

- MACP Practicum  
- Counseling House  
- Dr. Laurie

- June 29, 2023  
- Sarah Otter

### • Self-portrait

I drew it without actually looking at a picture or anything. Maybe that explains why it doesn't really look like me, except maybe the hair. The eyes and lips are too big and the forehead too small. The look though is one of alertness, determination, and maybe, hopefully, kindness. The sense of kindness though could simply be due to the fact that I have a heart-shaped face, and thereby be simply a thing of association. The colors I chose around, the pink in particular, is in line with this too though. The swirl adds a sense of self-containment and confidence. At the same time it implies energy and movement. That it begins at my throat is curious as I used to have a hard time speaking up, talking at all, and even settling as a singer, constantly flipping between high soprano and mezzo. The way that the lines start there show, to me, a sense of finding my voice and letting that be part of my ~~advent~~ identity, letting go of the fear of being judged or criticised and simply speaking with love and truth. At first I was not impressed by the energy content of the painting... aren't therapists supposed to be calm and relaxed? At second glance though, that is not necessarily me. I ~~have~~ always been a problem solver, a doer, a highly emotionally attuned individual. I think that is fine, I accept that. I think that is part of what makes me unique, as an individual and as a therapist.

