



Featured Artist Beth S. Goldberg

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Artist Beth S. Goldberg has spent a lifetime discovering how creativity can be a catalyst for healing, inspiration, and connection. Visit her [website](#) to see more of her work.



"Muse" mixed media (collage, prints, wire, mesh, acrylic, graphite, gesso, woven mat) on illustration board, 29" x 32"

Art has always been a source of inspiration and joy in my life, although I did not have many opportunities to create it as a child. In eighth grade, I learned of a U.S. history art competition and asked my mother to buy me watercolors and art paper so I could enter. To my surprise, my painting of Pocahontas paddling a canoe down a river won first prize. This early recognition awakened my confidence as an artist.

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"Noah's Ark" mixed media (rice paper, frottage, acrylic and collage) on poster board, 19" x 29"

When I entered high school, I encountered a very rigid art teacher who insisted that our art remain strictly "within the lines." This experience felt restrictive and stifled my creativity. For a time, I stopped painting altogether. Instead, I pursued academics, studying art history while earning a Bachelor of Arts in Education and a Masters in Guidance and School Counseling.

Years later, after being very involved in PTA and community activities, I enrolled in an Adult Education art class in search of a creative outlet. I was lucky enough to enroll in a class where the teacher introduced us to Picasso's Cubism, Dali's Surrealism and Matisse's expressive use of color and form, encouraging us to create our own original art inspired by these masters. Through this process, I learned to study each artist's palette and shapes while developing my own artistic voice.

As I began entering art competitions and winning top awards, other artists asked me to teach them to create art. I went on to conduct over forty workshops and demonstrations to art leagues and libraries. I shared both techniques and creative inspiration with others.

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"A Financial Umbrella" mixed media (acrylic, collage and yarn) on canvas board, 30" x 36"



"Bull, Bear or Pig?" mixed media (collage, yarn and acrylic) on canvas board, 17" x 23"

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"Grief" watercolor on paper, 21.5" x 21.5"

My belief in lifelong learning has always been central to my life. When my mother retired at seventy, I encouraged her to go back to school and pursue the bachelor's degree she always wanted. I helped her document her life experiences so she would not feel overwhelmed by the 126 credits required to graduate.

Later, when our youngest son was attending Hofstra University, I decided to pursue a Masters in Art Therapy. After reviewing my art portfolio and interviewing me, the program accepted me as a student opening the door to one of the most meaningful experiences of my life. My internships allowed me to work with veterans living with PTSD, psychiatric patients, individuals with developmental challenges, and the geriatric population.

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"Kinetic Energy" mixed Media (collage, frottage and acrylic) on paper, 30" x 38" framed



"Cocktails" mixed media (watercolor, acrylic and ink) on paper, 17" x 23"

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"Train Ride" mixed media (china pencil, collaged paper, frottage, mesh and acrylic) on paper, 22" x 30"

Art therapy deepened my understanding of individuals and gave me insights into their behavior. When my husband later developed cardiovascular dementia, I used memory cards, photographs, music, and art to trigger his memory and connection.

Art continues to provide me with a creative and emotional outlet. I love experimenting with different media, textures, and materials, allowing each piece to evolve organically. My goal is to continue creating art that is vibrant and meaningful.

Beth S. Goldberg invites you to follow on [LinkedIn](#) and [her blog](#).