

YONKERS RISING

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Art Therapist Adds to Diverse YOHO Community



Art therapist Alexandra Brueckner

Brueckner, who was raised by parents who taught her to value culture, the arts and creativity.

It was through this appreciation for the arts that she identified a tool to cope with emotions that were at times difficult. Over time, her paintings evolved into a natural outlet for these feelings and today, as a registered, board-certified art therapist, she encourages others to work through their own trying times in one-on-one and group art therapy sessions, where clients receive an experience catered to what they are personally hoping to achieve.

Aside from her career as an art therapist, Brueckner also values her time painting in her studio space at YOHO. In spring 2014, she was searching for a Westchester art studio and attended an open studio event there, where she was impressed with the community, its location and affordability.

She has since participated in the 2015 open studios held during Yonkers Arts Weekend and is looking forward to the next event.

Brueckner enjoys working with watercolor and ink on paper, and her finished pieces often feature soft curving lines, at times colliding with darker, ominous-looking strokes that suggest internal struggle.

For more information about Brueckner and her work, visit www.alexandrabruecknerarttherapy.wordpress.com. For information about YOHO, visit www.yohoartists.com.

What might not be easily said with words can be expressed instead with a swirl of paint or a pencil drawing on paper, learned Alexandra