

Eric Dean Spruth

Eric Dean Spruth is a trained artist, graduating from the School of the Art Institute of Chicago with an undergraduate degree in fine art with a minor in Psychology and Philosophy, and a Masters Degree in Art Therapy. He has served as a professor at the Adler School of Professional Psychology Art Therapy program, and expressive art therapist within the Cook County Bureau of Health mental health services department of Cermak Health Services / Cook County Jail. Additionally, Spruth has practiced privately in Chicago, collaborating with various mental health programs. Spruth's efforts have been featured and recognized by many forms of media including **WGN TV Morning News**, **National Public Radio** and the **Chicago Tribune**, **The National Health Care**, **WTTW City Talk**, and the **Chicago Reader**. Spruth has received many awards and recognition in his field both as artist and expressive art therapist. While he has a portfolio of tattoo designs available for those that feel the need for outside inspiration, such tools are only used as a foundation within the art therapy / tattoo augmentation process of Sacred Transformations.

"I design custom works with each person, discussing what the tattoo will mean to them, in order to create an image that becomes a source of daily inspiration to maintain a life of sobriety, a life that includes a commitment to the welfare of children, to family, to the community and for some, to God!" says Eric, *"Whatever will help to keep our clients on the right track."*

In Spruth's view, *"choosing a new tattoo to express our individuality, as a rite of passage, or a symbol of evolving consciousness, can be a powerful way to affirm personal evolution. It is a concrete way of letting go of the past and making commitments to a better future"*

Even more than an individual psychological experience, he practices tattoo as a potentially transformative spiritual experience. By approaching the process as ritual, Spruth feels we have an *"opportunity to explore our psychology in three dimensions and involve our sense of theater, aesthetics and symbolism, as well as providing a powerful focus for spiritual energy."*