

Fredricka Brooks, ATR-BC, LCAT

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CV/Biography

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Education

MPS, Masters of Professional Studies in Art Therapy and Creativity
Development, Pratt Institute, 2011

Art Education Post Baccalaureate Certificate Program, School of Visual
Arts, 1997

BFA, Bachelor of Fine Arts, School of Visual Arts, 1996

Honorary Study Abroad, Bezalel Academy of Arts and Design, Jerusalem,
Israel, 1994

Group Exhibitions/Publications/Projects

2016 Art of Mentalizing conference group show, exhibited Constellation
of Spontaneous and Cathartic Process Art (12 mixed media
paintings on canvas), Pratt Institute, Brooklyn, NY

2016 Creative Arts Therapists of New York Coloring Book, New York
Creative Arts Therapist PLLC, 50 professional art therapists
share personal illustrations and ideas about using art for
wellness and healing.

2015 Creative Deed 365, Art Therapy social media based project about
sharing/spreading creativity, generosity, and kindness, created
by Gretchen Miller

2013 Art Show SBPC, Art Therapy exhibition for consumers and staff,
South Beach Psychiatric Center, Office of Mental Health, Staten
Island, NY

2013 Auction for Access, fundraiser for Pathways Vermont: a non-profit
organization presenting alternatives within Vermont's mental
health system, Burlington, VT

2012 Artist Trading Card Exchange, Art Therapy Alliance,
arttherapyalliance.org

2011 Mentoring Relationships in Art Therapy, the American Art Therapy
Association quarterly newsletter, Spring 2011 issue

- 2011 Art Love Japan, In Rivers Gallery, 165 Greenpoint Avenue, Brooklyn, NY
- 2010 Graduate Thesis: Mentoring: Transformative Dyadic Relationships in Art Therapy
- 2004 Small Works Show, 80 Washington Square East Galleries, New York, NY
- 2003 Diversity, Barbara Ann Levy Gallery at the LGBT Community Center, New York, NY
- 2003 Small Works Shows, 80 Washington Square East Galleries, New York, NY
- 2001 Revenge Of The Pussy Show, Barbara Ann Levy Gallery, Fire Island, LI
- 2000 The Pussy Show, Barbara Ann Levy Gallery, Fire Island, LI
- 2000 Duchamp Traveling Exhibition, Sponsored by NY Arts Magazine. Traveled through Germany, Poland, and Israel
- 1998 International Young Art Auction, Sponsored by Artlink and Sotheby's in Tel-Aviv, Israel

Biography/Artist Statement

Fredricka Brooks, MPS, LCAT, ATR-BC is an Artist and Creative Arts Therapist. Fredricka studied painting at the School of Visual Arts where she earned her BFA. She later earned her Masters of Professional Studies at Pratt Institute where she studied Art Therapy and Creativity Development.

Have you ever noticed that some stories are more easily told with pictures than with words? These are my abstract narratives. With them I tell stories of inner emotional constellations using images, shapes, and colors. Depicting inner experiences, I give shape to formless states of being. Creating images that capture the reflective self in relation to the other through abstraction, figuration, and symbolism are aspects of my artwork. My artistic process is spontaneous, immediate, layered, complex, cathartic, and meditative.

There is a relationship between the open process of working with materials and my conscious and unconscious world, which together are fertile ground for a unique vocabulary of personal and universal forms that I create. My intuitive and experimental approach has allowed space for the image to unfold through this process. My art is both a vehicle of self-reflection and communication with others.