

TEREKH ANNA-SOLOMIIA

Artist CV
Based in Lviv, Ukraine
Email: sobipomozhy@gmail.com
Portfolio of film photos:
https://sobipomozht.my.canva.site/dahtisg2kpu
YouTube: https://www.youtube.com/channel/UC5rSKv-0DCqERfugDea8ZoQ
Performance portfolio: https://drive.google.com/drive/folders/1-2Xia7yOu1KJiW6N7CsR0CDlYDJhgPyS?usp=share_link

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Artist Statement

I am an emerging interdisciplinary artist and psychotherapist based in Lviv, Ukraine, working across short film, performance, and creative writing. My practice explores memory, personal time, fragile beauty, and everyday spaces as emotional and symbolic landscapes.

Drawing from my background in psychotherapy, I research how art influences the ways we live through difficult experiences and how artistic practice can become a space for reflection, transformation, and healing. I am interested in poetic forms of image-making and storytelling, where intimate observation becomes a way to speak about loss, presence, resilience and care.

Artistic Practice

- Short film
- Performance
- Creative writing
- Experimental storytelling
- Film photo
- Moving image
- Art and healing
- Trauma-informed artistic research
- Autobiographical and poetic research

Selected Works

Balconies of Time — short film, 2025
Director / Writer

A short film exploring time, memory, and the emotional architecture of everyday spaces. The work reflects on balconies as intimate thresholds between private life, observation, and the city.

Status: completed, not yet publicly screened.

Performance

Flower: a remaining fragment of Eden — performer, Lviv, Ukraine, 2024

Participated as an actor/performer in a live performance project. The work involved presence, body, text, movement and interaction with the audience.

Writing Practice

Writing Club — participant, online, 2025–present
Regular participant in a free writing club focused on intuitive writing, personal voice, experimentation with text and collective creative practice.

Education / Independent Study

Independent artistic practice — film, writing, and performance, 2025–present
Developing an interdisciplinary practice through self-directed artistic research, creative writing, film-making, performance participation, and collaborative learning environments.

Introduction to the Therapeutic use of Person Centred Creative Arts — this is an experiential course with a focus on engaging in creative work, reflection and personal development, March - April 2026

Screenings / Exhibitions / Public Presentations

Balconies of Time — short film, completed in 2025
Not yet publicly screened.

Residencies / Grants / Awards

Film Workshop "The Cinematographer vs Documentary Film" within the Wiz-Art 2025 Festival - September 2025
Film Residency in Tranås at the Fringe Festival 2026 - July 2026
AO Summer School and Research Residency Common Water - August 2026

Skills

- Creative writing
- Scriptwriting
- Short film direction
- Performance participation
- Concept development
- Visual storytelling
- Trauma-informed perspective
- Psychotherapeutic practice
- Collaborative artistic work

Languages

Ukrainian — native
English — B2

Links

Portfolio / Google Drive:
https://drive.google.com/drive/folders/1vwUyFMmh4A12WXO-LU92hXLF4QiYZ_li?usp=share_link
YouTube: https://www.youtube.com/channel/UC5rSKv-0DCqERfugDea8ZoQ
