

ATOL: Art Therapy OnLine

Time Traveler

Jésica Frustaci

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Time traveler, 2023. 25 x 35 cm. Watercolor and ink on paper. Argentina

I have been suffering from post-traumatic stress syndrome which impacted on my career and the fulfillment of childhood dreams. I started practicing art therapy at the recommendation of my therapist. That practice helped me improve my symptoms. This work speaks about my analysis of the past as much as my expectations about the future.

How many times have we wanted to travel through time? And travel to the future or the past? When I was a teenager, I projected my future, dreamed about it and imagined it in some way that was not. Nowadays, I imagine myself traveling to the past, not to change it and be who I dreamed of being, but to do justice to situations I suffered and kept unpunished. Through longing for the future or nostalgia for the past, we are all time travelers.

Discussion

This work has helped me to look at myself in a different way. Beyond what I have experienced in my past and my trauma, I have felt that it has not been in vain. I look at the portrait and feel I am in it, but I don't see myself sad. I see myself with a defiant gesture. I am no longer the same as I was in my past. I feel that many aspects of me have died. But I have managed to survive and rescue other parts of me and elevate them. My love for drawing and painting is an example of this. This love has lived in me since I was a child, but I had relegated it for other vocations. That defiant gesture expressed in the painting shows that I'm still alive despite everything. I'm going towards the future defiantly and bravely.

About the Author

Dr. Jesica Frustaci

AFFILIATION: The Queen Foundation for Cultures and Arts around the World, Egypt.

Jesica was born in 1984 in Argentina. She is a self-taught artist. Her beginnings came from practicing art therapy to overcome her suffering from post-traumatic stress syndrome. Honorary Doctorate, The Queen Foundation for Cultures and Arts around the World led by Professor Muhammad Al-Hawary, Egypt. Her works have been published in Argentina, Peru, The United States of America, and Spain. She has participated in numerous exhibitions in Argentina, Russia, the United States, Mexico, Peru, Italy, India, Panama and Spain among others. She has received distinctions in Argentina, Russia, the Philippines, Indonesia and others.

EMAIL: jelofrust@gmail.com