

Balancing the Inbetween- Capstone by Shelby Florida



Absence- This work was inspired by my leave of absence during medical school. *Absence* aims to capture the disappointment and later acceptance of needing to take time off and deal with the emotional toil that I was experiencing in the time leading up to my leave. The thick application of oil paint was inspired by my favorite painter Anselm Kiefer, who uses mixed media to give his paintings a 3D feel. I wanted the natural contour of the paint to capture the tumultuous depth of my emotion. The faces represent the conflicting emotions within me during my absence, and their ill defined features reflect my uncertainty during the healing process.

Balancing the Inbetween- Capstone by Shelby Florida



Forgiveness- This painting was inspired by Allison Shulnik's album artwork for the album *New Bermuda* by Deafheaven. This painting was also inspired by the songs on the album itself. When I listen to this album, I always contemplate about the state of my being. During one particular listening session, I was reminiscing about the past and things that I regretted. But through the music's swelling crescendos and dirges, I was able to find a sense of peace and self-forgiveness. The painting depicts two faces through blurry paint strokes. The lower face looks down in regret, while the higher face looks out towards the future. The dichotomy represents the two paths we can take when dealing with unwanted memories.

Balancing the Inbetween- Capstone by Shelby Florida



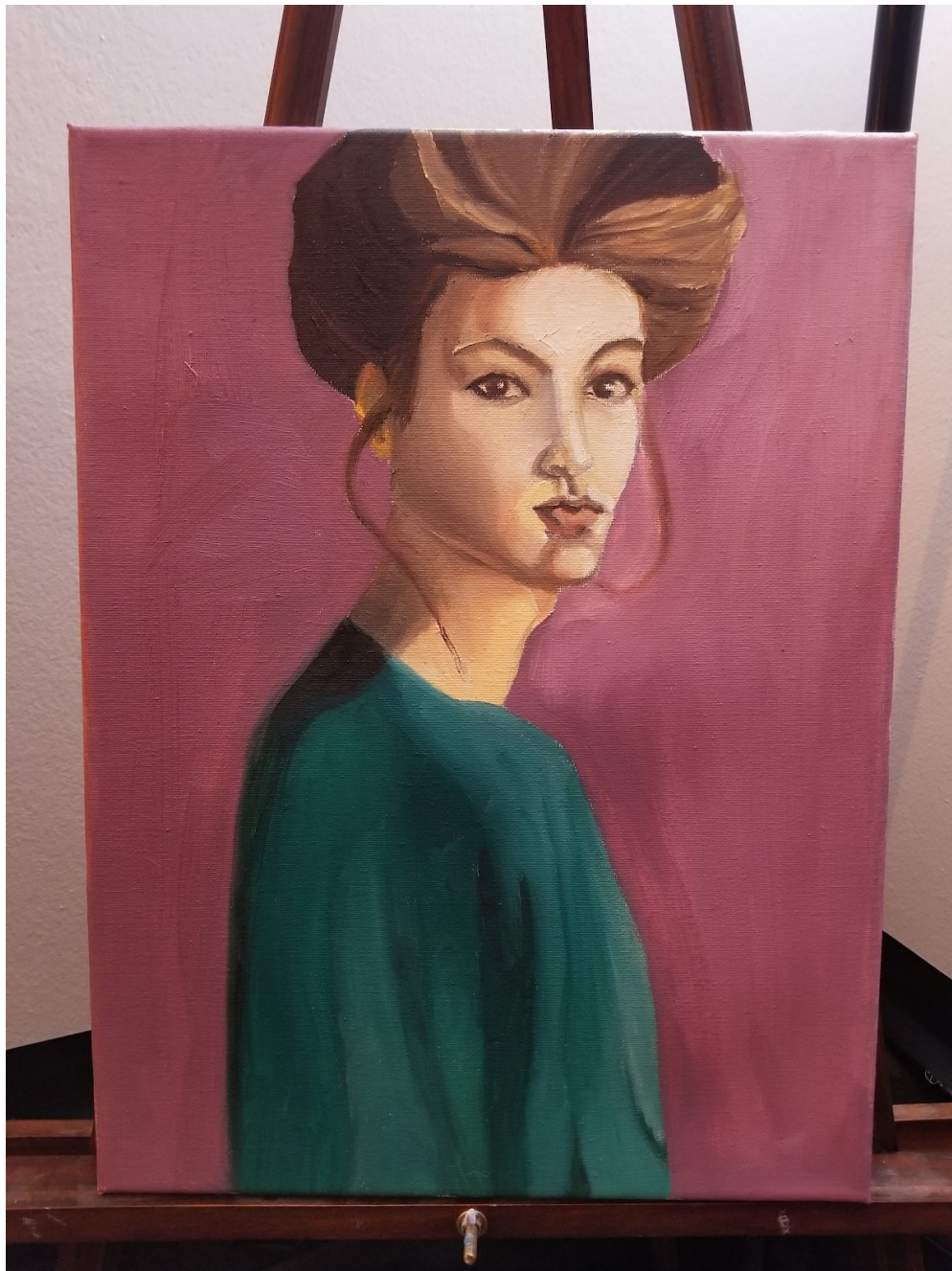
Internal- This painting is a self-portrait of a time when I felt gutted by the world around me. During this time in medical school, I was not feeling well emotionally and despite appearing alright on the outside. This painting is what I imagined I would have looked like if people could see inside me during those times. The pallor is sickly green, which helps manifest the emotional turmoil to a physical malady. The eyes are deadened by the lack of reflection.

Balancing the Inbetween- Capstone by Shelby Florida



Empowered- This painting is a representation of feelings of internal strength after I underwent treatment for my depression. There is a fierceness in the downward gaze of the subject, and while nakedness is often associated with vulnerability, her unabashed and shameless exposed body exudes confidence.

Balancing the Inbetween- Capstone by Shelby Florida



Study of a Woman- This painting is a study of a woman. I enjoyed the way she is turning towards the viewer with her face partially shadowed. I like to imagine she is leaving to somewhere, and is turning her head for a final glance at what she's leaving behind.

Balancing the Inbetween- Capstone by Shelby Florida



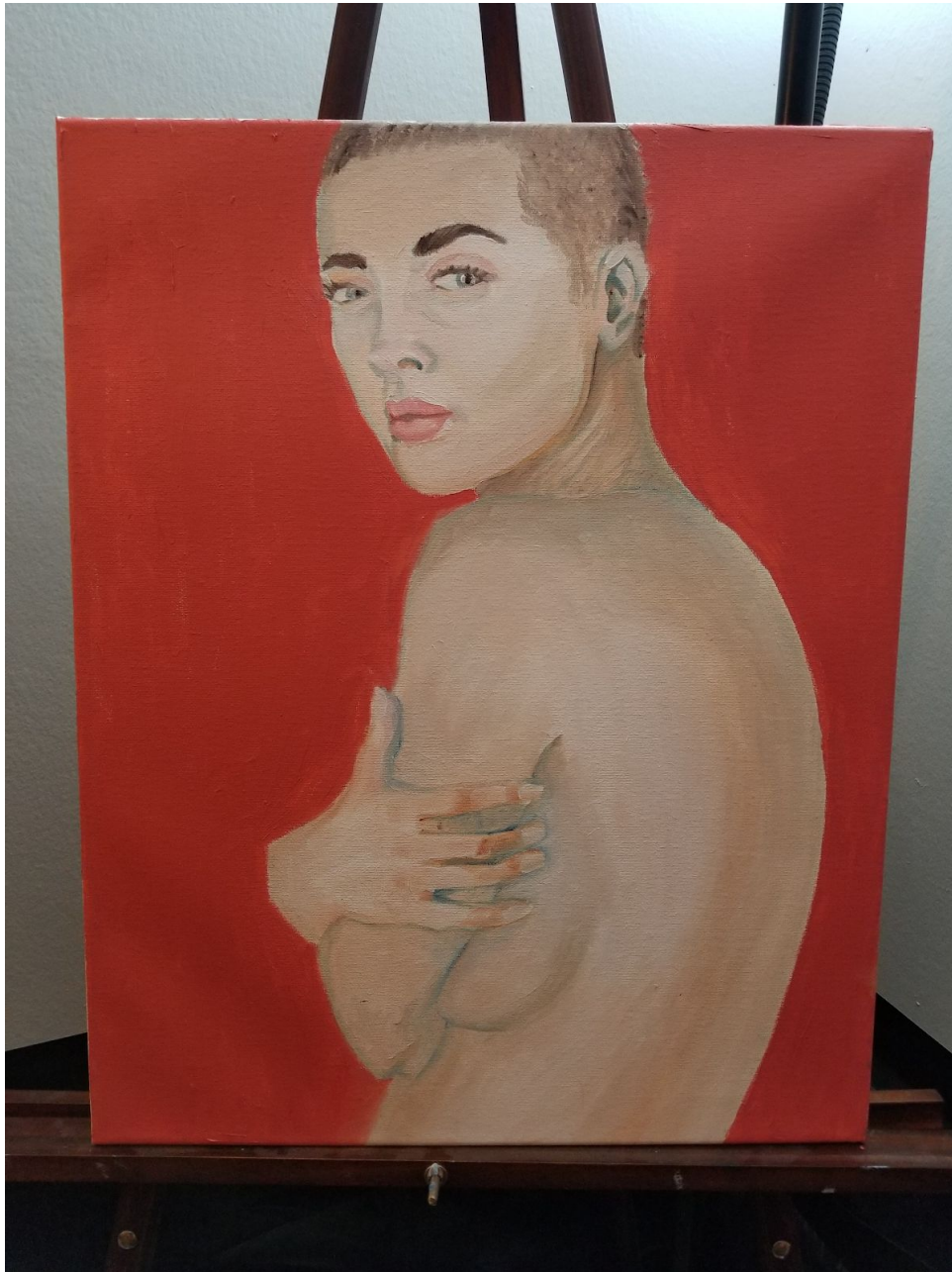
Determination- This painting is a representation of the internal feeling of determination that I felt while returning to medical school. The eyes are sharp and steadfastly staring at the viewer in a contest that will not be lost. The aura behind the figure is the fiery passion that the subject is exuding.

Balancing the Inbetween- Capstone by Shelby Florida



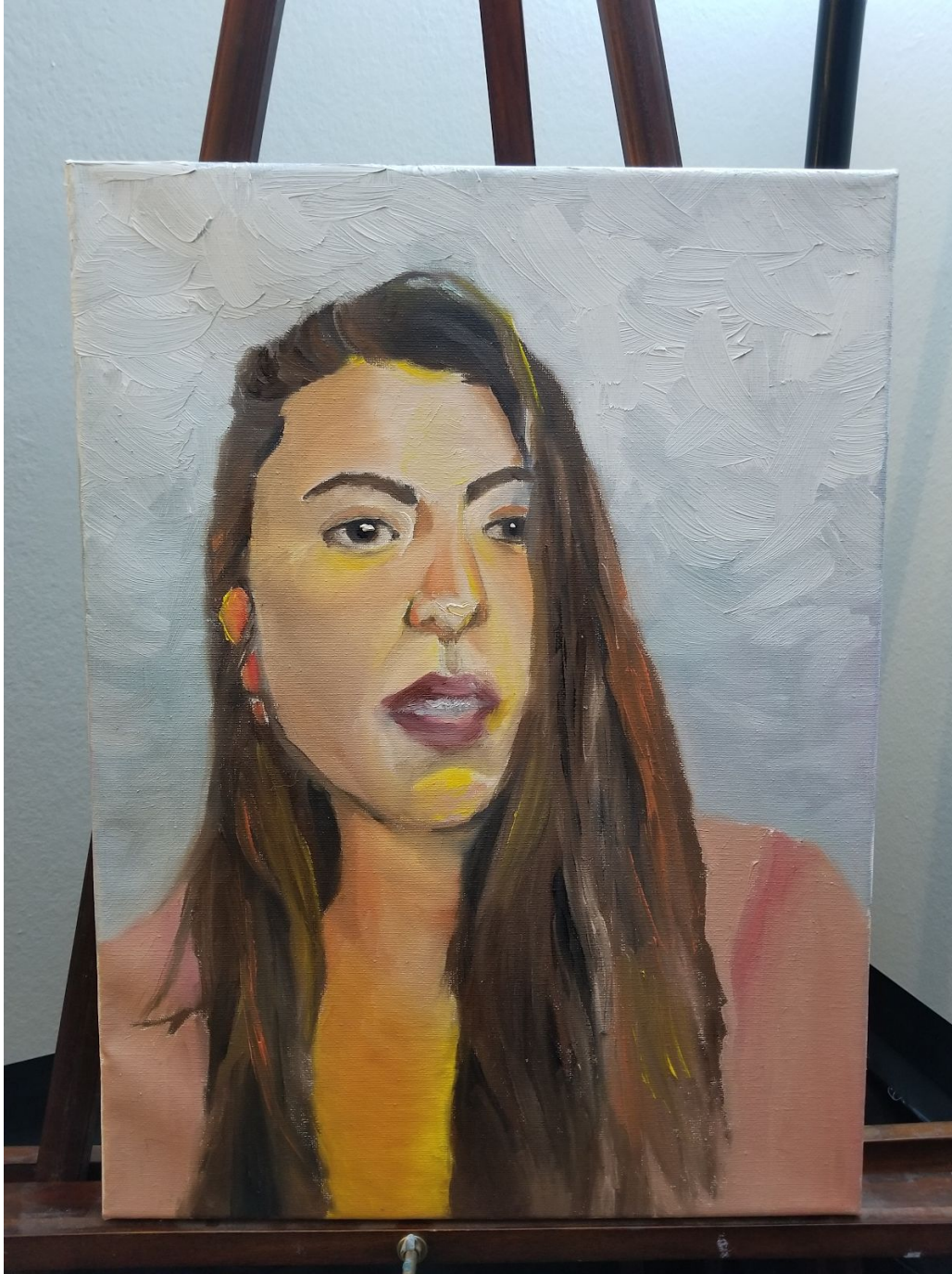
Beneficence- This is a painting of what I thought that Beneficence, one of the pillars of medicine, would look like. The woman is statuesque, inspired by the look of many marble statues of gods. The heart surrounded by gold is the goodwill that Beneficence represents.

Balancing the Inbetween- Capstone by Shelby Florida



Vulnerability- This painting represents the vulnerability of patients who seek medical attention. They are exposed to strangers' eyes and judgement throughout treatment. The nakedness of the woman, as well as her shaved head, is meant to highlight this vulnerability to the viewer.

Balancing the Inbetween- Capstone by Shelby Florida



Self-Portrait- This is a self portrait of me at the end of medical school. I used a lot of color in the face and bright highlights to emphasize the subject's hope towards the future. I wanted to capture the happiness I feel being a student and soon to be physician.

Balancing the Inbetween- Capstone by Shelby Florida



Moby- This painting is a portrait of my very beloved best friend, Moby. He is a steadfast companion who has excitedly greeted me everyday I wake up or come home. He has watched my study, licked tears from my eyes, and powered napped next to me throughout medical school. He came into my life after my leave of absence, and has been an absolutely perfect companion throughout it. He inspires me to get up everyday with a smile on my face.