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Relying on a few art electives through school, I am otherwise self-taught in composition, color, and technique. I enjoy experimenting and practicing with various tools and styles, and therefore do not limit my pattern of work to distinguish it as a Christy Trowbridge piece. My goal is to continue to learn the standard rules of art, keep them in the back of my mind, and use them at will to paint a composition that best tells each story. I desire to be fluid enough to paint in abstract form, my favorite style is impressionism, yet realism comes most naturally.

Fascinated by light and dark to the point that I am sometimes distracted by face-to-face conversations, I am constantly studying my world for subtle shadows. An ability to see these tones has driven me to add charcoal pet portraits to my repertoire.

I credit much of my artistic growth to a 2008-2009 artist in residency at Sapelo Island National Estuarine Research Reserve. Visiting the island as I studied its ecology and its past helped me paint with the emotion that I otherwise could not have experienced. Capturing Sapelo on canvas was especially personal because I touched the island's history during a transitional point in my life. In a broad sense, these paintings represent my exploration and honoring of "home."

Gauging the quality of my artwork by how high my heart jumps at its colors and by how often I talk to its subjects, I know I'm finished with a piece when I've become so attached that I don't want to sell it. When others view my work, I invite them to think about why a favorite piece in particular moves them. I am successful when the viewer realizes a personal truth as a result of my work.