



ART THERAPY PLACE *Healing Arts Gallery*

16 Cypress Avenue, Brooklyn, NY 11237

Contact
heal@arttherapyplace.com
929-226-7865

Landscape of Stability: Negligence in the Mental Health System

by Dadoen Tenzin

The solo exhibition of works by teen artist Dadoen Tenzin will be on view at the Healing Arts Gallery from September 17 through September 18, 2022. Meant to inspire, motivate, and elicit social change, this Art Therapy Place community member shares their art created through the healing process.

As a teenager struggling with a mood disorder and its implications for adolescents in the mental health system, Dadoen Tenzin translates their personal experiences into art to raise awareness of mental illnesses, societal reactions, and common misunderstandings. Dadoen illustrates the progressive and fluctuating emotional states caused by a mood disorder as well as the frequently inaccurate depictions of emotional internal intensity.

Having personal experiences of seeking mental health treatment and traversing the school system as an adolescent with mental illness, Dadoen implores us to examine our perspective on individuals with mental illness and motivates us to practice effective response and support.

Dadoen outlined an approach with proven productive results in their care:

- Acknowledge the person is experiencing mental health challenges.
- Listen to them, be attentive and studious before responding, and try to understand where they are coming from.
- Support individuals' pursuit of psychotherapy, psychiatric medications, and therapeutic creative outlets.



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First and foremost, Dadoen urges everyone to have empathy for individuals with mental illness in all circumstances. They state, “If you can’t be empathetic to the person, you will not be able to see and explore the best options to help them.”

Dadoen’s work sets off a spark.. “Wow! There’s something real behind this!” Her work is an inspiration to all of us. We can do better- act and do more.

The Healing Arts Gallery will be open from 11:00 AM to 6:00 PM on both Saturday, September 17, and Sunday, September 18.

Our Mission

Art Therapy Place is a community-based Art Therapy counseling center that holds individual and group art therapy sessions, holistic healing events, and fine arts workshops. By opening the *Healing Arts Gallery*, we expanded our mission to showcase our clients’ artwork as they continue to process their experience through art-making in our individual and group therapy sessions. We believe giving our clients the space to share their healing process on a public platform can help them continue to integrate their experiences and create a positive impact in our community.



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Artist's Statement

I am Dadoen Tenzin and I am a 15-year-old multimedia artist. Growing up in a financially unstable immigrant household I've always had to distract myself from reality, at the age of 9 I found studying realism was that escape. Since then I have moved onto all mediums and styles I could explore and used my art to represent my struggles in life.

I have been struggling with my mental health since the age of 10, and suffering from diagnosed mental illness since the age of 12. I have always struggled to find stability in life because my illness has made everything about my moods, thoughts, and feelings inconsistent. My artworks display the instability that I have faced throughout life and how viewers could possibly relate. Additionally, my artworks include the ups and downs of coping and learning to understand your struggles. I hope to bring perspective and awareness about mental illness through my art and how we can change the systems and stigmas put in place about them.