A colorful tile with a red circle

Description automatically generated with medium confidence

Denita Benyshek

(American, b. 1955)

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Art

<https://www.artworkarchive.com/profile/denita-benyshek>

<https://www.instagram.com/denitabenyshek/>

Publications

<https://saybrook.academia.edu/DenitaBenyshekPhDMFA>

**CURRICULUM VITAE**

2018 Shamanic initiation, traditional *Naerim Gut*, with South Korean *manshins* (masters of

one thousand spirits) Kim Junghee and Sung Mi Lee, with *mudang* Jung Kyung Nam

**EDUCATION**

2013 PhD humanistic and transpersonal psychology, Saybrook University, San Francisco, CA

2010 Graduate Certificate, psychology of creativity, Saybrook University

2004 MA Psychology, Saybrook Graduate School

1995 MFA in painting, University of Washington, Seattle, WA

1994 Pilchuck Glass School, Stanwood, WA

1979 BFA in painting, Wichita State University, Wichita, KS, Magna cum Laude with

Departmental Honors

**RECENT CAREER HIGHLIGHTS**

**2026**

*The Sanctuary*, solo exhibit, MARK Arts, Wichita, KS (11/20/26 – 1/29/27)

Benyshek, D. (2026). *Initiation of a Western Shaman through a Traditional South Korean Ritual,*

International Society for Academic Research on Shamanism, Sogang University, Seoul, Republic of Korea.

Benyshek, D. (2026). *The Sanctuary: Story and Process,* lecture, MARK Arts, Wichita, KS.

Creativity Intensive: Connecting to Roots, Constructing Identity, Growing Community, Manifesting the Vision, workshop, MARK Arts, Wichita, KS.

*Digital*. Group exhibit, Smokey Valley Arts and Folklife Center, Lindsborg, KS

**2025**

Andrée Singer Thompson Scholarship, WEAD (Women’s Eco Art Dialog)

Benyshek, D., and *Coreopsis* (forthcoming, Fall 2025). Interview, Part 2: The Neighborhood.

*Coreopsis: Journal of Myth and Theatre*, Vol. 13, No. 2.

*The Guerilla Girls at the Wichita Art Museum,* drawings from sketchbook, The Page Gallery

Literary Journal (forthcoming)

Artist Access Grant, Wichita Cultural Arts, KS

Benyshek, D. (2025). *The Beginning (The Birth of the Universe),* Randall, J. (Ed), *The Mama*

*Temple Magazine,* (1), color reproduction (pp. 17-18).

Benyshek, D. (2025). *The Mother, We are Born of the Earth,* Randall, J. (Ed), *The Mama*

*Temple Magazine,* (1), color reproduction (pp. 7-8).

*Mandalandscapes,* solo exhibit, University of Michigan Medical Center, Ann Arbor, MI (9/2/25 – 12/5/25)

*Into the Garden,* solo exhibit,Reuben Saunders Gallery, Wichita, KS (4/4/25 – 4/26/25)

*Cosmic Spirits,* 30 artworks, Commerce Club at The National, Wichita, KS (2/7/25 – 4/26/25)

*Invoke & Imbibe,* curated group exhibit*,* WomensWork.Art at Cunneen-Hacket Art Center, Poughkeepsie, NY

*Rituals,* international juried exhibit, Millepiani Gallery, Rome, Italy

*Coalesce,* 4-person show, Health Hub Gallery, New York City, NY

*Lotus and Lion: Contemporary Buddhist Art,* juried group exhibit, Shoshoni Retreat, CO

Visual art exhibit, 12 works, Clio Art Fair, New York City, NY

*Calling Down the Gods.* Behave as though God Exists performance series, May 8, 2025

opening reception, Clio Art Fair, New York City, NY

*MMX: Positive Disintegration*, Mixed-Media Group Show, Harvester Arts, Wichita, KS, co-curated with Jo Reinert

*Prairie Art Exhibit,* juried group exhibit, Symphony of the Flint Hills, Cottonwood Falls, KS

*HerStory: The Battle Continues,* invitational group exhibit, Viridian Artists, New York City, NY

*Versus,* invitational group exhibit, MARK Arts, Wichita, KS

*Creative Labor: The Art of Gestation,* curated group exhibit.

Benyshek, D. (2025). Invading the boys’ club*, Ulrich Art Museum at 50: 1974-2024*, T. Mott & V. Zavataro (Eds), Ulrich Museum of Art, Wichita, KS, p. 90.

Benyshek, D., and *Coreopsis* (Spring 2025). Interview, Part 1: Family and nature.

*Coreopsis: Journal of Myth and Theatre*, Vol. 13, No. 1, ISSN 2333-0627. <https://societyforritualarts.com/coreopsis/spring-2025-issue/denita-benyshek-coreopsis-interview-part-1-family-and-nature/>

Boles, D., Ed. (2025). *VoiceS: Mysticism, Prophecies & Marigolds*, Cold River Press, Grass Valley,

CA. 12 reproductions of artworks.

**2024**

Koch Cultural Trust Enabling Grant

*Winter Salon in Saffron,* Cerbera Gallery, Kansas City, MO

*cOLD Times*, Viridian Artists, New York City, NY

*Art of the View,* Sunnyview Hospital Foundation, Schenectady, NY

*Horizons,* Midwest Center for Photography, Wichita, KS.

*Prairie Art Exhibit,* Symphony in the Flint Hills Gallery, Cottonwood Falls, KS.

*Voices of the Midwest,* Kavanagh Gallery, Fine Line Creative Arts Center, St. Charles, IL.

*Portfolio Platform,* Midwest Center for Photography, Wichita, KS.

Benyshek, D. (2024). The art audience as shamanic community. In Y. Owens (Ed.), *Trans-Disciplinary Migrations: Science, the Sacred, and the Arts*. London, UK: Cambridge Scholars.

<https://www.academia.edu/121290249/ART_AUDIENCE_AS_SHAMANIC_COMMUNITY_HOW_ART_MEETS_PSYCHOLOGICAL_SOCIAL_AND_SPIRITUAL_NEEDS>

**2022**

Artist moves back to Wichita, KS, establishes home and art studios in Crown Heights

neighborhood.

OpenStudios Artist in Residence grant at Botanica Gardens, Wichita, KS

Benyshek, D. (2022). Branch sky (poem). *Coreopsis: A Journal of Myth and Theater, 10 (1),*

Reproduction of photograph*.*

<http://societyforritualarts.com/coreopsis/spring-2022-issue/final-word/>

**AWARDS**

2025 WEAD (Womens Eco Art Dialog) Andrée Singer Thompson Scholarship

Artist Access Grant, Wichita Cultural Arts, KS

2024 Koch Cultural Trust Enabling Grant

2022 OpenStudios Artist in Residence grant at Botanica Gardens, Wichita, KS

2019 Mary Lou Panter Scholarship, Creativity & Madness Conference, Santa Fe, NM

2012 Nominated for Dissertation with Distinction Award, Saybrook University

2011-12 Doctoral candidate research grant, Saybrook University

2011 Professional Conference Honorarium.

2010-11 Alumni Scholarship, Saybrook University

2008 Society for Shamanic Practitioners, Santa Fe Conference Scholarship, Olivenhain, CA

2007 Rudy Melone Presidential Scholarship, Saybrook

2007 USA Funds Access to Education Scholarship, Indianapolis, IN

2006 The Alfred G. and Elma M. Milotte Art Scholarship, Atlanta, GA

2006-09 Seclef-Hoetzel Scholars Merit Award, Council of Higher Education Scholarship

Program for Students of Czech, Slovak, or Rusyn Descent, Chicago, IL

2006 Finalist, Eileen J. Garrett Research Library Fellowship, Parapsychology Foundation

New York

2006-09 Tuition Grants, Saybrook

2006 USA Funds Access to Education Scholarship, Indianapolis, IN

2005 Tuition Grant, Saybrook Graduate School

1995 Liquitex Paint Product Grant, Binney & Smith, Inc., Easton, PA

1995 W.W. Stout Fellowship, The Graduate School, University of Washington

1994 Full Scholarship, Pilchuck Glass School, Stanwood, WA

1994 Special Project Grant, School of Art, University of Washington

1994 W.W. Stout Fellowship, The Graduate School, University of Washington

1994 Liquitex Paint Product Grant, Binney & Smith, Inc., Easton, PA

1993 Support Grant, Gary Smith, Ross, CA

1988 Emerging Artist Grant, 200+1 Corporation, Seattle, WA

1984 Artist-in-Residence, The Ucross Foundation, Ucross, WY

1975-79 Miller Art Scholarship, Wichita State University

1973-78 Kansas State Board of Regents Scholarships, Wichita State University

1973-77 Art Scholarships, City of Wichita, KS

1963 Art Scholarship to Wichita Art Association (now MARK Arts), Wichita Board of

Education

**SELECTED SOLO EXHIBITS**

2026 *The Sanctuary*, MARK Arts, Wichita, KS (11/20/26 – 1/29/27)

2025 *Mandalandscapes,* Main Gallery, University of Michigan Medical Center, Ann Arbor, MI

(9/2/25 – 12/5/25)

*The Guerilla Girls at the Wichita Art Museum,* drawings from sketchbook, The Page

Gallery Literary Journal (forthcoming)

*Into the Garden,* Reuben Saunders Gallery, Wichita, KS (4/4/25 – 4/26/25)

*Cosmic Spirits,* Commerce Club at The National, Wichita, KS (2/7/25 – 4/26/25)

2000 Denita Benyshek, Hope Collection, Canyon Road, Santa Fe, NM

*Northwest Women in Glass,* Rebecca Meloy Gallery, Bellingham, WA

1999 *The Return of White Horse*, Gallery Oscar, Sun Valley, ID

1997 *In the Red Year,* Anderson Glover Gallery, Kirkland, WA

1996 *The Still Lake of Revery,* Childhood’s End Gallery, Olympia, WA

1995 *Artist’s Collection*, Pilchuck Glass School Open Studio Tour, Seattle, WA

*Windows to the Past*, Continuous Spectrum Gallery, Tacoma, WA

1991 *Glimpses of Soul,* Olympia Art Walk, Olympia, WA

*My Soul The World,* Bell Gallery, Seattle, WA

*Benyshek Solo,* Littman Gallery, Portland State University, Portland, OR

1990 *Visionary Paintings,* University of Alaska – Anchorage, National Competition

1989 New City Theatre, Seattle, WA

1988 *New Work,* Bruskin Gallery, Pt. Townsend, WA

*Solo Benyshek,* Broadway Performance Hall, Seattle, WA

1987 *I Tell Stories,* Bruskin Gallery, Pt. Townsend, WA

*Of Two,* with photographer Corwin Fergus, University Unitarian Gallery, Seattle, WA

*Letters,* St. Mary’s College, Notre Dame, IN

1985 *From My Garden,* Century II Gallery, Wichita, KS

1984 *Paintings from Wyoming,* Big Red Gallery, The Ucross Foundation, WY

1983 *Components of Multi-Media Performance,* Duerkson Fine Arts Center, Wichita, KS

1981 *Inscapes,* Century II Gallery, Wichita, KS

1977 *Recent Work,* McFarland Gallery, Wichita State University, Wichita, KS

**SELECTED GROUP EXHIBITS**

2026 *Digital*. Smokey Valley Arts and Folklife Center, Lindsborg, KS

2025 *Invoke,* WomensWork.Art at Cunneen-Hacket Art Center, Poughkeepsie, NY

*Rituals,* Millepiani Gallery, Rome, Italy

*Coalesce,* 4-person show, Health Hub Gallery, New York City, NY

*Lotus and Lion: Contemporary Buddhist Art,* Shoshoni Retreat, CO

Clio Art Fair, New York City, NY

*MMX: Positive Disintegration*, Mixed-Media Group Show, Harvester Arts, Wichita, KS,

Co-curated with Jo Reinert

*Prairie Art Exhibit,* Symphony of the Flint Hills, Cottonwood Falls, KS

*HerStory: The Battle Continues,* Viridian Artists, New York City, NY

*Versus,* School of Creativity Gallery, MARK Arts, Wichita, KS

*Creative Labor: The Art of Gestation*

2024 *Winter Salon in Saffron,* Cerbera Gallery, Kansas City, MO

*cOLD Times*, Viridian Artists, New York City, NY

*Art of the View,* Sunnyview Hospital Foundation, Schenectady, NY

*Horizons,* Midwest Center for Photography, Wichita, KS.

*Prairie Art Exhibit,* Symphony in the Flint Hills Gallery, Cottonwood Falls, KS.

*Voices of the Midwest,* Kavanagh Gallery, Fine Line Creative Arts Center,

St. Charles, IL.

*Portfolio Platform,* Midwest Center for Photography, Wichita, KS.

2001 *Alumni Exhibit*, Ulrich Museum of Art, Wichita State University, Wichita, KS.

2000 Wyndy Morehead Fine Arts, New Orleans, LA.

Vitrum Gallerie, Ashland, NC.

*Masters of Drawing,* Invitational, Shoreline Community College Gallery,

Seattle, WA.

1999 *Northwest Women in Glass*, American Art Gallery, Tacoma, WA in conjunction with

International Glass Museum.

*Work on Paper,* West Coast Paper Company, Seattle Center, Seattle, WA (juried).

1998-9 *The View from Here: 100 Artists Mark the Centennial of Mt. Rainier National Park.*

(Invitational, Peggy Weiss, Curator) Exhibit Tour:

Yakima Valley Museum of Art, Yakima, WA

Museum of Northwest Art, La Conner, WA

Whatcom Museum of History and Art, Bellingham, WA

Seattle-Tacoma Airport

Citizens Cultural Center, Fujinomiya, Japan (Mt. Rainier/Mt. Fuji Sister Mountains)

Seafirst Bank Art Gallery, Seattle, WA

Reviewed:

Howe Verhovek, S. (1998, December 23). Arts in America: The Mountain as Muse,

Glacial, Menacing Or Not So, *The New York Times*.

Glowen, R. (1999, January 8). Rainier Centennial, *The Herald,* Everett, WA.

Berger, D. (1998, November 12). 100 Views of the Mountain, *Seattle Times*.

1998 *Best of 1998,* Bainbridge Arts, Bainbridge Island, WA (Invitational).

*Northwest Expression of Landscape,* Coos Bay Museum, Coos Bay, OR .

*University of Washington Medical Center Collection Highlights*, Washington Convention

& Trade Center, Seattle, WA. (Curator: Sharon Ducey).

1997 The Glass Gallery, Bethesda, MD.

*The Healing Arts*, Washington Center, Olympia, WA (Juried).

*Glass Invitational*, Pratt Fine Arts Center, Seattle, WA.

*Human Figure*, Center on Contemporary Art, Seattle, WA.

1996 *Pacific Northwest Annual,* Bellevue Art Museum, Bellevue, WA.

*16th International Northwest Art Competition,* Whatcom Museum of History and Art,

Bellingham, WA.

1995 *Glass Invitational,* Owens Gallery, Arts Commission of Toledo, OH.

*Paint & Glass: The Expressive Connection,* Philabaum Gallery, Tucson, AZ

(International Invitational, Curator: Robert Carlson, President,

Glass Art Society), participating artists included: Erwin Eisch, Tom Farbanish,

Italo Scanga, Ulrica Hydman-Wallien, Walter Lieberman, Therman Statom.

*Seattle Community College Art Faculty Exhibit,* North Seattle Community College,

Seattle, WA.

*Pratt Fine Arts Center Faculty Exhibit,* Center on Contemporary Art, Seattle, WA.

1004 Gallery, Pt. Townsend, WA.

*University of Washington MFA Thesis Exhibit,* Center on Contemporary Art, Seattle,

WA.

1994 *Interpretation of Human Form,* Childhood’s End Gallery, Olympia, WA.

*Works on Paper,* Jacob Lawrence Gallery, University of Washington, Seattle.

(Juror: Diane Douglas, Director, Bellevue Art Museum).

1993 *The Elements,* Washington Center, Olympia, WA (Juried).

1992 *Spirituality in Art,* Washington Center, Olympia, WA.

*Summer Faculty Exhibit,* University of Alaska, Fairbanks, AK.

1990 *Women Artists,* Matrix Gallery Satellite Exhibit, Sacramento, CA (Juried).

1989 *9th Annual Competition,* Phinney Center Gallery, Seattle, WA.

*6th Alcoa/Gallery ’76 Juried Exhibit,* Wenatchee, WA.

*Redefining Visionary Art,* Doma Gallery, New York, NY. (Juror: Suzi Gablik).

1988 *In Her Image,* Seattle Women’s Caucus for Art, Seattle, WA (Juried).

*Dreams, Fantasy, Visions,* Greeley, CO (Juried, 1st Place Award).

*Summer Faculty Exhibit*, University of Alaska, Fairbanks, AK.

1987 *4th Alcoa/Gallery ’76 Juried Exhibit,* Wenatchee, WA.

*3rd Annual Salute to the Arts,* Seattle, WA. (Jurors: LaMar Harrington, Director, Bellevue

Arts Museum, and Glenn Weiss, Director, 911 Media Arts Center, Seattle).

*Past Presence: A Circle of Women’s Visions,* Corvallis Art Center, OR.

*Summer Faculty Art Exhibit,* University of Alaska, Fairbanks, AK.

1986 *Brand XVI*, Brand Library Art Galleries, Glendale, CA (Juried).

*BirthArt Project,* Saratoga, CA (Juror: Janet Isaacs Ashford, Editor).

*Summer Faculty Art Exhibit*, University of Alaska, Fairbanks, AK.

1985 *Community Art Action,* 9th International Conference on the Future of Religion, Dubrovnik, Yugoslavia (Invitational, Diane Lincoln, Juror).

*Women in the Arts,* Phoenix Art Institute, Wichita, KS.

*Summer Faculty Art Exhibit,* University of Alaska, Fairbanks, AK.

1984 *Intimate Images,* Westin Crown Center, Kansas City, MO.

(Juror: Lynn Warren, Assistant Curator, Museum of Contemporary Art, Chicago, IL).

*Kansas Four*, Mulvane Art Center, Washburn University, Topeka, KS.

(Juror: William Struve, Frumkin & Struve Gallery, Chicago, IL).

*Women’s Caucus for Art ’84 National Juried Exhibition*, Wilson Gallery, Lehigh

University, Bethlehem, PA. (Jurors: Audrey Flack, Joyce Kozloff, Jean Marter).

1983 *Womanart 6,* Century II Gallery, Wichita, KS (Juried).

*Aqueous ’83,* Museum of Fine Arts, Owensboro, KY.

*7th National Watercolor Exhibit,* Art Association, Springfield, IL (Juried).

1982 *Exhibition: 1982 Kansas City Calendar, City of the Arts,* Crown Center, Kansas City,

MO.

1981 *3rd Annual Jurored Show for Kansas Artists,* Salina Art Center, KS

*Art, Inc. Juried Exhibitions*, Great Bend, KS, Two Cash Awards.

1980 *Womanart 3,* Century II Gallery, Wichita, KS (Juried).

1979 *Aqueous ’79*, Museum of Fine Arts, Owensboro, KY.

*Womanart 2,* Century II Gallery, Wichita, KS (Juried: First Place Award).

1978 *8th Greater New Orleans International Art Exhibit,* New Orleans, LA.

**PUBLIC ART COLLECTIONS**

2008 Orientation Table, Snoqualmie Point Park, WA. Commissioned by Alpine Lakes

Wilderness Society (ALPS), Seattle, WA. Contributed to park receiving Award of

Excellence from the Federal Highway Administration and the Washington State

Department of Transportation.

2005 Oberlin College, Oberlin, OH, Library Special Collections, Women’s Studies, The Seal

Press Archives.

2005 *The Fast Beach,* engraved glass. Glasmuseet (Glass Museum), Ebeltoft, Denmark.

1998 *A Tree in Winter Remembers Spring,* Cultural Heritage Collection, King County, WA Arts Commission.

Harborview Medical Center, Seattle.

1995 *Crossing Over,* acrylic painting triptych. St. Peters School, San Francisco, CA.

*Your Name Here,* ceramic tile bench and patio with poetry and painting, Arts in Public

Places, baseball park, Olympia, WA. Deaccessioned due to vandalism.

1992 *Wheatland Star,* watercolor, gouache, ink on paper. University of Washington Medical

Center, Seattle, WA.

**PUBLICATIONS**

Benyshek, D. (work in process). My naerim-gut: Initiation of a Western shaman by Kim Junghee, Korean manshin.

Benyshek, D. (forthcoming). An Overview of Western Ideas regarding the Artist as Shaman (Wang, Trans.). In G. Shuyun, W. Weibo & Q. Fang (Eds.), *Modern artists and shamanism* (Vol. II of *Encyclopedia of shamanism*). Beijing: 商務印書館 (The Commercial Press).

Benyshek, D. (forthcoming). Art audience as shamanic community: How art meets psychological, social, and spiritual needs (Wang, Trans.). In G. Shuyun, W. Weibo & Q. Fang (Eds.), *Modern artists and shamanism* (Vol. II of *Encyclopedia of shamanism*). Beijing: 商務印書館 (The Commercial Press).

Benyshek, D., and *Coreopsis* (forthcoming, Fall 2025). Interview, Part 2: The Neighborhood.

*Coreopsis: Journal of Myth and Theatre*, Vol. 13, No. 2.

Benyshek, D. (2025). Invading the boys’ club, *Ulrich Art Museum at 50: 1974-2024*, T. Mott & V. Zavataro (Eds), Ulrich Museum of Art, Wichita, KS, p. 90.

Benyshek, D., and *Coreopsis* (Spring 2025). Interview, Part 1: Family and nature.

*Coreopsis: Journal of Myth and Theatre*, Vol. 13, No. 1, ISSN 2333-0627. <https://societyforritualarts.com/coreopsis/spring-2025-issue/denita-benyshek-coreopsis-interview-part-1-family-and-nature/>

Benyshek, D. (2024). The art audience as shamanic community. In Y. Owens (Ed.), *Trans-Disciplinary Migrations: Science, the Sacred, and the Arts*. London, UK: Cambridge Scholars.

<https://www.academia.edu/121290249/ART_AUDIENCE_AS_SHAMANIC_COMMUNITY_HOW_ART_MEETS_PSYCHOLOGICAL_SOCIAL_AND_SPIRITUAL_NEEDS>

Benyshek, D. (2020, October 09). Our Time of Coronavirus and Black Lives Matter. *Coreopsis: A Journal of Myth and Theater, 8(2).*

<http://societyforritualarts.com/coreopsis/autumn-2020-issue/our-time-of-coronavirus-and-black-lives-matter/>

<https://www.apadivisions.org/division-32/publications/newsletters/psychotherapy/2021/03/narrating-pandemic>

<https://prattlis.libguides.com/c.php?g=1091552&p=8037452>

<https://web.p.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrnl=23330627&AN=146849378&h=XkI4zzaGYTduLUk1hbDQYuuWICj8UmTUWk0VDGmzdpun%2bBzhkH%2f2W%2fvk4ZNvB1cIKrK5C6al6ePvMmYeKwq4JA%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%26profile%3dehost%26scope%3dsite%26authtype%3dcrawler%26jrnl%3d23330627%26AN%3d146849378>

Benyshek, D. (2015). The contemporary artist as shaman: An artist-researcher perspective.

*ReVision, a Journal of Consciousness and Transformation, 32*(2-3), 54-60.

Retrieve from <https://www.academia.edu/36891520/The_Contemporary_Artist_as_Shaman_An_Artist-Researcher_Perspective> (PDF download)

or

<https://revisionpublishing.org/the-contemporary-artist-as-shaman/>

Benyshek, D. (2015). A historical and critical overview of the artist as shaman and recent research. In A. Czyżewski *&* E.E. Djaltchinova-Malets (Eds.), *Shamanhood and its arts.* Budapest, Hungary: Bibliotheca Shamanistica, Akademia Kiado, and The Polish Institute of the World Art Studies, Warsaw.

Retrieve at:

<https://www.academia.edu/2066714/Artists_as_Shamans_Historical_Review_and_Recent_Theoretical_Model>

Benyshek, D. (2013). *The power of shamanic art*. Reprinted on *Threads of the Spiderwoman,* at

<http://threadsofspiderwoman.blogspot.com/2013/02/the-power-of-shamanic-art.html>.

Benyshek, D. (2013). *An archival exploration comparing contemporary artists and shamans.*

PhD, Saybrook University, San Francisco, CA.

Retrieve at

<https://www.academia.edu/25182315/Contemporary_Artists_as_Shamans_-_Archival_Exploration_full_text_and_references>

Benyshek, D. M. (2011). The flapping butterfly wings of gifted mentorship: Ruth Richards and

Saybrook University. *NeuroQuantology: An Interdisciplinary Journal of Neuroscience and Physics, 9*(3), 535-544.

Retrieve at: <http://www.academia.edu/927579/The_Flapping_Butterfly_Wings_of_Gifted_Mentorship_Ruth_Richards_and_Saybrook_University>

Benyshek, D.M. (1990). Journey into the Dead Zone. Helen Frost (Ed.), *Season of Dead Water,*  Breitenbush Books: Portland, OR.A collection of writing regarding the Exxon Valdez oil

spill in Prince William Sound, Alaska.

Reviewed: Kaganoff, P. (1990, May 25). Review of *Season of Dead Water, Publishers Weekly.* Referring to Benyshek’s chapter, Kaganoff wrote:

Far more inspiring are the prose pieces, several of which use matter-of-fact images to chilling effect: "There are oiled loons making their calls, oiled otters and babies . . . dead deer floating in the water" (Benyshek, 1990, p. 54).

Benyshek, D.M. (1982). Deerfield: A multimedia performance. *Calyx: A Journal of Women’s Art*

*and Literature, 8* (1). <https://www.calyxpress.org/product-category/journals/>

**ADDITIONAL PUBLICATIONS (POETRY, REPRODUCTIONS OF ARTWORK).**

Benyshek, D. (2025). *The Beginning (The Birth of the Universe),* Randall, J. (Ed), *The Mama*

*Temple Magazine,* (1), color reproduction (pp. 17-18).

Benyshek, D. (2025). *The Mother, We are Born of the Earth,* Randall, J. (Ed), *The Mama*

*Temple Magazine,* (1), color reproduction (pp. 7-8).

Boles, D., Ed. (2025). *VoiceS: Mysticism, Prophecies & Marigolds*, Cold River Press, Grass Valley,

CA. 12 black and white reproductions of artworks.

Benyshek, D. (2024, March 1). Illustration for “You are Red,” *Roses & Wildflowers, 1(1).*

<https://societyforritualarts.com/rw/2024-spring/you-are-red/?fbclid=IwAR3XtSQbmCeWEFfbP4viLwoORbLQRJo263QO9ZebxBLh9D2CSyZz3RjY9Tw>

Benyshek, D. (2024, March 1). Background artwork, “Still Lake,” for *Into the Wild, Roses & Wildflowers, 1(1).*

<https://societyforritualarts.com/rw/2024-spring/table-of-contents/>

Benyshek, D. (2022). Branch sky (poem). *Coreopsis: A Journal of Myth and Theater, 10 (1),*

Reproduction of photograph*.*

<http://societyforritualarts.com/coreopsis/spring-2022-issue/final-word/>

Benyshek, D. (2020). Smoke apocalypse (poem). *Coreopsis: A Journal of Myth and Theater, 8(2).* <http://societyforritualarts.com/coreopsis/autumn-2020-issue/smoke-apocalypse/>

**PROFESSIONAL CONFERENCE PRESENTATIONS AND LECTURES**

Benyshek, D. (2026). *Initiation of a Western Shaman through a Traditional South Korean Ritual,*

International Society for Academic Research on Shamanism, Sogang University, Seoul, Republic of Korea.

Benyshek, D. (2026). *The Sanctuary: Story and Process,* MARK Arts, Wichita, KS.

Benyshek, D. (2025). Contemporary Artists as Shamans: in Wichita and Beyond.

Harvester Arts, Wichita, KS.

Benyshek, D. (2024). Contemporary Artists as Shamans. Creativity and Madness

Conference, Psychological Studies of Art and Artists, AIMED American Institute of Medical Education, Santa Fe, NM. <https://www.creativityandmadness.com>

Benyshek, D. (2018). *My Initiation into Shamanism.* Indigenous Wisdom & Shamanism: Within,

Between, and Beyond Worlds. The 34th International Conference on Shamanism, Healing, and Transformation. Sonoma State University, Rohnert Park, CA. <http://www.indigenouswisdom.info/>.

Benyshek, D. (2017). *Disintegration and Reintegration Healing Processes: Seeing and Working*

*with Spirits.* Protecting Earth, Water, Air, and Light, Honoring the Wisdom of our Ancestors for Future Generations: The 33rd International Conference on Shamanism, Healing, and Transformation. Santa Sabina Retreat Center, San Rafael, CA. <http://shamanismconference.org/>

Benyshek, D. (2014). *Transliminality in artists, shamans, and art audiences.* The 31st

International Conference on Shamanism, Healing and Transformation. Santa Sabina Retreat Center, San Rafael, CA. <http://shamanismconference.org/recordings/highlights-31st/> .

Benyshek, D. (2014). *Shamanic drum journey.* The 31st International Conference on Shamanism,

Healing and Transformation. Santa Sabina Retreat Center, San Rafael, CA

Benyshek, D. (2013). *Shamanistic arts benefit audience healing, growth, and social change.*

R. Richards (Chair), *Art as healer: Preschoolers to seniors to society at large.* American Psychological Association Annual Conference, Division 32: Society for Humanistic Psychology, Honolulu, HI.

Benyshek, D. (2013). *An archival exploration of contemporary artists as shamans.* Humanistic

Psychology, Division 32, Hospitality Suite Poster Session, American Psychological Association Convention, Honolulu, HI.

Benyshek, D. (2011). *Exploring Artists as Shamans: A Critical and Historical Overview and*

*Some Friendly Advice to Scholars.* The 10th Conference of the International Society of

Shamanistic Research: Shamanism and its Arts. State Ethnographic Museum, Warsaw,

Poland.

Benyshek, D. (2011). *Art Audience as a Shamanic Community.* The 28th International Conference

on Shamanism, Healing and Transformation: The Shaman’s Gift to the Community. San

Rafael, CA.

Benyshek, D. (2010). *A true story: The spontaneous shamanistic healing of a boy.* The 27th

International Conference of the Society for the Study of Shamanism, Healing and

Transformation: Traditional Beliefs and Healing Systems in a Changing World, An

Interdisciplinary Approach. San Rafael, CA.

Benyshek, D. (2009). *The Contemporary Artist as Shaman,* TheInternational Society for

Shamanistic Research, University of Alaska, Anchorage.

Benyshek, D. (2009). *Art Audience as Shamanic Society,* Tribal Spirituality Conference,

Winterstar, Atwood Lake, OH.

Benyshek, D. (2009). *Artists and Shamanism,* Creativity Studies Program, Residential Conference,

Saybrook Graduate School and Research Center, San Francisco, CA.

Benyshek, D. (2009). *Artists as Shamans* and *Art Audience as Shamanic Society,* Starwood

Festival, NY.

Benyshek, D. (2009). *Artist as shaman: Academic performance art.* Shamanism in the 21st

Century Conference*,* Shamanism and Alternate Modes of Healing, San Rafael, CA.

Benyshek, D. (2008). *Creative Opportunity within Creative Block,* Creativity Studies Department,

Saybrook Graduate School, Residential Conference, San Francisco, CA

Benyshek, D. (2007). *Seer and Seen*, Creativity Studies Department, Saybrook Residential

Conference.

Benyshek, D. (2004). Panel Member, Creativity Studies Dept., Saybrook Residential Conference.

Benyshek, D. (2003). Slide Lecture regarding artwork and creative process, Creativity Studies

Dept., Saybrook Residential Conference.

Benyshek, D. (1996). Northwest Women Artist Series, North Seattle College, Seattle, WA.

Benyshek, D. (1995). Public Art Panel – Guest Speaker, Olympia Arts Commission, Olympia, WA.

Exhibit Lecture, Continuous Spectrum Gallery, Tacoma, WA.

Benyshek, D. (1993). *Influence of Folk Art on the Fine Arts of Eastern Europe and Cultural Roots*

*in the Paintings of Denita Benyshek,* Collection Artist Series, University of Washington

Medical Center, Seattle, WA.

Benyshek, D. (1993). *Denita Benyshek: Visiting Artist,* College of Folk Arts & Culture, Pskov,

Russia.

Benyshek, D. (1993). Exhibition Lecture/Performance, Bell Gallery, Seattle, WA.

Benyshek, D. (1991). Exhibit Lecture, University of Alaska, Anchorage, AK.

Benyshek, D. (1989). *Labore est Orare (To Work is To Pray),* Carl Jung Society, Seattle, WA.

Benyshek, D. (1987). *The Role of Visiting Artists in Native Villages,* Young & Associates,

Artist in the Schools Conference, Anchorage, AK.

Benyshek, D. (1983). *Denita Benyshek: Visiting Artist,* Convocation Speaker Series, McPherson

College, KS.

Benyshek, D. (1983). *Multi-Media Performance Art,* Dance Dept., Wichita State University,

Wichita, KS.

**FILM**

Fergus, C. (Writer & Director, 2004). *Oil and Water: Reflections on Madness and Psyche,* Bow,

WA. From a Jungian perspective, examines how wilderness is critical habitat for human psyche. Conducted interviews.

Benyshek, D. (Producer, 1989). *Sometimes the metro doesn’t stop for me*, Artists Unlimited

(a nonprofit agency serving severely disabled adult artists), Seattle, WA.

**PERFORMANCE ART**

2025 *Calling Down the Gods.* Behave as though God Exists performance series, May 8, 2025

opening reception, Clio Art Fair, New York City, NY.

2011 *Art Audience as a Shamanic Community.*

The 28th International Conference on Shamanism, Healing and Transformation: The Shaman’s Gift to the Community. San Rafael, CA. Voice, poetry, animated PowerPoint, and research.

2010 *A True Story: The Spontaneous Shamanistic Healing of a Boy.* The 27th International

Conference of the Society for the Study of Shamanism, Healing and Transformation:

Traditional Belief and Healing Systems in a Changing World, An Interdisciplinary

Approach. San Rafael, CA.

2009 *Artist as Shaman: Academic Performance Art.*

Shamanism in the 21st Century Conference*,* Shamanism and Alternate Modes of Healing,

San Rafael, CA. Creativity Studies Program, Residential Conference, Saybrook Graduate School, San Francisco, CA.

*Artist as Shaman: Academic Performance Art.*

The International Society for Shamanistic Research, University of Alaska, Anchorage.

1989 *The Milky Way*

Collaboration with Summer Fine Arts Camp students at University of Alaska – Fairbanks.

1988 *What do you do with a drunken sailor?*

Collaboration with Summer Fine Arts Camp students at University of Alaska –

Fairbanks. A public grieving ritual for the Exxon Valdez oil spill.

1986 *Primordia.*

Huslia, AK. Choreography created in collaboration with Artist-in-the-Schools students.

Art Live: Evening of Performance, Phoenix Art Institute, Wichita, KS. Solo.

1983 *Deerfield.* Commissioned by/performed at McPherson College, KS.

Wichita State University, KS.

Video commissioned by English Department, Wichita State University, KS.

*Deerfield.* University of Wyoming, Laramie, WY.

1982 *Farewell Rose.* Collaboration with environmental sculptor, M.A. Kelly

Commissioned by at University of Northern Iowa Museum of Art, Cedar Falls.

**COMMUNITY SERVICE (SELECTED)**

2025 Co-curate MMX: Positive Disintegration, 8 women artists, multi-media group exhibit at

Harvester Arts, Wichita, KS.

Wilderness Conservation, Oil Dependence, and Corporate Responsibility

* Orientation Table.
  + Art commission from Alpine Lakes Wilderness Society for Snoqualmie Point Park, WA. Funded by Alpine Lakes Protection Society. Sponsored by Mountains to Sound Greenway and City of Snoqualmie.
* Exxon Valdez Oil Spill in Prince William Sound, AK
  + Interviewed residents of Cordova, AK, bird and animal rescue workers on boats.
    - Published excerpts of interviews in anthology of writing about the spill.
    - Benyshek, D. (1990). Journey into the dead zone. In H. Frost (Ed.), *Season of Dead Water* (pp. 21-28). Portland, OR: Breitenbush Books.
  + Assistant for Corwin Fergus’s film, *Oil and Water,* showing the death and destruction caused by the oil spill.
  + *What Do You Do with a Drunken Sailer? Elegy for Prince William Sound.*
    - University of Alaska – Fairbanks.
    - Multi-media performance/public grieving ritual, in collaboration with art students.

Underrepresented and Disadvantaged Populations

* University of Alaska – Fairbanks
  + Persuaded art department to hire Native American instructor
  + Lobbied successfully for Native American students, working in traditional Aboriginal style, to receive art scholarships.
  + Worked with village elders to fund scholarships for talented students to UAF.
* North Seattle Community College
  + Women in the Arts Lecture Series.
  + Organized to balance underrepresentation of women artists in art history texts and art history courses (85% of associate degree art students were female).
  + Coordinated with Women Studies Department.
    - Obtained funding.
    - Organized for credit class.
* Seattle Arts Commission
  + Grant panel juror.
    - Successfully lobbied for artists from Japan and Guatemala, working within their ethnic traditions, to receive funding.
* Women in the Arts
  + Board of Directors
  + Initiated Midwest Radio Play Competition
    - Coordinated with Wichita Radio Reading Service for the Blind
    - Directed winning radio play, *The Saga of Belle Starr.*
* Artists Unlimited, a nonprofit organization serving adults with severe disabilities.
  + Program Director (Exhibits, field trips, budget, hired/supervised faculty and volunteers)
  + Producer
    - Award winning multi-media performance video, *Sometimes the Metro Doesn’t Stop for Me.*

**ARTS EMPLOYMENT AND TEACHING EXPERIENCE**

2026 Creativity Intensive: Connecting to Roots, Constructing Identity,

Growing Community, Manifesting the Vision, workshop, MARK Arts,

Wichita, KS.

1979-Present Professional artist.

2015-21 Developmental editor, review editor, *Coreopsis: Journal of Myth and*

*Theatre.*

2015-19 Art editor, *Revision: A Journal of Consciousness and Transformation.*

1989-98 Art instructor, Pratt Fine Arts Center, Seattle, WA.

1997 Art instructor, Kirkland Arts Center, Kirkland, WA.

1995-97 Adjunct Instructor, North Seattle College, Seattle, WA

Taught Prehistoric to Early Medieval Art History, Introduction to Art,

Drawing I, Watercolor Painting.

1993 Visiting Artist, Rimsky-Korsakov Pskov Regional College of Arts, Russia.

Mural painting instructor, Sun Valley Center for the Arts & Humanities,

Sun Valley, ID.

Washington State Arts Commission Artist in Residence: Washington

State Reformatory. Led interior mural project with life sentence

prisoners.

1992 Sitka Center for the Arts & Ecology, Otis, OR. Image Intensive/Creative Process.

Washington State Arts Commission Artist in Residence: Washington

State Reformatory. Led interior mural project with life sentence

prisoners.

1991 University of Alaska – Sitka, Summer Program.

1990 University of Alaska, Anchorage, AK. Workshop.

Artist in the Schools, Lincoln City, OR.

1989-90 Program Director, Artists Unlimited, Seattle, WA. Art education and

career development program for adult artists with severe disabilities.

1988 Workshop on Image Intensive/Creative Process. Homer Council on the

Arts, Homer, Alaska.

1987 Artist in the Schools, Long Creek, OR. Jazz dance and mural painting.

1986-89 Lectureship, University of Alaska – Fairbanks. Summer program.

Taught Drawing, Drawing the Human Figure, Acrylic Painting,

Performance Art, Mural Painting in Music Department Building.

1985-89 Scenic Artist in Seattle: Seattle Repertory Theatre, Empty Space Theatre,

Group Theatre, HBO Movie Productions. Master Scenic Artist, Intiman

Theatre.

1983-96 Artist in the Schools, Alaska, primarily remote Native American villages

in the Alaskan bush:Wainwright, Bettles Field, Chignik Lake, Chignik

Lagoon, Huslia, Delta Junction, Whales Pass, Kasaan, Aleknagik, Ft.

Greeley, Dillingham, Utquiagvik (Barrow), Pelikan, Yakutat, Tyonek.

**REVIEWS/ARTICLES REGARDING ABOUT BENYSHEK and HER WORK**

Benyshek, D., and *Coreopsis* (Spring 2025). Interview, Part 1: Family and nature.

*Coreopsis: Journal of Myth and Theatre*, Vol. 13, No. 1, ISSN 2333-0627. <https://societyforritualarts.com/coreopsis/spring-2025-issue/denita-benyshek-coreopsis-interview-part-1-family-and-nature/>

Cardeña , E., Iribas-Rudin, A., & Reijman, S. (2012). Art and psi. *Journal of Parapsychology,*

*76*(1), 3-23.

*Coreopsis: A Journal of Myth and Theatre* (2009). Featured art and artist: Denita Benyshek. *1*(1),

Retrieved from [https://sites.google.com/site/mythandtheatre/Home/spring-2009-vol- 2001-no-2001/featured-art-and-artist-jinka-denitabenyshek-zavanova.](https://sites.google.com/site/mythandtheatre/Home/spring-2009-vol-%092001-no-2001/featured-art-and-artist-jinka-denitabenyshek-zavanova.) Color

Reproductions of artwork.

McGuire, R. (2008). Snoqualmie Point Park to get orientation table. *Mountains to Sound Greenway, 15*(2), 2.

McGuire, R. (2007). ALPS creates orientation table for Snoqualmie Point, *Alpine: The Newsletter of the Alpine Lakes Protection Society,* Seattle, WA, 2, p. 2.Black and white reproduction.

*This Side Up, Journal of European Glass Art* (1999). *Stand*, Amsterdam, Holland, p. 32. Color reproduction of artwork.

*Sun Valley Art* (1999). Brief Accounts – Sketch, pp. 16-17. Color reproductions of artwork.

*Wood River Journa*l (1999, March 3). The Great Mahaska. B5-6. Color reproductions of artwork.

*Express* (1999, March 3). March gallery walk. C-3. Black and white reproduction of artwork.

*American Craft Magazine* (1997). Gallery, *57*, 5, p. 13. Black and white reproduction of artwork.

Im, S. (1997, October 22). Visual Arts: Mohammed Eunus & Denita Benyshek, *Eastsideweek,*

Arts & Leisure, p. 29. Black and white reproduction of artwork.

*Art Access* (1997). *Denita Benyshek, 6*. Cover, color reproductions, pp. 14 & 42.

*Eastsideweek* (1997, October 8). Mirror, mirror, p. 73. Black and white reproduction.

*Eastsideweek* (1997, September 3). Fall arts guide. Black and white reproduction.

Boylen, J. (1996). Interesting art covers walls at annual show. *Journal American*, D4.

*Polaris* (1996, March 11). Women artists: New course comes to North Seattle Community

College, p. 5.

*Airlines Magazine* (1995). Destination: Seattle/Pioneer Spirit. 5F. Reproduction.

*Artist Trust Tri-Annual Journal* (1995). Artist news.

Boylen, J. (1995). University of Washington MFA show at Center on Contemporary Art

(COCA). *Reflex Magazine* (August).

*City Week - Tucson* (1995). Live glass.

*Glass Art Magazine* (1995). Paint and glass. (July/August), 22-23. Color reproduction of artwork.

McLennan, D. (1995, March 3). New gallery opens with works by Denita Benyshek, *Tacoma*

*News Tribune*. Black and white reproduction.

*The Olympian* (1995, October 21). New art to grace Olympia*,* pp. C-1. Black and white

reproduction.

*Tucson Television* (1995). Arizona today. Tucson, AZ.

*University of Washington School of Art Newsletter* (1995). Student news.

Rosenthal, A. T. (1993). Seattle Women's Caucus for Art. In L. Brunsman & R. Askey (Eds.),

*Modernism and beyond: Women artists of the Pacific Northwest*. New York City, NY: Midmarch Arts Press.

*The Olympian* (1992, November 6). A peak at the innermost of Olympia artists*,* p. ETO 4.

Mathieson, K. (1991, March 1). Real fantasies of family and earth, *Seattle Times*. Black and white

Reproduction.

<http://community.seattletimes.nwsource.com/archive/?date=19910301&slug=1269109>

*Williamette Week* (1991, January 12). Art choice: Beauty.

Doma Gallery (1990). *Redefining visionary art,* exhibit catalog. New York City, NY.

Black and white reproduction.

Kaganoff, P. (1990, May 25). Season of Dead Water. *Publisher's Weekly*, 54.

*High Performance Magazine* - Los Angeles (1983). Action Alaska. *8*(3), 6. Photograph.

*High Performance Magazine* - Los Angeles (1982). Deerfield. *7*(1), 3. Photograph.

**CURRENT PROFESSIONAL MEMBERSHIPS**

Climate Psychology Alliance North America

International Network for the Study of Spirituality

International Society for Academic Research on Shamanism

Women Made Gallery, Chicago, IL

Kansas City Artists Coalition

Kansas City Society for Contemporary Photography

The Association for the Study of Women and Mythology