

## Rachel Helden

St. Louis Photo-Based Artist with an MFA and BFA in Photography with 20 years of professional experience.  
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### Education

School of Visual Arts | MFA Photography | 2007 – 2009 | [sva.edu](http://sva.edu)

Ringling College of Art and Design | BFA Photography and Digital Imaging | 2004 – 2007 | [ringling.edu](http://ringling.edu)

Belmont University | Design Communications | 2002 – 2004 | [belmont.edu](http://belmont.edu)

Continuing Education – Filter Photo, Medium Photo, Susan Burnstine Mentorship, Yoga Buzz

### Teaching

Ranken Technical College | Digital Photography | 2026 | [ranken.edu](http://ranken.edu)

St. Charles Community College | Digital Photography | 2026 | [stchas.edu](http://stchas.edu)

St. Louis Community College | Photography 1 Black & White Darkroom | 2025 – 2026 | [stlcc.edu](http://stlcc.edu)

Southern Illinois University Edwardsville | Digital Photography, Fun with Photography | 2021 – 2023 | [siue.edu](http://siue.edu)

Further Experience – Santa Fe Workshops, International Center of Photography, Maine Media Workshops

### Museums

Museum of Contemporary Religious Art | Museum Assistant | 2026 | [slu.edu/mocra](http://slu.edu/mocra)

Missouri Historical Society | Preparator | 2024 – 2026 | [mohistory.org](http://mohistory.org)

Saint Louis Art Museum | Visitor and Member Services Representative | 2023 | [slam.org](http://slam.org)

St. Louis Cardinals Museum | Graphic and Photo Communications Specialist | 2014 – 2015 | [cardinals.com](http://cardinals.com)

Further Experience – The Cathedral, ParaMounts, Laurence Miller Gallery, Annie Leibovitz Studio, Hasted Hunt

### Publishing

*In The Waiting: An Exploration for Cancer Patients and Their Loved Ones* | Zine | 2022

*Finding Harmony: Emotional Healing After Pregnancy Loss* | Guided Journal | 2022

*Free Way: An Adventure Through Loss* | Illustrated Memoir | 2021

Publications – Sharing Magazine, Pregnancy After Loss Support, ARTnews

### Features

Forest Park Contemporary Art Gallery | Nature's Embrace with Jenny Kettler | 2025 | St. Louis, MO

Regional Arts Commission of St. Louis | Grant Reviewer 2023 & 2024 | Grant Recipient 2022 & 2023 | [racstl.org](http://racstl.org)

UMSL Grief Counseling Mini-Conference | Speaker on Creative Healing | 2022 | [umsl.edu](http://umsl.edu)

Yellowstone Forever | Landis Artist-In-Residence | 2019 – 2020 | [yellowstone.org](http://yellowstone.org)

Previous Features – Art+Cake Magazine, F-Stop Magazine, Lenscratch, Lightbox Photographic Gallery

### Volunteerism

CreativeMornings St. Louis | Host | 2025 – 2026 | [creativemornings.com](http://creativemornings.com)

Previous Volunteerism – Share Pregnancy and Infant Loss Support, Siteman Cancer Center, National Caregiving Conference, FotoFest, Austin Center for Photography, Society for Photographic Education

### References

Available Upon Request