LA artist and cancer survivor Bonita Helmer

Artists of the "Healing Through Art Group" with the Simms/Mann – UCLA Center for Integrative Oncology

Staged reading “Other Than That I Am Fine” by Tara Branham

WOMEN FIGHT CANCER THROUGH ART

APRIL 30 – JUNE 30 2007

BEYOND WORDS AND TIME
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WOMEN FIGHT CANCER THROUGH ART
In 2005 the Los Angeles Psychoanalytic Society and Institute (LAPSI) and the Southern California Psychoanalytic Institute (SCPI) merged to create the New Center for Psychoanalysis (NCP) continuing our 50 year old tradition of psychoanalytic and psychotherapeutic education and thought.

The New Center for Psychoanalysis, NCP, is a nationally recognized training and research institution that provides a psychoanalytic training program for licensed, qualified mental health professionals and distinguished academics. The training school is dedicated to the study and exploration of psychoanalytic theory and practice. In addition to the Center’s primary purpose of training Clinical Associates to become skilled practitioners of psychoanalysis, we offer a one and two year program in Psychoanalytic Psychotherapy for mental health professionals. The Center also offers a low fee clinic for people in the community.

The mission of the NCP Community Foundation is to ‘use psychoanalytic ideas to serve the community’ in the form of consultation, supervision, educational workshops and direct services. The following four projects are now in place:

**Reflective Parenting Program,** headed by Paulene Popek and John Grienenberger, which partners with community agencies
to run educational groups for parents of young children centered around the use of Reflective Function, as well as workshops to train people to run these groups.

**Psychotherapy Program**, which will provide psychotherapy for patients referred to us by the Venice Family Clinic (a free clinic for those unable to afford health care). The clinic provides only counseling. While they provide no long term psychodynamic therapy, they see many patients who would benefit from this type of treatment.

**TIES for Adoption** is a program to help families and kids in the transition from Foster Care to Adoption. Helen Desmond is an ongoing consultant to the staff and administration of this organization.

**Supervision Program**, which provides supervision to case social workers at Edelman LA County Mental Health Center and the Valley Mental Health Center.

The outreach educational arm of the New Center for Psychoanalysis offers a variety of educational programs and continuing education programs to psychiatrists, psychologists, MFT’s, LCSWs other mental health professionals and the community to enhance understanding of psychoanalytic theory and practice. These programs cover the range of psychoanalytic perspectives on art, film, history and are offered in a spirit of open inquiry.

The New Center for Psychoanalysis is pleased to be the hosting institution and a sponsor for the special presentation, Women Fight Cancer Through Art: Beyond Words and Time. The opening reception, held on May 5 at the New Center, will be followed by a panel discussion entitled “Art, Feminism, and Psychoanalysis,” at MOCA, Geffen Contemporary, on June 3.

We are honored to be involved with this event and to have the opportunity to share some of our thoughts about the power of art in the healing process. We hope this is just the beginning of creating an outreach program for women and men who fight cancer.

– Paulene Popek, Ph.D., President

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Since 1994 the Simms/Mann - UCLA Center for Integrative Oncology has been improving the quality of life of patients with cancer and their family members. Formerly called the Ted Mann Family Resource Center, we are in the process of changing our name to better reflect the expanding services and mission, “A center of integrative oncology . . . maintaining wellness, maximizing health, and complementing the best oncologic practices and scientific research through individualized care offered by a multidisciplinary team committed to enhancing the physical, psychological and spiritual well-being of people touched by cancer.”

Simms/Mann
UCLA CENTER FOR INTEGRATIVE ONCOLOGY

Our highly trained multi-disciplinary staff offers a diverse program of care which includes mind/body approaches to coping with cancer, individual and family counseling, support groups, a monthly lectures series entitled Insights Into Cancer, a library of resources, a web site, and Reflections Boutique, which provides products and services to patients with physical appearance needs. The Healing Through Art Group, from which these pieces of art are selected, is just one of more than 12 different support groups offered at the Center, including groups on Meditation, QiGong, breast cancer, metastatic cancer, and lung cancer. The Center is funded by philanthropic support from foundations, individuals who use the Center, interested parties and friends. We encourage and need donations of all sizes to continue our work as our lectures and groups are open to the public without fees and many other programs are available to UCLA patients without fees.

We also provide both individual and small group educational sessions, offered by Western trained integrative medicine physicians, that offer an opportunity to address patient questions about a variety of issues including health and wellness, nutrition during and after cancer treatment, CAM approaches, symptom management and use of dietary supplementation. These programs are fee for service and are available to patients, family members or those concerned about the risk of developing cancer.

The Center is located in the 200 UCLA Medical Plaza, however, we also serve the satellite UCLA Oncology practices. The Simms/Mann Center is under the auspices of the UCLA Jonsson Comprehensive Cancer Center, one of the nation’s 39 Comprehensive Cancer Centers designated by the National Cancer Institute (NCI) and was named the best cancer
center in California. We are also part of the UCLA Collaborative Centers for Integrative Medicine (CCIM) which is committed to the study and application of integrative medicine both locally and globally. The Center’s founding director is Anne Coscarelli, PhD, a psychologist. Mary Hardy, MD is the medical director and an integrative medicine physician. The Center is staffed by a dedicated staff of professionals in a variety of other fields.

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DONATIONS
Because we have no endowments and many of our programs are offered without fees, gifts are our lifeblood and are necessary to maintain high quality services. We need your help through gifts large and small. All gifts are tax deductible to the maximum extent allowable by law. For more information, please contact Marcia Britvan at the Center (310) 794-6644 or pick up a donation envelope at the exhibition.

Anne Coscarelli, PhD, Director of Simms/Mann – UCLA Center for Integrative Oncology
Dr. Coscarelli received a PhD in clinical psychology with an emphasis in the psychology of women in 1980. She received the “Outstanding Alumna of the Year Award” for her research in psychosocial oncology and has published numerous professional articles as well as educational pieces for patients. For 26 years Dr. Coscarelli has been a licensed psychologist and held faculty appointments at UCLA, currently as an Adjunct Professor of Medicine in Hematology/Oncology and a Clinical Professor in the Department of Psychology. She continues to serve as the founding Director of the Simms/Mann – UCLA Center for Integrative Oncology (formerly the Ted Mann Family Resource Center) since 1992. Dr. Coscarelli designed programs oriented toward maximizing healing and providing interventions that recognize the importance of the mind-body connection in an environment that traditionally focuses exclusively on biomedical care. After attending a workshop entitled, “Art in Boxes: An Exploration in Meanings” she was inspired to bring art and healing together within the Center. She is exceptionally proud to be a part of this exhibition of the patients’ work as well as the collaboration with many people and organizations to make public the experiences of individuals with cancer and to inspire others toward healing and growth.
The Healing Through Art Group has met on a weekly basis at the Simms/Mann – UCLA Center for Integrative Oncology since the late 1990’s. It is facilitated by Esther Dreifuss-Kattan, PhD, ATR and has had dramatic results for many patients who participate. It has been an outstanding program helping patients to process their feelings, develop coping strategies and to assist in the cancer journey. One patient said of the group, “The opportunity to bypass my intellect and access spirit and creativity was very useful. It is a constructive way to deal with pain and fear. The teacher is excellent, helping each of us feel safe to explore creativity.” Art making in a group setting makes the cancer experience more transparent for the woman with cancer, her family and other fellow patient-artists. The art expression also creates opportunities for healing, formation of a new healthy identity, greater control, spiritual quests, expression of unconscious fantasies and fears, and a way to mourn losses. The healing power of art is a complementary, active approach to illness integrated within traditional medicine. Art making is a powerful tool for self-expression and self-awareness and a cultural phenomenon that raises awareness of physical vulnerabilities.
Cancer or carcinoma in Latin means tumor. In Greek we call it neoplasm, “the forming of the new.” The threat that this new tissue represents, invariably evokes dread, but can also arouse dormant creative energies, as both physical and psychological resources are tapped to fight the illness. Creative expression can help restoring health and regaining psychological balance. A unique dialectic emerges between illness and health, between despair and new hope.

In the “Healing Arts” group, artists encounter their inner subjective world and world of the group members and the art therapist. The created picture exists in the area between the two realms, in a transitional space and becomes a transitional object, bridging the inner and outer world. Both worlds contribute to the creation of the picture. It is the art object, the picture or sculpture that keeps the inner and outer reality simultaneously separated yet interrelated. The created picture can then be investigated by the patient/artist, the group members and the art therapist, as they contain wonderful and deep images of their experiences with their inner and outer worlds. This particular kind of “experiencing together” provides psychological support.
within the protected confines of the creative process and facilitates mutuality between the group members and the art therapist. A primary partnership can develop, similar as the one between the playing child and its available, but unobtrusive mother. The patients/artists are able to express in their art their fears, anxieties, hopes and wishes related to their cancer experience and life in general. The art therapist and artist in the group accept these images with their strong feelings, allowing them to reintegrate and assimilate them as part of a genuinely supportive experience. The painting or sculpture then becomes the bond between the group members and the therapist and thus can contain the hopes and wishes as well as fears of losses and separation.

The work of art thus also becomes a historical agent. Time is never truly absent in the act of reproduction, thus art is never really timeless. In the moment a work of art appears, it does so within the context of a personal and historical continuity. When we create a piece of art we experience the Now in which the experience of absence is possible. When we create, we experience time as presence, and the art object then signifies this presence. Thus creating allows for avoidance of the absence and protects against loss and separation. A work of art is both “finished and becoming” as Rosenzweig suggests, thus has a unique ability to process what we so rarely grasp. The work of art thus is finished in its becoming in our time, in the here and now. Art making allows us to engage with temporality and completeness, turning something distant within us, to something near and familiar. A work of art both protects against loss and allows at the same time a sense of immortality.

I am very fortunate to follow my friend and art therapist Anna Belle Kaufman’s, MFT, footsteps to lead this amazing “Healing Arts Group” at UCLA’s Simms/Mann Center for Integrative Oncology. Each Wednesday when I meet with these exceptionally strong women and some men, I am moved and impressed by their creative abilities and their strength of expression, their warmth and compassion for their group mates and their unwillingness to give up the fight, often in spite of debilitating side effects and major mood swings that come along with fighting cancer. The artists jump right into a new project, are inspired by the other artists in the group, and are often relieved of their pain
while completing their art. After being fully absorbed for an hour, the cancer survivors share their accomplishments with their fellow artists in the group, explain the content of their pictures and listen compassionately to the ones of their friends. Sometimes we all gain new insight or become aware of a new affect we were unaware of. Art unites and is truly healing for all of us!

**Esther Dreifuss-Kattan, PhD, ATR** holds both a PhD in Art therapy/Psycho-Oncology and in Psychoanalysis. She is a senior faculty member at the New Center for Psychoanalysis, and clinical consultant for the Pediatric Pain Program at UCLA, and the Art Therapist/Group Facilitator at the Simms/Mann-UCLA Center for Integrative Oncology. She is a psychotherapist and art therapist for Chai Lifeline, a non profit organization for children and families who live with cancer. She works as a Psychoanalyst, Psycho-Oncologist and Art Therapist in her private practice in Beverly Hills. Dr. Dreifuss-Kattan started as a Psycho-Oncologist and introduced art therapy with cancer patients in 1979 at the department of clinical oncology at the University of Zurich Medical Center, where she received grants from the Swiss Cancer Society and the National Society for Cancer Research of Switzerland. For her article: “The Psychotherapeutic Significance of Art Therapy in the Treatment of Cancer Patients”, she was awarded a prize from the Faculty of Medicine of the University of Zurich. As a liaison Psycho-Oncologist she worked at the Chaim Sheba Medical Center at Tel Hashomer, Radiation Oncology department in Tel Aviv, Israel. She was a lecturer in the graduate school of psychology at the University of Tel-Aviv, Israel. Esther Dreifuss-Kattan, PhD has had a life long interest in the power of art and creativity as it relates to health and well being. Her book, *Cancer Stories-Creativity and Self Repair*, published by The Analytic Press is a testament to her clinical and research experience with cancer and creativity. In her forth coming book, *Art and Mourning-Beyond Words and Time*, she discusses the work of different artists who deal with illness, loss and trauma, such as Paul Klee, Rene Magritte, Lucian Freud, Ferdinand Hodler, Eva Hesse and others. [www.dreifusskattan.com](http://www.dreifusskattan.com)
As I perused the permanent exhibition at the Museo de Arte Latinoamericano de Buenos Aires (MALBA) last month, a large 1934 oil on canvas called “Manifestación” by Antonio Berni captured my attention. A demonstration of unemployed workers, victims of the 1930s Argentinean depression known as the Década Infame or “Infamous Decade”, stared up towards a higher power. Some of the workers looked angry, others looked apprehensive, and they all looked anxious. These workers had been stripped of the basic human right to live a productive life. They had been stripped of their livelihood, but they somehow managed to retain their dignity with grace. The workers, who also evoked feelings of hope, aspiration, and unity, could have been a group of cancer patients. Most cancers are still treated with surgery, radiation, and chemotherapy, which can have debilitating side effects. As a result, many patients are forced to take time off of work and are no longer able to care for their families like before. Through art patients are able to share the personal, psychological, familial, and financial struggles that are inevitable by products of cancer. Their artwork promote public awareness and educate health care providers and medical students, like myself. To the artists: Your works remind me never to look at cancer as just a biological disease. As a future oncologist, I will always pay special attention to the human experience, and I will promote programs like art therapy that improve the quality of life of my patients. Like Antonio Berni, by exhibiting your works, you have been extremely productive.

Nishan Tchekmedyian is a first year medical student at the David Geffen School of Medicine at UCLA. Last year he organized the exhibit “The Healing Arts: Visual Insights into the Cancer Experience,” which displayed the works of artists in the Healing Through Art therapy group.
I am a process painter. Each painting is a step to the next; a continuous creative path that labyrinths through life, changing according to what is perceived on the external and internal level. While healing from breast cancer, I just continued in my creative process. The work naturally changed because I had changed. I am grateful that I had tools available to enhance the healing process through art and in return grew as a professional artist. Ultimately, I feel that I am able to create more insightful paintings.

This series of work is based on various stages of light perception: The Light of Dark, The Light of Light, and The Light of Dawn. Neither dark nor light can be perceived without one another; an interdependency that is found in both the outer and inner realms of existence.

Bonita Helmer is a Los Angeles based artist who has exhibited her work locally and internationally. Her work has been exhibited in museums and public spaces, galleries, universities and colleges, site specific locations and in multimedia performances. She is currently an instructor at Otis College of Art and Design. She is represented by George Billis Gallery, Los Angeles.

Works Exhibited:
The Light of Dark I
The Light of Dark II
The Light of Dark III
Quanta
I started writing this show in August of 2004 and I am often asked if it has been a cathartic experience, essentially reliving my leukemia diagnosis and bone marrow transplant. My answer is always a resounding yes. Yes, yes, yes, writing through these experiences has allowed me to grieve and heal moments that otherwise went unacknowledged as the main goal of surviving was all consuming. I remember the first time I actually wrote about having leukemia. I sat at my computer, tears streaming into my ears, realizing I had never allowed myself to feel the weight of the diagnosis. I would never have known that a part of me needed healing had I not written it. Now that I am at the performing stage...
of this process, I offer the catharsis to you. Though the experience may be very specific, my hope is that my story allows each of you the opportunity to examine and celebrate the victories in your own lives.

**Tara Branham** was diagnosed with leukemia in 1998 days after completing her first year at the American Academy of Dramatic Arts. She underwent her bone marrow transplant in October of that year at City of Hope National Medical Center. She is in good health and looks forward to using her show as a tool to inspire and raise funds for cancer research, the National Donor Registry and The Leukemia Lymphoma Society. Tara dedicates her performance to her beloved oncologist, Dr. Anthony Stein.

**Directed by** BEVERLY SANDERS

After writing her own award winning show, “Yes Sir That’s My Baby”, actress, writer and director, Beverly Sanders has directed five one person shows, that have come out of her one person show workshop. Three of the shows developed in her workshop are still playing theaters in Los Angeles. Beverly has been directing theater in Los Angeles for many years and was the artistic director of her own theater, “Room For Theater,” where she directed many of the plays produced there. Beverly also wrote and directed a short film, “Callback,” at A.F.I., which was shown on A&E and was in various film festivals. She teaches Acting to Writers at USC and UCLA.
Healing Through ART Group
I am Hui Chang and I have breast cancer. I am the mother of two wonderful children and I enjoy skiing and hiking. I used to be a systems programmer, database administrator and a restaurant owner. Now I enjoy retirement.

“Breast cancer is a blessing in disguise to me. It reminds me that I have been loved and how much I have been loved. It reminds me that life is fun and I need to live my life fully and enjoy it. When I’m in pain and discomfort it reminds me that I had a lot of good days and I will have a lot of it in the future. It teaches me to look at people’s good side now than hold on to the unpleasant past. It helps me to get the priority right, let go of those unnecessary feelings and stuff. It also reminds me that I still have responsibility that I need to keep good spirit and good health to fulfill it. So it all comes down to life is good and I’m happy to be here.”
Hui Chang
*Mandala*
Diane Fisher
Memories
My name is Diane Fisher. I am 58 years old and was a very active and healthy woman until I was diagnosed with endometrial cancer. I share a happy life with my partner, Maria, and my dog, Buster. I have been a residential real estate agent since 1979 and enjoy it very much. My friends never had cancer themselves so I had no one to talk to about my fears – fear of chemo, fear of radiation, and most of all, a fear of dying when I still had so much to do and experience. At the oncologists’ office I saw a flyer detailing the Art Therapy Class. I thought, well this looks like fun though I can’t draw and am not creative in the arts. I went to the class thinking I can always drop out and never see these people again. But it was so comforting to see people in various stages of different types of cancer, but they weren’t wheelchair bound and helpless so there was hope. The teacher, Esther, would have us introduce ourselves and then gave us an open assignment. It was during the painting, gluing, crayoling etc. that we would just start talking to each other and sharing our feeling. I didn’t feel so alone anymore and it was the only thing I looked forward to all week. My hobbies are horseback riding, working out and being with Maria and Buster.
Start with the fact that I am a female since you can’t tell from my name. 78 years old. Lesbian Feminist. Mother of 3 quite grown children – 4 grandchildren, one deceased. Diagnosed June ’06 with 4th stage adenoma of the lungs, chemo, avastin, tarceva, chemo and about to be “re-staged” the end of this month. Have a great deal of loving support from friends and family. Have a partner of 27 years who is totally there for me. I am interested in the art therapy group as a way to “play” with art materials. When I am home alone, my brain takes control and I think too much about what I am doing – and too critically – but in the group, I am freer to enjoy playtime from a more innocent place. I try to keep my head out of it as much as I can. Is it healing? I don’t know. It is certainly a very enjoyable way to spend two hours every week. I relish the opportunity to share with my sisters in the group every week (oh yes, and one brother too – brave man that he is!)

TRAVIS FOOTE
I was diagnosed with fallopian tube cancer in September of 2003 and had a reoccurrence in November 2005. I just completed my third round of chemotherapy, am cancer free and doing very well! I have an MBA in Marketing, worked in a bank and freelance on various business projects. My passion has been voiceover since I was a child, and I just booked my first job in 2007! I love this art class! I did not realize how much I have inside me that needs to come out....art has proven to be an amazing vehicle. At first I didn’t think I would be able to express myself in an artistic way, but it just flowed. The various art projects gave me freedom to let go and then look back and reflect on the work and understand myself and my feelings so much better.

LINDA GORDON
Born and raised in California I have lived a full life of raising 3 kids, working for 29 years at my job, going to school, loving art and cultural things. I see cancer and other set backs as challenges and am ready to conquer each hurdle as they come. I have gastrointestinal stromal tumors (GISTs) an unusual type of cancer that has had its second appearance in my liver. Treatment has shrunk the tumors and I am able to meet my daily routine. I dream of one day becoming an art therapist and working with children with cancer also. This opportunity had been one of the blessings along my path and I thank God for giving me the strength and the hope to reach my dreams.

JUDY HORN
Klaus Johannsen

Java, Respite in Color
My name is Klaus Johannsen. I was born in Germany, I have
doctorate in Engineering, a wife and three children. I worked for
Siemens, US army Signal Corps, Hughes Aircraft Co. as a Senior
Scientist and at NASA. I lived in Germany, Turkey and in the US.
After my retirement in 1996 I started a job in Indonesia.

2006 I was diagnosed with Multiple Myeloma.
All engagements stopped.

Who hopes, who loves, he lives.
To life!

KLAUS JOHANNSEN
My relationship with cancer is and probably always will be a work in progress. It has been humbling to stare into my own mortality in order to move forward and live. Ever since I was a child, art has always been a magic place for me to escape to, a wondrous, healing therapy. Through artistic expression, I can grab hold of my myriad of feelings, twist, shake, submerge, gloss over and even tease them, as I turn my emotions into something I can look at and touch.

Before I met cancer, like most people, I thought of it only as a terrifying, black hole of death from which all light and hope and few people ever escaped. But cancer can also bring us gifts. By taking away the delusion that Life would be mine endlessly, cancer has taught me to give closer care to the present, to experience the wisdom of the moment, to grasp my life with gratitude, to treat my body and mind and spirit as the precious treasures they are. The constant threat of cancer, as it hangs like a Damoclean sword over my head, has brought my consciousness into crystal clarity. It allows me for the first time in my life to see and honor my own priorities. Time is now too precious to squander with old and destructive habits. It has helped me to ultimately more appreciate how huge is the life I have, and how blessed I am with my cherished husband, and beloved family and friends. It allows me even to see with new clarity the inclusiveness of all that resides in this world, and the irreplaceable and delicate earth itself.

KAREN KAUFMAN
My wife was a courageous survivor long before she began her battle with cancer in July 2005. Fighting off two forms of malignancy—sarcoma of her arm and carcinoma of her lungs—she has withstood 30 radiation treatments, multiple second-degree burns, a collapsed lung, severe cellulitis, five surgeries and an HMO. As one of the pioneers taking a new and daily chemotherapy, she continually has experienced a series of unpredictable and sometimes disfiguring facial and body rashes, hair losses, and symptoms she rather not discuss in public. She has endured indescribable physical agonies and frightening uncertainties with a grace, courage and an exhilarating laugh that in themselves comprise a wondrous work of art.

(Submitted by the husband of the artist)
Alice Koga
Untitled
Alice Koga was diagnosed with colon cancer while working both as an intern in Marriage Family Therapy, and a Certified Public Accountant. She says, “Cancer sucks. You spend all your energy trying to get through this day...sometimes, it’s the next fifteen minutes. There are times you just want to be. Art Therapy gives you the opportunity, the people, and the tools to be wherever you are. Plus it’s fun. And when you have cancer, you need all the fun you can get.”
Katherine is a retired trial lawyer who was diagnosed in 2002 with non-Hodgkins Lymphoma. "As a child, my father, Gene, encouraged me to sketch and bought me sketch pads and pencils. Art therapy helps me to feel the happiness of those special moments of my childhood. Now, my classmates inspire my art and my life."

I can’t say my cancer. I don’t say lymphoma. I say I have SLL. Special Lazy Lymphoma. I love science. I love music. I love art.

Plan ahead. I plan ahead.
Katherine Magee
Valentine's Day
Farah Maghen

Broken Chain
It is already five years that I was diagnosed with Multiple Myeloma. Unfortunately I never went into full remission. But I hope that with more research the doctors will find better medication with less debilitating side effects. I am the proud mother of three wonderful children with my husband. My son Justin is finishing his third year at UCLA, Natalie is graduating this year from high school and Natasha is eight years old.

When I am in the “Healing Art Group” my mind is fully concentrated and occupied with an art project, and keeps me away from my illness, symptoms and from stress. It is comforting to share with the other group members, who are easy to talk to and who are very supportive.
Tanya manages production in the creative group at a major record label. Additionally, she is very passionate about the creative arts. Diagnosed with breast cancer at age 32, she joined the art therapy group hoping it would help her through the healing process. “This group has been a wonderful place to express myself without criticism, allowing me to delve into my own feelings through art. I also love seeing everyone’s work & feeling the comfort of everyone around me – it is quite inspirational.”
Britt Olafsson

Breast Cancer
I, Britt, was a busy Cancer Researcher, and Health Information Coder, at UCLA, and Cedars-Sinai for 28 years. This year I retired and I’m planning to play and be creative. Kurt, my husband, and I just became grandparents the first time, to a baby girl, Kristina. I plan to continue to create various things from fabric and yarns. Cooking is also a hobby of mine.

My diagnosis was breast cancer in August 2004. ICD code 174.9.

In the Art Therapy Group I was able to release negative feelings in a supportive and stimulating environment.
I'm a 70 year old woman diagnosed with ovarian cancer diagnosed July 20 2005. After being cancer free, the CA125 has gradually gone up requiring another cycle of chemo. Also the CT scan shows no sign of cancer.

Art therapy is another way of understanding your life and experience and communicating with other people. You can explain what you mean by creating an image that says: "Here it is. ____. This how I feel, this is what I’m afraid of, this is what I hope for, these are my deepest wants."
Miriam Osovsky

Balancing Act
My name is Judy Wachner and I had breast cancer and am now moving on. Making pictures was my language when I was sick and now it is how I communicate best in my present life.

For me, art is a way to unlock doors to places that would otherwise stay closed. I have never known any other way to say some things— the things that need to be said the most. My pictures are my words. Drawing and painting are very freeing for me.
My name is Genal Weber. I am a retired kindergarten teacher who has actively been fighting Adenocarcinoma since 2004. The art group helps me to reach, define and explore my feelings in the fight against cancer. Under the compassionate leadership, I feel able to explore both myself and in the material without boundaries or limits. I find the companionship of people in similar circumstances is very supportive.
Patti is an accountant by profession, but is taking some time off to be home. She enjoys gardening and reading. In her journey of breast cancer, the art therapy class has been a wonderful healing experience and means to creatively draw out and express her emotions at this time.
Hui Chang  
*Terminator*
Wood, acrylic

Travis Foote  
*Spring*
Acrylic

Box: *Magic*
Acrylic

Linda Gordon  
Box: *Inside/Outside:*
Acrylic, multimedia

Karen Kaufman  
*Self Portrait*
Colored masking tape

*All Around*
Colored masking tape

*My Box*
Wooden cigar box, multimedia collage

*Shaman’s Spirit Boat*
Wood sculpture, multimedia

Box: *Magic Inside and Magic Outside*
Acrylic, twigs, multimedia

Alice Koga  
*Infinite Totem*

Farah Maghen  
*Encounters*
Tissue paper collage

Tanya Nolan  
*Taking Turns*
Acrylic

Judy Wachner  
*Nobody Sees Daddy and Me*
Acrylic on canvas

*Joseph’s Dream*
Acrylic, oil pastels, ink

Judy Wachner  
*Self Portrait*
Colored masking tape

Patty Yung  
Box: *Still Dark Inside*
Acrylic, dried plant

*Portrait and Poetry*
Collage, Poetry, Photography: Philipp Keel
THANK YOU

We wish to thank:

* The patients who have participated in the Healing Through Art Group.  * The Simms/Mann Family Foundation for more than a decade of generous ongoing support and commitment to the development and maintenance of the Center and their belief in integrative oncology which focuses on the care of the whole patient and family.  * The New Center for Psychoanalysis for their financial support and hosting of the art exhibit.  * The Annenberg Foundation for the Wallis Annenberg Director’s Initiative in Psychosocial Oncology which support the efforts of the Director to develop programs, provide care and to train professionals in holistic care of patients with cancer.  * The Melissa Kravetz Memorial Foundation for their support of this art exhibit opening.  * Suzanne Isken, Director for Education at MOCA, Museum of Contemporary Art in Los Angeles, for her support.  * An Art Studio in North Hollywood for the great discount on the framing of the pictures.  * Nishan Tchekmedyian, an oncologist in the making, for his unwavering support to our cause and for having put on last years art exhibit of the “Healing Arts Group”.  * Devra Breslow, whose pioneering work over twenty years ago with art and cancer at UCLA’s Jonsson Comprehensive Cancer Center was inspiring to all of us.  * Cecilia Peck, Pat Wright, Lisa Rosenberg and Terrell, NCP staff members for their help in putting on this event.  * Michael Gales, MD, Chair of the Program Committee at NCP, and the program committee for their unwavering support for my not always traditional ideas of programs.
Melissa Kravetz lost her courageous battle with Ovarian Cancer at the premature age of 21. To honor this extraordinary young woman and keep her memory alive, the Melissa Kravetz Memorial Fund was established by heartfelt donations from loving friends and family members, as well as matching funds from her devoted parents, Glenda and Norman Kravetz. “In celebrating the memory of our beautiful daughter, we vow to give not only our money and our time but also, and more importantly, our hearts to the causes that Melissa would have believed in and worked for.”
SHAMAN’S SPIRIT BOAT

The “Snake – Canoe” or “Boat of the Dead” is the spiritual vehicle used in various primitive sculptures by a Shaman (represented by the crystal) in a powerful healing ritual. During the canoe journey, persons in need of healing descend into the Lower World to retrieve the lost Guardian Spirit. The loss of this spirit leaves the person vulnerable to illness and disease and its return will restore protection and health. The light of Clarity (represented by the lantern) helps guide the way.

A spirit animal, the Dragon, covered with healthy fighting cells and holding a healing Pearl, (representing the chemotherapy), hovers and guards over the person’s body. Its fiery breath (representing the radiation) burns and destroys the first cancer (represented by twigs), at the feet of an assisting Ancestral Spirit. With one arm, the Spirit of the Ancestors holds out the other cancer, while with the other, it extends the healing surgical blade represented by the serpent of the Caduses.

Upon returning to Middle World, the world of life on earth (represented by the tree), the Guardian Spirit’s protection is returned to the person who made the journey.  

Karen Kaufman
We are hoping that those attending this reception and exhibit will make a minimum donation of $25.00 for the catalog.

We also hope that many will make larger donations to the UCLA Jonsson Cancer Center Foundation (JCCF) for the Simms/Mann - UCLA Center for Integrative Oncology which sponsors the “Healing Through Art” group. These donations will be used to continue to offer this group and many other free programs at UCLA that facilitate the psychological and physical well-being of individuals diagnosed with cancer.

Donations should be made to the JCCF/ Simms/Mann Center.