
ART & HEALING

Tamara Ashburn King | Acrylic Painting



ACRYLIC PAINTINGS

Born in Jackson Hole, Tamara is a 4th generation Wyoming artist. She's an impressionist painter, working nearly everyday in her 100-year old barn, Little Dipper Art Studio in Jackson Hole. Tamara has a deep connection with Wyoming and the old ways of being in the mountains. Her freeness pulses on the canvas with a mastery of color, movement, and light that allows the viewer to dream into her art.

"Painting makes me feel like I'm in a dance with my art. It's alive. All my ancestors and life and energy flowing onto the canvas." Tamara is inspired by Georgia O'Keefe, Joan Mitchell, Nicolai Fechin, Gerhardt Richter, Tom Gilleon, and Neltje, to name a few.

She was taught the workings of nature, mountain weather, and herbal remedies by her parents—avid naturalists with whom she spent summers camping on horseback through Wyoming, Colorado, Montana, and Idaho. In the fall, her family kept a wilderness camp in the backcountry of Mount Moran, living the American Mountain Man tradition. Her family has been featured in National Geographic Magazine, Backwoodsman Magazine, and Museum of the Mountain Man.

Tamara has taken drawing and painting classes from The Contemporary Austin Art School, The National Wildlife Museum, Central Wyoming College, Jackson Hole Center for the Arts, and studied under various successful artists. Her mother was an award winning artist at the National Museum of Wildlife Art, recognized for her landscapes and portraits.

Tamara paints in acrylics, oils, and mixed media —expressing the freedom of the American West. She is a self represented artist and has both foundational and private collectors from around the country. Current exhibitions are Bank of Jackson Hole, St. John's Hospital Foundation, and Little Dipper Art Studio in Jackson Hole, Wyoming.

National Geographic Magazine - Ashburn Family Featured: <https://www.nationalgeographic.com/magazine/2015/07/american-mountain-menreenactors/>

Tamara's work will be on display in the main hospital lab draw hallway until Fall of 2020. Pieces will be available for purchase and information may be found at the front desk.

Clinical studies show that art is a critical part of a healing environment. Research demonstrates that patients who are exposed to art that is calming, positive, and affirming have lower rates of pain, shorter hospital stays, and generally experience better clinical outcomes.

To learn more about the Art & Healing Program, please contact the Office of Patient Experience at 307.739.7479.