



INTERNATIONAL ART AND DESIGN SYMPOSIUM



# Art Therapy Objects: Inner Portraits: Little Monsters

EDA ÖZ ÇELİKBAŞ

24-27 OCTOBER 2025

ISBN: 979-8-89695-308-1

**ULUSLARARASI  
SANAT VE TASARIM  
SEMPOZYUMU  
ÇEVİRİMİÇİ KİŞİSEL SERGİ**

**24-25 Ekim 2025  
İstanbul, Türkiye**

**EDITOR  
Assoc. Prof. Dr. Kübra ŞAHİN ÇEKEN**

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Mersin born artist-academic and Art Therapy Practitioner. Graduated from Gazi University, Ankara Türkiye. Artistic Turkish coffee, evil eye, Turkish symbols, Turkish teachings, Central Asian and Turkish Tribes, Yoruks, local beliefs, Shamanism, mysticism, ethnicity, semiotics, symbolism and cultural symbolism, symbolic imagination started. Following these studies, studies in the field of Art Therapy were followed as a continuation of symbolism, symbolic and cultural imagination and expressionism. It has been continuing in the field of Art and Therapy since 2012. The artist, who has 13 solo exhibitions and many mixed exhibitions abroad, presents different workshops in the field of material painting and art therapy, and also offers suggestions from traditional arts. Regular studies, exhibitions, trainings and projects are carried out in the country and abroad in art and therapy programs. In the field of Art Therapy, he conducts Art and Therapy courses and trainings in undergraduate and graduate education, including distance education and continuing education centers. He is a project partner and project manager for various state students in Europe and Türkiye. He continues his art therapy services in partnership with Poland, Romania, Sweden, Denmark, Netherlands, Italy, France, North America, Spain, Portugal, Norway and India, the Art and Project Director of the Ancient City of Hadrianopolis in the Western Black Sea Region of Turkey, and his national and international art therapy studies. She is a faculty member and vice-dean at Karabük University, Safranbolu Fethi Toker Faculty of Fine Arts and Design, Painting Department.

# Art Therapy Objects: Innerself Monster's

This exhibition is a meeting place—between the seen and the sensed, the spoken and the secret, the self we present and the self we protect.

Within these walls, the *Innerself Monster* is not a threat, but a companion: a symbolic creature shaped by memory, emotion, and the quiet negotiations we make with ourselves.

As an art therapist, I believe healing begins when the invisible is allowed form.

These objects—crafted, sculpted, stitched, assembled—are not artworks in the traditional sense; they are emotional artifacts.

They carry fragments of fear, resilience, longing, shame, survival, joy, and the stubborn hope that refuses to leave the human psyche.

Each piece stands as a witness to internal landscapes that language alone cannot hold.

Here, the monster becomes a teacher.

Here, the shadow becomes a collaborator.

Here, creativity is not a performance—it is a vital organ.

This manifesto commits to:

- **Honoring the messy, contradictory, and nonlinear truths of being human.**
- **Accepting that inner monsters are often misunderstood parts of ourselves asking to be heard.**
- **Transforming emotional weight into tactile form, allowing viewers to see their own complexity reflected back.**
- **Using art not as decoration, but as liberation.**

In this space, viewers are invited not to interpret, but to feel.

Not to decode, but to recognize themselves in whatever form arises: gentle, grotesque, fragmented, or whole.

The monsters in this exhibition do not demand fear.

They invite curiosity, compassion, and the courage to sit with what is real.

This is a sanctuary for all the emotions that live just beneath the skin.

A place where every inner creature, even the fiercest one, finally has permission to step forward and be seen.

## Eser Bilgileri

Eser Sayısı: 16

Teknik: Karışık Teknik / Mixed Media

Boyut: A4 (21 x 29,7 cm) Yıl: 2025

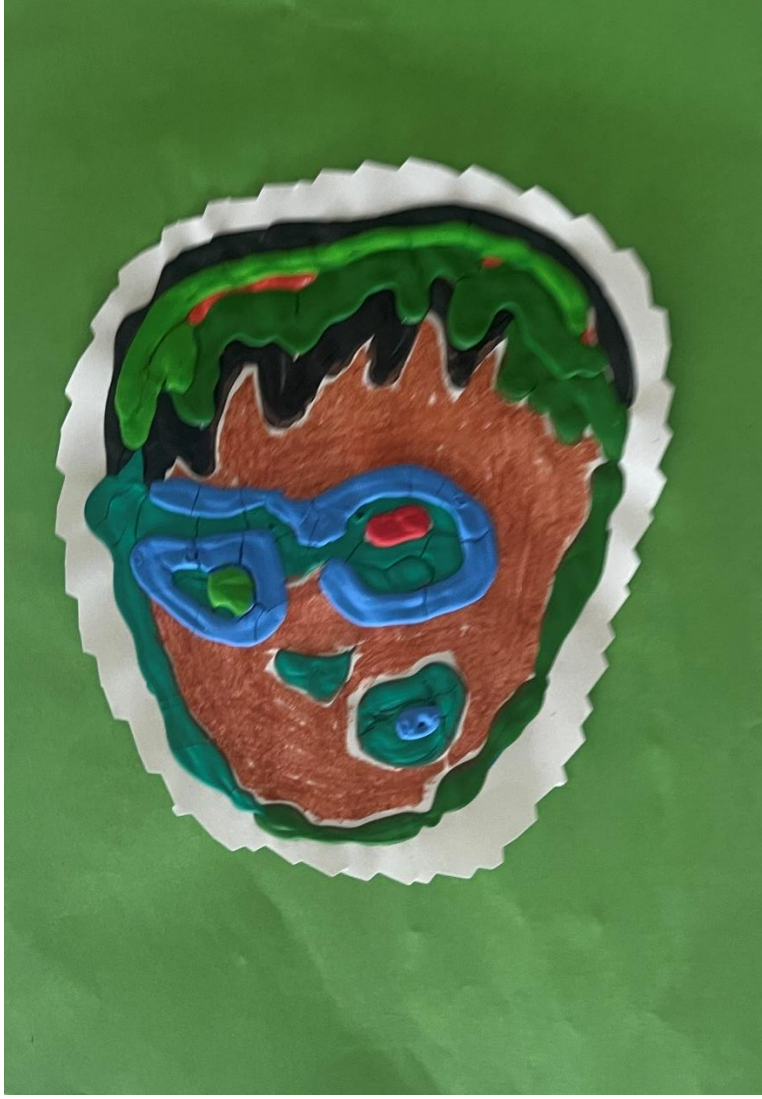
Sanatçı: Eda ÖZ ÇELİKBAŞ



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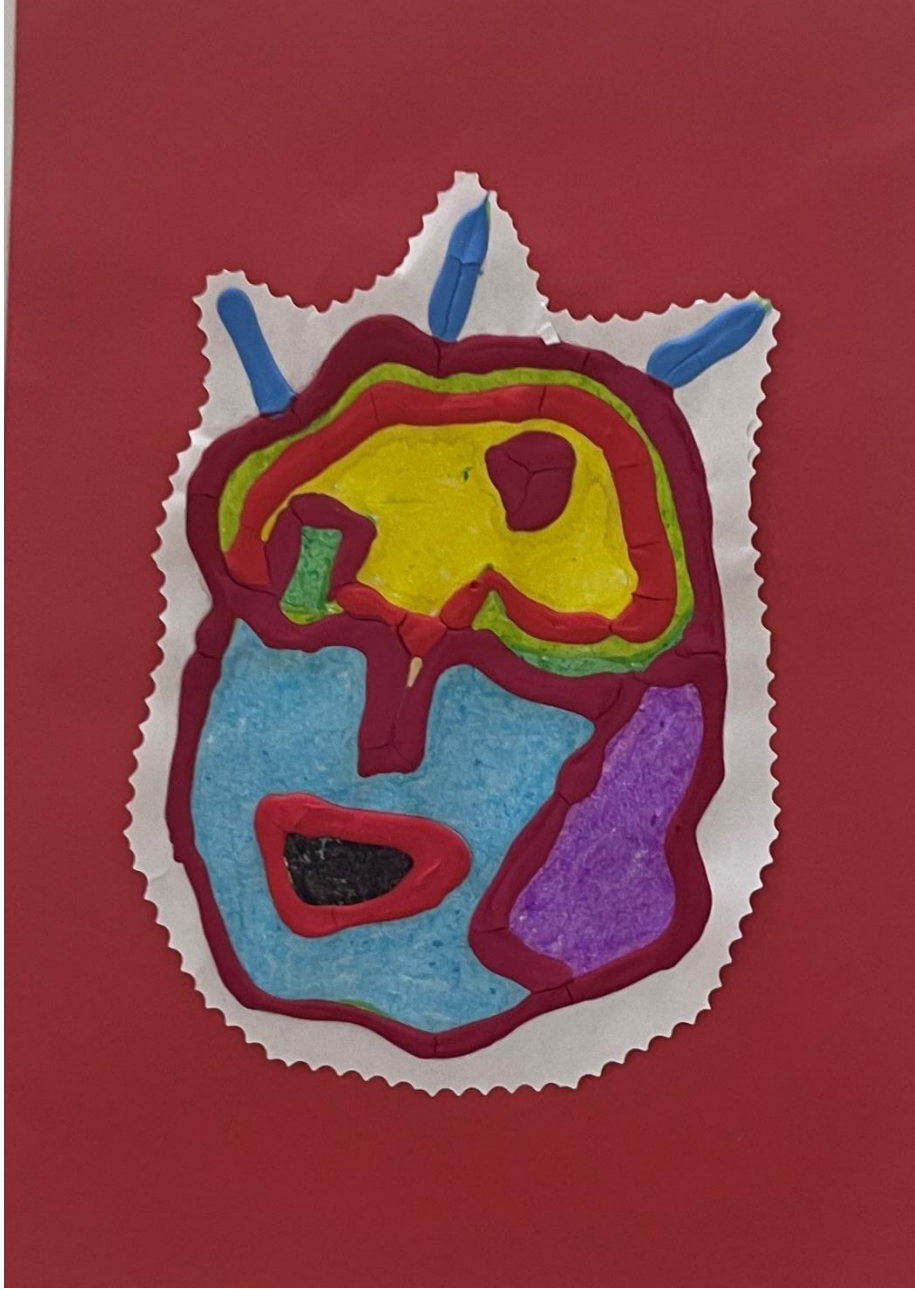




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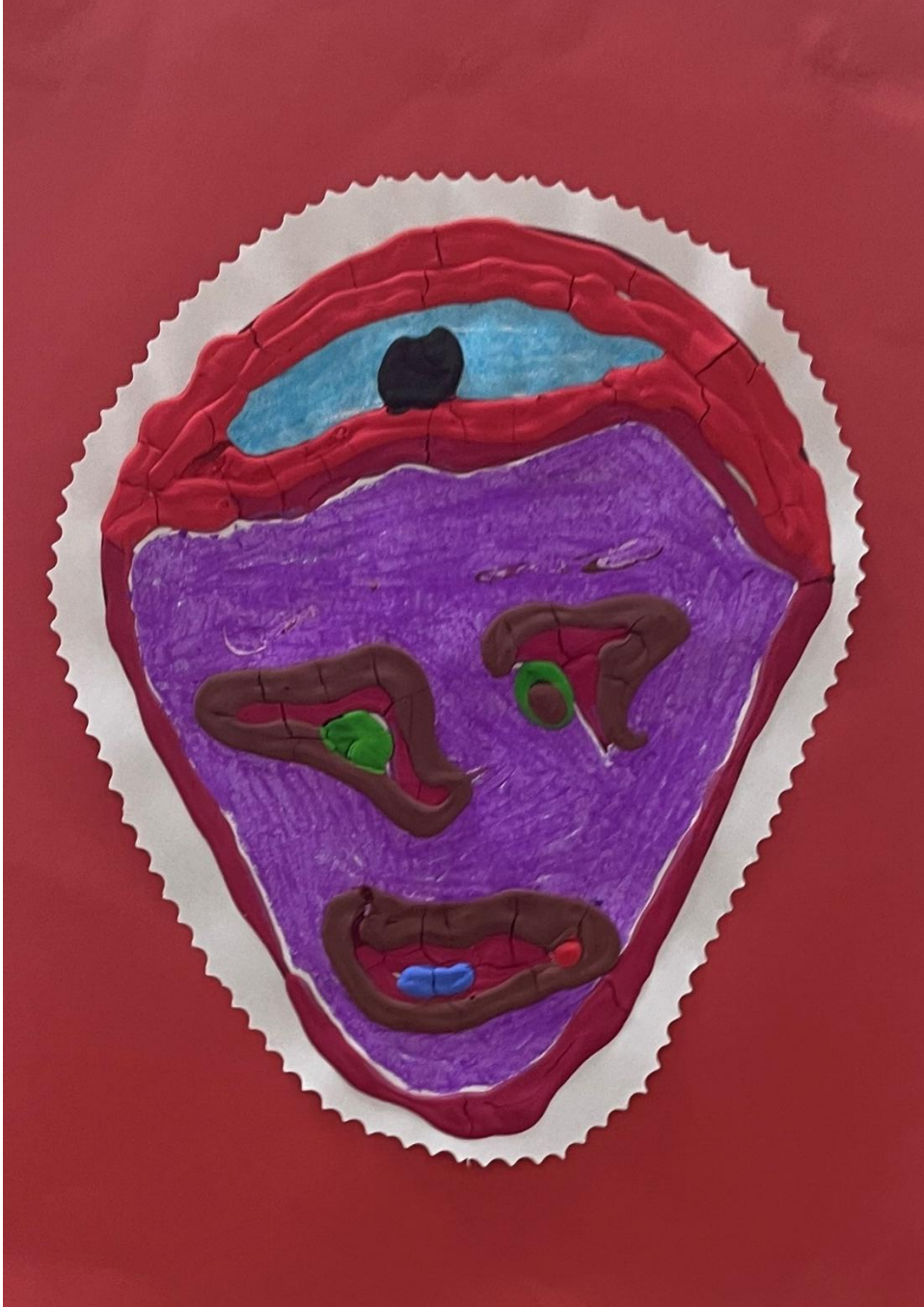




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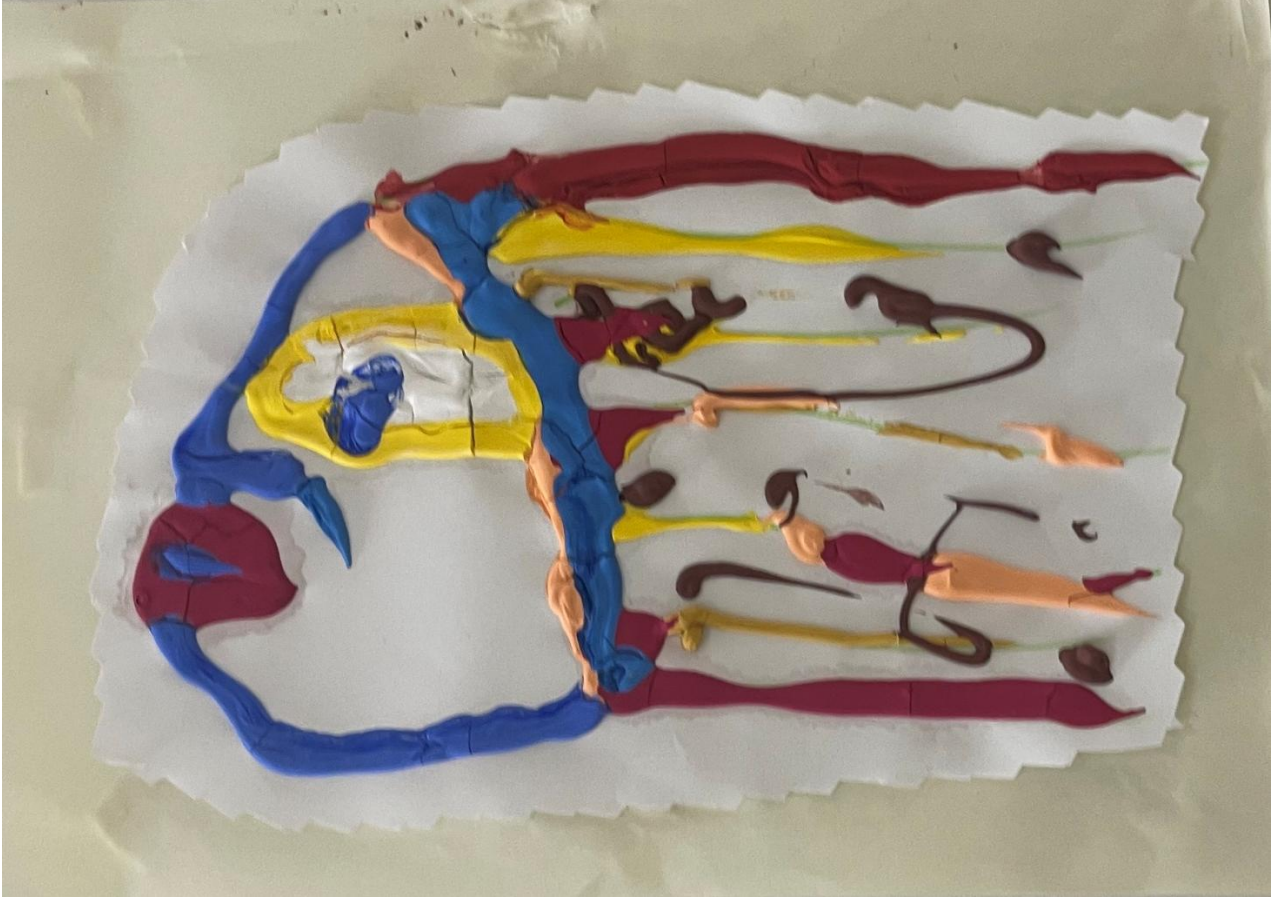




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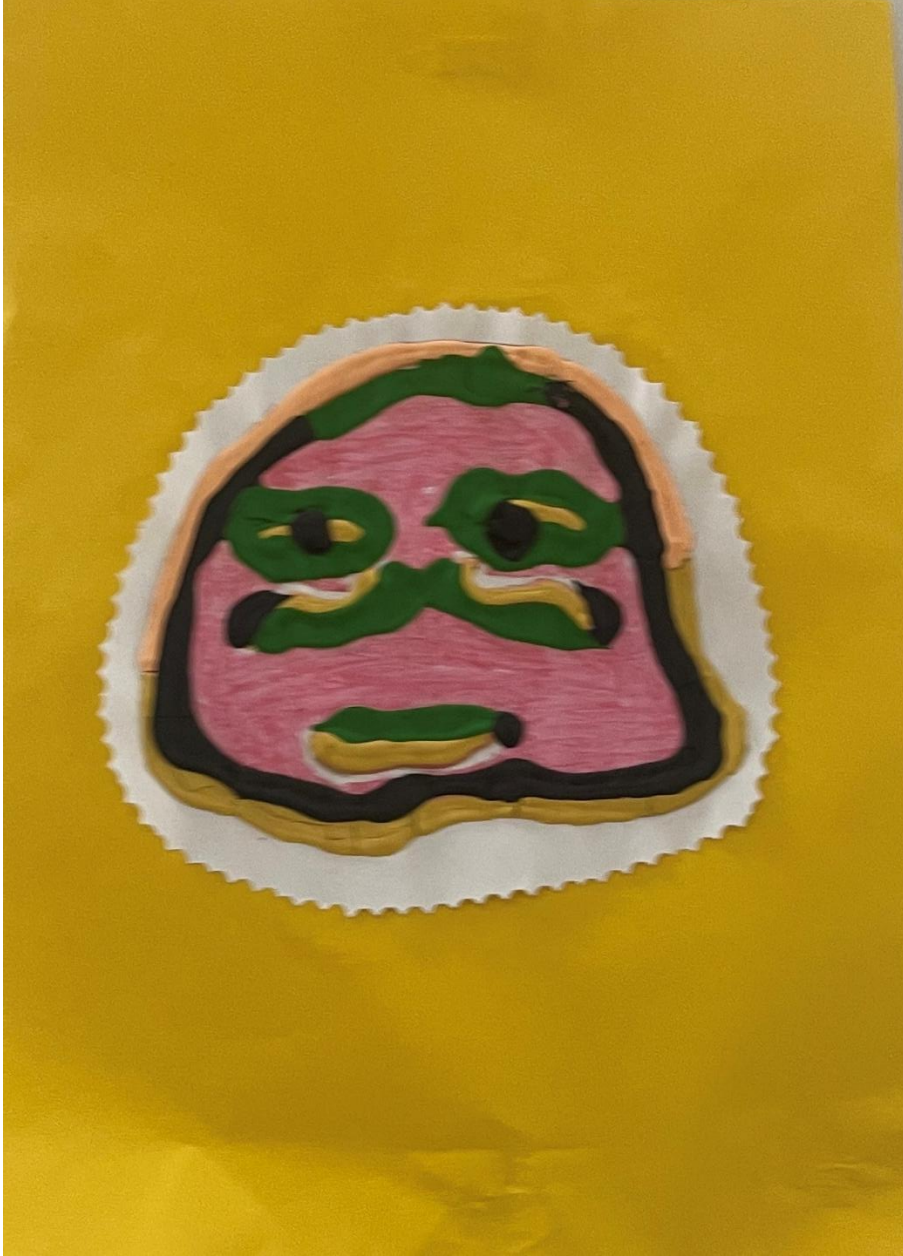




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