

Helen Wilbur

This series of multimedia drawings and paintings are a documentation of my journey to observe, contact, and learn from my inner child. She inspired me to create these pieces, which combine various stages of my technical skills and tastes. The hardest aspect to capture was the spontaneity and lack of boundaries children have in their art making. I tapped into this mode of creativity by using materials or techniques associated with children, such as scribbles and crayons. In that way, I am deskilling parts of my practice. I encourage the viewer to consider the younger versions of themselves and their relationship with that person. The psychological nature of this project has been a transformative process on my path of becoming an art therapist.

*Our Home, Our Memories*, 2021

Butcher Paper, Acrylic Paint, Sharpie, Crayon, Paint Marker, Oil Pastel, Chalk Pastel  
36" x 86"

*She Watches Me*, 2021

Acrylic Paint, Oil Paint, Tissue Paper  
45" x 28"

*Imagination*, 2022

Watercolor, sharpie, crayon, oil pastels, paint marker, water-soluble crayon, alcohol marker, colored pencil  
18" x 24"  
(Lower left)

*We Look Back*, 2022

Watercolor, colored pencil, oil pastel, chalk pastel  
18" x 24"  
(Lower right)

*Playground*, 2022

Acrylic paint, photographs, collage  
24" x 28"

*Development*, 2022

Acrylic paint, colored pencil  
24" x 32"

Image: Jan 4, 2003