

Artist's Statement
Cindy Cisneros
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I have always been interested in the inner workings of people, and historically my artwork focused on representations of the human figure and portraiture. As my career advanced in the field of psychology, I dove into this passion professionally. Subsequently, my artwork changed from subject focused to process focused. Academically and professionally I was pursuing these ideas and produced research papers and a graduate thesis on the healing power of creative work in our lives. The profound healing in the creative process advised my work as a psychotherapist and I introduced therapeutic art groups, interventions and creative modalities to my patients. I saw first hand the power of using art to heal and communicate, join us together and build self esteem. My own creative pursuits shifted from themes of the human form to experimenting with media and techniques for expression, catharsis and healing. I began to identify the process of control while making art: tightening control and detail work when I felt the need for organization in my life and releasing it for impressionistic and gestural work when I wanted to exhale. In the pieces selected for this show I have included work throughout my development and exploration as an artist. You will see the human figure, detailed landscape, and soft impressions of shapes and color. Now, as a professional therapist and artist, I am interested in how my work impacts you as a viewer: how you respond emotionally, viscerally and intellectually to what I have presented. We talk in psychology about parallel processing: how does what I do and share, impact the same in you? It is in this lens I share my paintings with you today.