



**DOROTHEA STOCKMAR**

Art • Grief • Relief

# DOROTHEA STOCKMAR

## About



Dorothea Stockmar in her study in Celle, 2016

- German writer and painter living in Celle and Berlin

- death and grief counsellor focusing on symbolic-creative impulses for healing grief
- trained in the field of Art Therapy
- many years of experience in the hospice movement
- internship at a Buddhist hospice in Japan
- seminars on subjects such as: “When Symbols of Grief turn into Symbols of Hope”, “The Wheel of Mourning – From Grief to Relief”
- processed personal grief after youngest child’s sudden death by painting and writing: “Like a wave from another shore – After-Death Communication between Art and Psychotherapy” (co-author: J. Grodhues)

- since 2005 exhibitions and mixed media installations in Germany and Great Britain in churches, monasteries, galleries, offices, public spaces, titles such as:
  - “Art here too”, “Art comes, Art goes – Art connects”, “And the Sky was blue”, “Great wide World inside”, “In another Light”, “Along the Way”
- documentation of exhibitions under “Paintings in motion 1 + 2”

For further information:  
[www.stockmar-kunst.de](http://www.stockmar-kunst.de)

# “ART

is like a bird. You let it fly without knowing which window, which door it might declare open”



“New Territory”, 38 x 53 cm, oil paint, 2011



“Border Crossing IV”, 38 x 54 cm, oil paint, 2009



“On the wing”, 70 x 50 cm, acrylic, 2014

When I paint I feel like going on a journey. While travelling I have to overcome borders between mind and stomach, between consciousness and sub-consciousness. In different cycles I want to reach people beyond words, through verbal images, signs and symbols.

# “MOURNING

is offered time. Looked after by others who understand truly what a person mourning says when he remains in silence.”



“Out of silence VIII”, 30 x 60 cm, acrylic, 2013



“Untitled”, 70 x 100 cm, mixed media, 2009



“Metamorphosis 38”, 50 x 50 cm, pastel, 2008

As somebody experiencing a loss, a person mourning will try to follow the trail of the missing. I want to encourage the bereaved to find their own expressions for loss, so that they might realise what they have to bear, and by what they might feel supported.

“LIVING is like flying doors open. Doors which are not always easy to be opened, but pave the way to new spaces.”



“Like paradise”, 31 x 43 cm, oil paint, 2010



“Place of parting”, 20 x 20 cm, oil paint, 2010

For mourning people their own four walls can easily convert into a site of sorrow, a “mourning house”. However, it also could act as an inner sanctuary, in which loss develops into gratitude, loneliness enters deep silence, and anger creates new interest in life.



“Going up - going down”, 43 x 30 cm, oil paint, 2011

# “Through ART from GRIEF to RELIEF”

• lectures • workshops • seminars • exhibitions • mixed media installations

## Contact

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“Metamorphosis 34”, 60 x 30 cm, pastel, 2008

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