

# Dr. Anita Bavarsky

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Paint and color have always been part of my life. Although there were times when my attention was devoted to other pursuits and the creative process was not at its peak, I have always found my way to paint. I enjoy the calming and healing qualities of art making, as well as art's transformative power. Every art project has roots in the past and lessons to learn for the future. A finished painting is never the end of the road, it is only a beginning of a new exploration. Often, along the process, the unexpected happens and the artwork turns into a surprise.

At the end, my painting always reflects my interests in imagination and emotional states and mirrors my search for meaning and growth. My style is expressive and I like to experiment with varieties of paint, material, and technique. I find inspiration and motivation in the vitality of everything around me, in thoughts, and feelings, sights and colors. I hope for my creative process to continue.



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**A**nita has studied art and used art and creativity in a variety of settings. While studying math and computer science and working as a computer programmer in Israel, she took art classes and later completed an art instruction certificate program. While raising her own children she took every opportunity to play with paint, and taught art to youngsters in a variety of settings. And, while studying psychology she became interested in the therapeutic impact of art and the study of creativity.



**I**n her psychotherapy practice in Woodland Hills, Anita facilitates explorative workshops and groups, helping both other artists and non-artists with their inner explorations and enhancement of their creative processes.

**A**nita's artwork is in private collections and she has participated in several group art shows. She is a member of Los Angeles Experimental Artists -III Group, Collage Artists of America, and Valley Artist Guild.



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