



## *Silvana LaCreta Ravena / Art and Psychology*

*by Adam Eisenstat*

Silvana LaCreta Ravena is a Brazilian-born artist who came from a family in which psychology and art are blended. Her work as a clinical psychologist and her background as an artist inspired her to explore in more depth those areas where art and academia, theory and practice converge. She was educated as a psychologist and also holds degrees in art therapy, art history and a master's degree in fine arts.

She has explored a variety of art

forms during her life. The work as a production designer in film and, later, video art, led to her being offered a fellowship to study art and design at New York University, which she had to decline in order to finish her psychology degree. Her favorite art form, though, has always been painting. When she was four years old her parents gave her a set of watercolors and an easel. Little did they realize the career they had set in motion, for with that easel she officially began her life as artist!

From a young age, she went to museums and galleries with her family and, according to Silvana, she can still recall the day her mother introduced her to an art book featuring works by the Italian Renaissance master Raphael Sanzio: “Those images stroke me immediately”, says Silvana, “ so I asked my mother what that was and she told me: this is painting, my dear. From that moment on I fell totally in love with painting”. At the age of eight, she took her first art classes with Bernardo Cid, a well-known Brazilian painter, a seminal experience that undoubtedly laid the groundwork for her future artistic endeavors. She continued with art workshops and courses throughout her youth.

With art already such a big part of her life, by the time she was ready for college she pursued a degree in psychology. This choice grew out of her interest in the connections between fine art and behavior, especially the psychological dynamics behind memory and self-expression. After earning her degree in psychology she worked in a clinical setting for many years while pursuing degrees in art therapy and art history. At the time, in addition to showing her art works in galleries and art centers, she also taught art and art history.

Since moving to the USA she has

established her studio in Minnesota and focused all her energy on painting. She is represented by galleries in multiple states including Minnesota, has exhibited regularly in various venues throughout the country, and has received prestigious art awards in the US and Europe. Her work has also been featured in national and international art publications, in television art shows and her pieces are owned by collectors both in the US and Brazil.

From her first watercolor at age of four to the thesis she wrote for her last degree, her education, life experiences and her professional endeavors have been synthesized with her art practice, serving as its natural background.

*(Adam Eisenstat is a journalist and art writer from PA, USA.)*

