

THE ARTIST'S JOURNEY PSYCHOTHERAPY PROGRAM

In this program, I work individually with artists in psychotherapy to help them overcome fears, resistance and creative blocks and to uncover the mindset issues, the limiting beliefs that dampen full artistic creativity and self expression. We explore and uncover the unconscious reasons, the sources of fear, that stop artists in their creative work.

In 1999 I hosted a television program Creativity & Consciousness where I interviewed artists about the creative process. We explored the inner landscape, the interior psychology, the mindset that affects creativity and the psychological and mental blocks that stop artists from creating their deepest work.

I'm featured in the New York Observer (Should Artists Fear Therapy?) about my work counseling artists, as well as in The Registrar of the Royal College of Psychiatrists (Art Psychiatrist Dr. Nancy Hillis) and the Stanford magazine Bench & Bedside (Art and Soul: Medicine Meets Creative Expression).

I trained in existential psychiatry at Stanford and have practiced psychotherapy for artists for over 25 years. I'm author of the book: The Artist's Journey and I'm an abstract artist with collectors across the world.

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