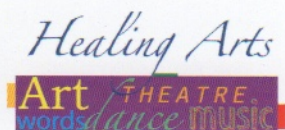




April 2 to 29, 2017

Healing Through Art: A Collaborative Exhibition

Atlantic Health System Healing Arts Program
Studio Montclair at the Montclair Public Library



Atlantic
Health System





Studio Montclair Inc. is a nonprofit organization of exhibiting professional artists and others interested in the visual arts. Its mission is to promote culture and education in the visual arts and encourage emerging artists. Founded in 1997, the organization includes almost 400 members, including artists from the tri-state area and around the United States.

We strive to bring stimulating and high quality exhibitions to the northern New Jersey area. Every exhibition we produce is curated or juried and undergoes a highly competitive selection process. In 2016, we exhibited more than 275 pieces of art, created by 244 artists. We received over 670 entries, and reviewed over 2,200 pieces of art from over 35 states and eight countries for inclusion in our 2016 exhibits.

As part of our mission to educate, Studio Montclair provides exciting and informational programs that cover a wide range of topics. We sponsor artist receptions, workshops, artist and professional panels, networking events, curator talks and more. Most of our programs are free and open to the public.

To learn more about Studio Montclair contact:

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studiomontclair.org

862-500-1447

Healing Through Art

In "Healing Through Art," the exhibiting artists share a piece of themselves and their own struggles, telling a deeply personal story that wants or needs to be heard.

Studies have shown that creating art can reduce stress and anxiety, as well as increase positive emotions and connection to others. For most artists, this knowledge is first-hand; it is often the reason we pick up the paintbrush or pencil to begin with. This nourishing creative process can go by different names: "blowing off steam" in the studio or "getting in the zone," finding that "happy place" where productivity, meditation, and creativity collide. These twenty-six artists find solace in paints and brushes, paper and scissors, a camera lens or a myriad of other tools.

For some, making art can be a constant ritual, a necessity to preserve a sense of balance and well-being. Numerous artists echo this sentiment of creativity sustaining their spirit, or as Colleen Lineberry describes it, being "as vital as breathing." Roni Ramos writes that her work calms her thoughts, stating "I do not usually know how that happens, or understand the physiology, but I feel the results." For some artists in this exhibition who deal with the continuous struggle of mental illness, use of art can be a healthy tool to keep their minds occupied.

Certainly, the goal of making art is not necessarily the finished piece of art at the end; it is often the process itself that matters most. RitaMarie Cimini had a different vision in mind

when she set out to create her paintings but acknowledges that they were “exactly right” because they helped her “heal the hurt and confusion” surrounding a life-changing occurrence. For others, like Miriam Jacobs’s series, making art can be a reflective process to confront painful experiences, come to terms with them and release emotions. In these ways, art can bring closure.

Art-making often provides a means for contemplation and reevaluation of circumstances. Florence Weisz and Virginia Block’s variations on art journaling document the healing process in a more tangible sense, chronicling their steps to recovery after physical challenges. Loss of someone or something, or the threat of loss, can force one to reexamine the value of different aspects of one’s life, as evidenced by Linda Steinhardt and Walter Oliver.

The artists in this exhibition share in the universal struggle of human emotions and experiences, using their art as a means to navigate life and foster healing. Making art keeps us moving forward by helping us to heal, learn, and grow. By making sense of our past and our present, we can look toward our future.

Co-Curators

Ania Lesiak & Maria Lupo, MFA, MA, ATR

April 2017

Elizabeth Langer

21) **My Left Eye:
Glaucoma Series II**

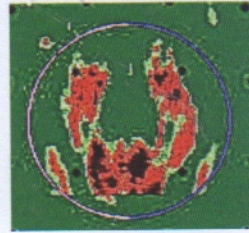
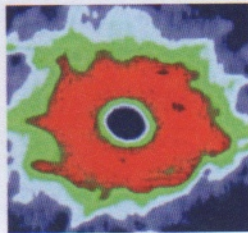
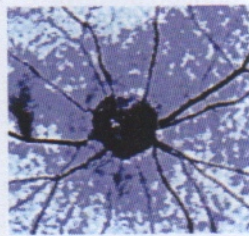
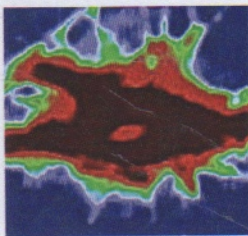
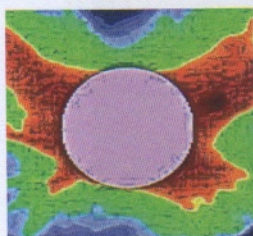
2014

Photographs

60x20 in

\$1000

These images were created from optical coherence tomography (OCT) performed on my left eye for the purpose of diagnosing glaucoma. I digitally manipulated them into a kind of visual circus. The act of transforming diagnostic images into playful forms was my therapeutic response to a vision impairment.



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