

## **AUGUST 26 - LINDA ABBOTT TRAPP - “EXPLORING THE BOUNDARY BETWEEN ART AND PSYCHOLOGY”**

**WHAT:** General monthly meeting with presentation/demo by Linda Abbott Trapp

**WHEN:** 1:00pm social time - 1:30pm meeting & presentation

**WHERE:** Wesley Room, SLO United Methodist Church, 1515 Fredericks St, SLO

**WHO:** FREE and open to all members and friends. Join us!



The CCWS General Meeting on Tuesday, August 26, features local award-winning artist Linda Abbott Trapp on art and psychology.

“In the last few years, my pursuits have come full circle, back to the passion for art that drove my actions early in life. During the '60's and early '70's, I operated a pottery and weaving studio in La Crosse, Wisconsin, studied serigraph production and sculpture, and taught numerous community classes in clay and fiber. In addition, I owned a supply shop for pottery and weaving.

“By 1973-74, I was teaching art in a mission school in Addis Ababa, Ethiopia. My experiences there led

me to re-direct my career into counseling, with an international emphasis, and I earned a Master's from UW-La Crosse and a PhD from Iowa State University upon return to the US. While many assignments during the next years were



psychological and educational in nature, I maintained an active role in the arts, serving as a Dean at the Minneapolis College of Arts and Design, managing arts grants in Fresno, California, and collecting Latin American Art. I went on to a consulting career, delivering over 3,000 seminars nationally and abroad. I published seven books and over 250 articles during this period as well, and appeared on radio and TV interview shows.

“Upon retirement, we lived in Puerto Vallarta for 5 ½ years, returning to California in 2009. Here, I have returned to my first love, art, and have held a number of one-woman shows. My work has appeared in regional and national juried shows, and garnered several prestigious awards. I offer a one-day Watercolor Boot Camp several times yearly, as well as classes in Abstract Watercolor. My newest workshop combines psychology and art: Slaying the Dragons, overcoming the insecurities and fears that plague creatives. In the sun-drenched landscapes of the Central Coast of California, I discovered a vibrant community that embraces creativity and self-expression. This newfound sense of belonging has ignited a spark in my artistry, allowing my work to resonate deeply with those around me. The shared passion for art and the encouragement from fellow creators have enriched my perspective, inspiring me to explore themes that reflect our collective experiences. As I connect with local artists and engage in collaborative projects, my art not only flourishes but also finds its place among the hearts of those who appreciate the beauty of our surroundings. I combine ink and watercolors and create paintings from my imagination and nature.

“Now that I have a new and welcoming community, I am finding ways to connect and contribute to the community through various local initiatives and activities.

Participating in neighborhood events, volunteering at local organizations, and engaging in community discussions have enriched my experience and helped forge meaningful relationships. By sharing my skills and interests, I aim to support projects that enhance our shared environment, foster collaboration among residents, and build a sense of belonging for everyone. This journey of connection not only brings a sense of fulfillment but also allows me to give back to the community that has embraced me.”

Presentation at 1:30, SLO UMC Wesley Room, 1515 Fredericks St., SLO.