

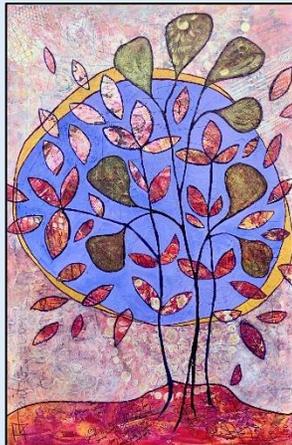
## Artist Bios – Peer Creative Expressions

\*\*\* [Click here to watch the artists' creative expressions and their stories for the 2020 PBHA Peace of Mind Conference](#) \*\*\*

### “COMPANION” BY SHARON (RYNN) BURKETT

*"Companion is a transitional canvas that has evolved over the course of 4 months of personal therapy. It reflects the many layers of recovery and the transformation that is possible over time. Sometimes I don't know how far I've come until I look back and see the evidence of progress. One small brush stroke after another is all it takes to keep moving forward toward recovery."* – S.R.B

Artwork media and size: Acrylic, Collaged Paper, Texture Paste, and Ink on Canvas; 24"x36"



Rynn is a tender-hearted human, artist, teacher, and parent with lived experience of sexual violence, depression, suicidal ideation, and grief/loss. As an adult, Rynn reclaimed artistic expression as a way to explore and express feelings. Rynn also discovered Trauma-Informed Yoga, which—along with therapy—prompted the start of an ongoing journey to befriend their body and voice.

Rynn graduated from West Texas A&M University in 2011 with degrees in music and communication disorders. She is passionate about introducing movement and mindfulness within her work with students and is committed to creating welcoming and inclusive spaces.

In addition to teaching, Rynn facilitates group yoga at Amarillo College, the Youth Center of the High Plains, and Heal the City. Rynn is also a grief facilitator for The Hope & Healing Place. Rynn became a 200hr Registered Yoga Teacher with Yoga Alliance in 2019 and holds additional certifications in Trauma-Informed Yoga Therapy through Sundara Yoga Therapy and Embodied Trauma-Conscious Reproductive Health through The Trauma-Conscious Yoga Institute.



## “WHIRLWIND OF MADNESS” BY LINDA HILARIO

Whirlwind of Madness  
I have Awakened, into Madness  
An imbalance, from Within  
And You take it for granted.  
This false sense of, Inner Peace.

Caught up, in a Whirlwind of Madness  
Fear and hate  
Multiply in abundance.

Stand and resist,  
Against  
The Wickedness of this World!  
Stand and resist!!!

Be the change, that you are seeking!  
Be a Light!  
In this Darkened World!  
Let not the sacrifice, of Others.  
That came before Us,  
Been in vain!

Let us sow Love, not Hate  
Embrace Peace and Harmony

Let us sow Love, not Hate  
Embrace Peace and Harmony

Let us be caught up, in a Whirlwind of Love  
Peace and Harmony  
Multiply in abundance!

– Linda Hilario

*“I am a survivor of trauma, and silence was key in my abusers maintaining the abuse yet I discovered early on, writing and words; utilizing them in obscure and creative ways, I could express what could not be revealed and later on life, what still serves as a hindrance at times, for many a time, I am still overcome by extreme internal emotions that silence me, yet pen, paper, and words express what my voice cannot.” – L.H.*

## STOP MOTION VIDEO BY DAVID MINOR

*"Helps me keep focused. Being able to accomplish and being proud of what I've done."*

– D.M.



David has bipolar and depression, and has suffered for many years until he started seeing a therapist 3 years ago. The therapist helps David very much and he still sees her to this day. For David, creating music and art gives him a sense of purpose. This process not only gives David an outlet to express his feelings, but also keeps his mind off the things that upset him. David feels like this is what he's supposed to do with his life. It keeps him learning and practicing to become a better artist, and lifts his spirits and breaks his depression. For Johnny, it lets him escape into the fanciful world that he helps to create, and lets him finally excel at something for the first time since All-State Band.

Although Johnny is not a person with a lived experience of mental illness, he collaborates with David Minor on this creative expression through their band, Mentally Sound—a band that consists of "Good" Johnny Phillips and David "D" Minor.

## “RAGE” BY KELLI WATSON

*“The arms of darkness reach toward me, but I win!”* – K.W.

Artwork media and size: Multi-media assemblage on canvas; 24”x18”



Kelli has a real love for turning the broken into the beautiful, as she has once been broken herself. Using found objects and various mediums to create her art, Kelli chronicles her journey through depression, anxiety, and other dark times in her life.

Her favorite art mediums are doll parts, butterflies, recycled paper and unique finds from Goodwill. In addition, Kelli likes to make

functional art like purses, jewelry, and even some clothing; and likes to do some photography, although by no means ready to let those photos out on exhibit.

Having come from a legacy of talented artists, Kelli had to overcome feelings of inadequacy before she could really see that creating art is her passion. It may have taken a while, but Kelli finally came to the realization that her style of assemblage art is her style. And her passion. And her catharsis.