



Breaking the Silence

Masks that Reveal, Heal and Transform

We all wear masks. Our masks conceal as well as reveal. They are sometimes used as disguises and decoys as well as for protection. They reveal the hidden and transform the ordinary. They are used to celebrate significant events of human life: birth, coming of age, marriage, death.

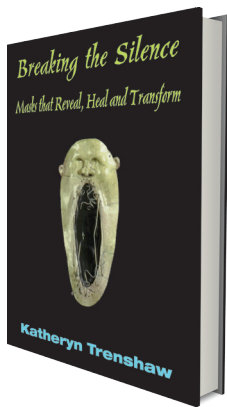
It is the idea of the mask as a powerful transformative symbol that underlies *Breaking the Silence* and its use for healing from trauma. Through *Breaking the Silence*, art becomes an alchemical vehicle for healing and empowerment.

Katheryn Trenshaw is an artist and expressive arts therapist working with mask-making for nearly 30 years. She is the creator of the *Breaking the Silence* Project and director of *Passionate Presence Center for Creative Expression*.

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“Art is a wound
turned into light.”
- George Braque



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book is complete and to secure your copy.

revealing the authentic

*transforming the ordinary
healing*

“Katheryn Trenshaw’s **Breaking the Silence** masks and paintings are a powerful expression of the devastating impact of child sexual abuse, as well as the growth and wholeness possible through healing. An inspiring demonstration of the power of creativity to transform and affirm our lives.”

- **Ellen Bass**,
author of *The Courage to Heal*