

## New Target Gallery Exhibition Challenges Mental Health Stigma and Misconceptions

*In My Head, In My Body*

Saturday, October 31 – Sunday, December 13, 2020

Virtual Reception: Friday, November 13, 2020 | 7 pm via

<https://www.facebook.com/TargetGallery>

**October 28, 2020—Alexandria, Va.** —The newest group exhibition in [Target Gallery](#), the contemporary exhibition space of Torpedo Factory Art Center, features artwork that delves into the human psyche to explore themes surrounding mental health and its relationship to your physical health. Target Gallery is in Studio 2 at the Art Center, located at 105 N. Union Street in Old Town Alexandria, Va.

*In My Head, In My Body* challenges common misconceptions and stigmas about the topic as well as allow space for the selected artists to express their experiences, struggles, and triumphs through their work.

The exhibition features 22 artists, with 6 from the DC metropolitan region and 3 international.

### Participating artists are:

Brandin Barón, San Francisco, CA  
Clara Bolle, Rotterdam, Netherlands  
Jeffery Byrd, Cedar Falls, IA  
Anna Cyan, Ontario, Canada\*  
**Timothy DeVenney, Washington, DC**  
Jeremy Diamond, Athens, GA  
**Stephanie Dyke, Reisertown, MD**  
Kathleen Greco, Southhampton, PA  
Megan Hildebrandt, Austin, TX  
**Rebecca Hofmann, Annapolis, MD**  
Lauren Levato Coyne, Ferndale, MI\*  
Tanner Mothershead, Smithville, MO  
Mary Murphy, Philadelphia, PA  
Karen Olson, Hope, Maine  
**Alice Q, Springfield, VA**  
**Rania Razek, McLean, VA**  
Sydney Paige Richardson, Round Rock, TX  
Lauren Schiller, Middletown, NJ  
Francesca Schwartz, New York City, NY\*  
**Alexandra Sherman, Bethesda, MD**  
Crystal Sim, Singapore  
Shannon Soldner, Columbia, MO



Jeremy Diamond, *Graellisia*, 2019. Photography, nylon, silver, paint.



Rania Razek, *Letting Go*, 2019. Lustre print on bamboo.

\*Artists showing exclusively in the digital online catalogue.

Shanti Norris juried the exhibition. As chief curator for the Integrated Arts and Healing program at the Inova Schar Cancer Institute in Fairfax, VA, she dedicated her career to uplifting the spirit through art.

“It is a show about suffering, transformation and about hope,” she said. “Each of the artists reveals a relationship to internal struggles, utilizing a variety of medium including video installation, printmaking and three-dimensional form. There is tenderness, depth and courage in the work that evokes a sigh, a laugh out loud, or tears.”

For instance, Jeremy Diamond’s work references *Graellsia* a meditation practice which addresses the tendency to prioritize success over self-care as well as the *Graellsia isabellae* moth it was named after. These type of moth’s lack mouths and digestive tracts to more effectively prioritize reproduction—at the cost of starvation. The artist speaks from his own experiences prioritizing his academic success at the risk of his own health.

Rania Razek’s *Letting Go* depicts a surreal scene of a pink scarf floating in away in a desert landscape as both a reference to loss or grieving of a loved one as well as the experience of ‘letting go’ of pain or anxieties, as a freeing experience.

Brandin Barón’s *I Had a Cough That I Couldn’t Shake* takes a topical approach to voicing the anxieties of living in a pandemic and the effects it can have on one’s mental health.

*In My Head, In My Body* is on view Saturday, October 31, through Sunday, December 13, 2020. Target Gallery hosts a virtual reception via Facebook Live on Friday, November, at 7 p.m, with a livestream premiere of a video tour of the exhibition by juror Shanti Norris. Access it at [facebook.com/targetgallery](https://www.facebook.com/targetgallery). The [online catalogue](#) will go live by September 25.

Target Gallery is open Wednesday – Sunday from 10 a.m. – 6 p.m. Target Gallery has a limited visitor capacity to allow for social distancing. Those who wish to visit Torpedo Factory Art Center are asked to adhere to current [Virginia Safer at Home guidelines](#), including maintaining a social distance with people from different households, wearing face coverings indoors, and frequent handwashing for 20 seconds or use of hand sanitizer with at least 60% alcohol.

Private press viewings may be scheduled upon appointment.

#### About the Juror

**Shanti Norris** is chief curator for the Integrated Arts and Healing program at the Inova Schar Cancer Institute in Fairfax, VA. The project includes a permanent art collection of over 500 works of art, an onsite permanent art gallery and an artist-in-residence program with 16 artists working with patients on a daily basis. Shanti is co-founder and executive director emeritus of Smith Center for Healing and the Arts, where she founded the Joan Hisaoka Healing Arts Gallery, one of the first of its kind in the country. She initiated Smith Center’s hospital Artist-in-Residence programs at area hospitals and Walter Reed National Military Medical Center. Shanti is a former board member of the Society for the Arts in Healthcare and Chaired their Annual Conference in 2004. She is a Distinguished Fellow of the Alliance for Arts and Health. She is a frequent speaker on the healing power of the arts nationally and internationally, including lectures at NYU and the Museum of Modern Art in NYC.

#### About Target Gallery

Target Gallery is the contemporary exhibition space for the Torpedo Factory Art Center. The gallery promotes high standards of art by continuously exploring new ideas through a variety of visual media in a rotating schedule of national and international exhibitions. The gallery is open daily from 10 – 6 pm and until 9 pm on Thursdays. More information is available via [torpedofactory.org/target](https://torpedofactory.org/target).

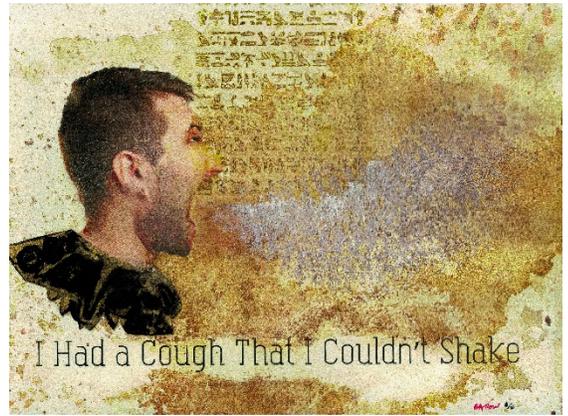
#### About Torpedo Factory Art Center

Founded in 1974 in an old munitions plant, Torpedo Factory Art Center is home to the nation’s largest number of publicly accessible working artist studios under one roof. The City of Alexandria manages Torpedo Factory Art Center through the Department of Recreation, Parks and Cultural Activities as part of the [Office of the Arts](#)’ family of programs and facilities. Just south of Washington, D.C., the Art Center overlooks the Potomac River in the Old Town section of Alexandria, Va. Each year, more than a half million national and international visitors meet and interact with more than 160 resident artists in 82 studios and seven galleries. For more information, visit [torpedofactory.org](https://torpedofactory.org) or follow the Art Center on [Twitter](#), [Facebook](#), [Instagram](#) and [Pinterest](#) via @torpedofactory.

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High Resolution Images Available

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Brandin Barón, *I Had a Cough I Couldn't Shake*, 2020. Collage monotype, relief print and screen print on paper with cut paper, ink, gouache, watercolor, salt, mica powder and enamel.

