

Biography

Alessandra discovered and cultivated her artistic calling since she was a young girl growing up in a small village in northern Italy,

Alessandra moved to San Diego from Italy, instinctively following a calling for a life of balance, meaningful pursuits and involvement with the community. With a BA in Linguistics and after a 15-year career in the fashion industry, life experiences brought her to create a new path, by shifting her artistic and creative passion towards a blend of art and emotional balance and healing.

She is drawn to colors and textures of fabrics and hand-made papers and often finds inspiration for her work from recyclable, earth sustaining, natural materials and old treasures. The bold strokes with acrylic paint join the depth and textures of torn paper or clay in her mixed media work, which represent the exploration of her passion to communicate love and joy for healing and peace.

Being especially interested in the therapeutic effect of art making, Alessandra obtained her Master's Degree in Fine Art, with emphasis on Expressive Art Therapy. Alessandra's creative process serves not only to achieve esthetically pleasing results, but it is a healing journey with love, through which mind settles into a state of relaxation that is a source of boundless creativity, guidance and inner peace.

Alessandra is constantly refining her skills through programs and mentoring offered by the best professionals in the field. She is now completing her Ph.D. in Expressive Arts Therapy, in order to deepen her experience in the therapeutic use of the arts and to assist others with their life challenges, professional/personal blocks and life's issues, joys & changes.