

REWIRING

These photographs emerged from a time in my life when I felt lost—living with fear I couldn't fully name. For years, I moved through the world disconnected from my own body, shaped by chronic stress and early trauma. I was functioning, but not fully present. Healing came slowly. First in the quiet of the forest. Then under the wide, open sky of Iceland. In those places, I found softness. Safety. Space. And eventually, the return of my own voice.

Before turning to art, I worked as a therapist on the PTSD unit at the VA Medical Center. There, I learned that trauma isn't something we think our way through—it lives in the nervous system. To heal, we must first feel safe in our bodies.

This exhibit is an invitation into a different kind of landscape—a psychological one. It's a space to slow down, to breathe, to be with yourself. Let the images settle. Let the questions echo. Let stillness do its work.

My hope for you is that you catch a glimpse of the peace that already lives inside you.









































































