involvement with the creative process as a writer and Argentine Tango dancer, and as someone trained in both dance therapy and psychoanalysis, my books on brilliant and well known women artists, as well as on theory and in depth clinical treatment reflect the therapeutic, developmental, and *intrapsychic dialectic of the mourning process* and the creative process. Due to the mourning process as a journey of grief, expiation, psychic regret and the discovery of one’s life’s meaning through the conscious experience of loss, and due to my concerns about both the *blocks and compulsions in relation to the creative process*, many of my books and journal articles reflect themes around passion captured by addiction that interacts with arrested or pathological mourning in the form of the “*demon lover complex*.”



	The Compulsion to Create <i>Women Writers and Their Demon Lovers</i> Susan Kavelar-Adler, PhD, ABPP, NPPsA, D.Litt Foreword by Joyce McDougall, Ed.D. Other Press, 2000; Routledge, 1993 New, improved, illustrated edition will be published in 2011	
	The Creative Mystique <i>From Red Shoes Frenzy to Love and Creativity</i> Susan Kavelar-Adler, PhD, ABPP, NPPsA, D.Litt Foreword by Martin S. Bergmann, PhD Routledge, 1996 New, improved, illustrated edition will be published in 2011	Dr. Kavelar-Adler has over 35 years of experience in Psychoanalytic/ Psychodynamic/ Object Relations Psychotherapy with individuals, couples, and groups, while utilizing traditional and non-traditional unique techniques of psychic visualizations and creative healing writing.
	Mourning, Spirituality and Psychic Change <i>A New Object Relations View of Psychoanalysis</i> Susan Kavelar-Adler, PhD, ABPP, NPPsA, D.Litt Foreword by Joyce McDougall, Ed.D. Brunner-Routledge, 2003	Dr. Kavelar-Adler is a Founder & Executive Director of the Object Relations Institute. She is an experienced senior Training Analyst & Supervisor for Mental Health Professionals in individual and group settings.
	Klein-Winnicott Dialectic Susan Kavelar-Adler, PhD, ABPP, NPPsA, D.Litt In review by the publisher	Dr. Kavelar-Adler is a prolific author, with sixty peer-reviewed articles and book chapters, and three Routledge-published books. She offers Consultations on professional and narrative writing, as well as on overcoming obstacles to any creative process, utilizing concepts of developmental mourning and loyalty to one's internal saboteurs.
	Anatomy of Regret Susan Kavelar-Adler, PhD, ABPP, NPPsA, D.Litt In review by the publisher	SUPERVISION & MENTORING GROUPS for PRACTICING CLINICIANS: Monthly Group Supervision & Mentoring for Practicing Clinicians - meets 1st Friday of the month, 1:15-2:45pm, September through June - Accepting New Members (two members can join now). Weekly Group Supervision & Mentoring for Practicing Clinicians - will meet on Wednesdays, 9:30-10:45am, October through June - NEW group (forms in October). Contact Dr. Susan Kavelar-Adler: 212.674.5425 or DrKavelarAdler@gmail.com For more information, visit www.kavelaradler.com Location of practice: 115 East 8th Street, Suite 12P, NYC 10003



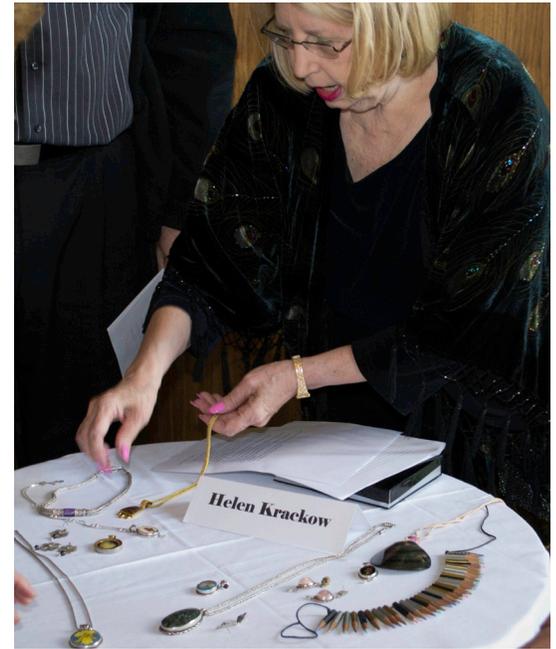
Artist: Helen Hinckley Krackow

Member: Chair of the "Clinician," Chapter Development, State Treasurer, State Mentorship, and Strategic Planning and Finance Committees. Metropolitan Chapter, NYSSCSW

Designs: Jewelry

Creator's Comments:

I make jewelry out of the metals of the earth, the jewels of the earth, the crystals of the earth, and the glass of the earth. I study at the School of Visual Arts and the Jewelry Academy of New York.



Artist: Naomi Miller

Member: New York Chapter, NYSSCSW

Designs: Photographs

Creator's Comments:

I am a psychotherapist who has been dabbling in water colors for a number of years, most recently experimenting in abstracts. In my work as a psychotherapist I strive to combine both the cognitive and the intuitive. I find that painting frees me up to be more in touch with the intuitive, allowing the right brain to 'flex its muscles' without being so much under the control of the intellect (something that we as therapists are very good at!)



Artist: Toby Seiden

Member: Nassau County Chapter, NYSSCSW

Designs:

- *Baroque*, 30" x 22" Intaglio Print
- *Baroque*, 30" x 20" Intaglio Print/Collage, Intaglio Print
- *Labyrinthine*, 14" x 10 ½", Matted 17 ½" x 18"
- *Transpiration*, 19" x 14 ½", Matted 17 ½" x 15" Intaglio Print
- *Mystery*, 13 ½" x 10 ½" Intaglio Print

Creator's Comments:

As the process of art or psychotherapy develops there is a sense of discovery. My unconscious informs me as I connect to my work and similarly I connect to my client.



Artist: Betsy Robin Spiegel

Member: Metropolitan Chapter, NYSSCSW

Designs: Stoneware plate, 6 ½" x 2". It is hand thrown and raku fired. Raku is a Japanese technique producing dramatic metallic colors. The plate was made in 1992 in Truro, Cape Cod, Massachusetts.

Creator's Comments:

A lifetime of creative activity including ceramics and more recently writing of personal narrative has enriched me personally and given my work as a psychotherapist and enhanced confidence in the gift of intuition.



Artist: Marsha Wineburgh

Member: First Vice President, NYSSCSW

Designs: Needlepoint: "Celebration" and "The Sewing Circle"

Creator's Comments:

Needlepoint: The art of surviving professional meetings.



Artist: Sarah Zahnstecher

Member: Metropolitan Chapter, NYSSCSW

Designs: Watercolor and mixed media

Creator's Comments:

Being a visual artist gives me the most exciting way to express my thoughts and feelings that I know. It is also a way of being seen and, perhaps, understood for what I am experiencing at the moment. I enjoy sharing my work in this way and prefer collage, water based paints and mixed media.

Recently, process painting captures my imagination. I let colors, lines, and shapes emerge in any way they want to which encourages the instinct to play.

This allows me to help my client do the same especially when words are hard to find or a client is not ready to be conscious of their material. As a Creative Art Therapist I have used art to mirror a client's projections, symbolically created the kind of container they may need and encouraged their use of art as part of their journey in self-exploration.

I've been an artist most of my life and a Creative Arts Therapist since 1980.

