

Kairos: A Linear View Through Reality

By Tammy Helenske

Medium: Mixed media, live stream video, recycled redwood

Artist Statement

I am currently a speaker for Stop Stigma Sacramento. I have a bachelor's and master's degree in art from California State University, Sacramento. I use installation art new media to recreate experiences with mental illness. I use social practice, performance art, new media and sculpture to alter environments and realities for participants.

"Kairos: A Linear View Through Reality" addresses the contradiction of "Patterns of Disorder". It evokes the raw-ness of mental illness and the disturbing alterations of reality that can occur. The sculptures; familiar, yet broken, are patched together. The live stream recording is a compilation of others' experience of my recreation of my experience with mental illness; which, may leave viewers searching for patterns of familiarity in a mentally distant and disorderly reality.

Opening dialog about mental illness publically can have a significant impact on individuals and the community. It has the potential to increase understanding, dispels myths and increased empathy for the those who suffer from a mental illness or, know those who do. Patterns of Disorder is an opportunity for this dialog to occur through the arts; which, can be a safe place for the artist express themselves freely, and, for the viewer, a safe place to reflect autonomously.

Website

Tammyhelenske.com

Email

helensket@yahoo.com