

## Art for Healing Program Presenters



**Sister Sherry Dolan** is the Director of the *Art for Healing* Program at Mercy Hospitals of Bakersfield. She is a member of the Society of the Arts in Healthcare, a master teacher in intuitive painting, and a certified spiritual director. Sr. Sherry has given retreats in intuitive or spontaneous expressive painting at the Springbank Art and Eco-spirituality retreat center in South Carolina, and exhibited her paintings at Mercy Center in Burlingame, California. She is passionate about art-making, or creativity of any kind, and its potential to heal one's emotions and/or spirit.



**Elizabeth Hinkle** is a Registered Nurse with a passion for using the arts as a tool for healing and coping with illness and grief. Currently working as an occupational health nurse at State Farm Insurance Company, she assists employees with acute and long-term illness and has organized wellness and healing educational experiences for the employees' benefit. In addition to her R.N. degree, she has a B.A. in Psychology with a minor in Gerontology, has worked as a hospice nurse and case manager for elderly and disabled adults. Elizabeth's paintings and collages have been exhibited in local galleries, including the Arts Council of Kern, the Empty Space, and Maestri Gallery. Elizabeth has experienced using art as a personal journey of healing and self-discovery and looks forward to sharing this form of healing with community members.



**Kathy Kalson** retired from teaching ceramics, arts and crafts at Bakersfield High School in 2006. She also served as an adjunct professor of ceramics and 3-D design at Cal State University, Bakersfield. Her passion for working with clay and other creative materials is grounded in her love of the earth and nature. She enjoys assisting others in experiencing the "blending of basic elements of earth, water and fire into textures and patterns that may be reflective of one's life experiences . . . into vessels or items that are expressive of our deeper emotions and feelings."



**Donnel Lester** is a retired human relations and organizational development consultant who has lived in Bakersfield for the past 37 years. He finds balance in his life through creative expression which includes writing poetry, photography and rhythmic expression, usually through drumming. Donnel spent over 20 years working with individuals experiencing crisis and loss in their lives through a faith-based process called Stephen Ministry, a process created for the support of those in crisis. Through that experience, Donnel learned that healing of mind and body can happen outside the boundaries of traditional medicine as well as within it.



**Rose M. Lester, MA, MFT**, is a Marriage Family Therapist, artist, writer and expressive arts educator. She is committed to the belief that the creative process is beneficial for health and healing. Rose has personally experienced the benefit of using art modalities for self awareness and stress relief. She has been trained in the Creative Journal – Expressive Arts method originated by Lucia Cappachione, and as a SoulCollage Facilitator and has designed and taught numerous expressive arts workshops in Bakersfield and throughout California over the past 10 years for a large variety of populations. She is an award winning artist as well as a published poet and has exhibited in a number of local art shows. She is currently a registered CEU provider for MFT's and LCSW's. Rose is thrilled about having an ART for HEALING program here in Bakersfield.



**Eileen Ettinger** has been a teacher all of her professional life. Throughout her career she taught elementary school and later taught art as well as religion. Combining her love for education and art, she became an art education specialist. She is now a full time sculptor. In her work she expresses her dismay at the turmoil in the world, and through her hands she has found a spiritual realm that helps her understand herself and gives her the tools to wend her way through our challenging world. Eileen is currently on the board of the Arts Council of Kern.



**Mary Bradford** is an art teacher at North High school with over 20 years of experience in schools and in private lessons. She has assisted in art discovery with all ages and levels of students from kindergarten through adult. She has a degree from UCLA and has lived in worked in several different countries including, Russia, Spain and Wales. She teaches her students that art is like a language, a symbolic language that expresses the non-verbal part of our selves. Art is the language of the soul, and can be used as an effective tool for healing and self discovery.



**Chela Brehmer** is the founder of Art Start, an innovative art program for children to experience art in Bakersfield, California. As a mother of three, she knows how to positively motivate children to learn as they create art. Chela has taught hundreds of children painting, sculpting, drawing and more. Working with master art works from Jackson Pollock, Georges Seurat and others, Chela seeks to inspire creativity and self-expression while delivering curriculum-based instruction.

Chela is currently on the board of The Arts Council of Kern and Bakersfield Adventures of the Mind (BAM). Chela and her husband of 18 years reside in Bakersfield with their three children. Chela enjoys drawing with pastels and pencil and has recently completed her first marathon in Paris, France.