

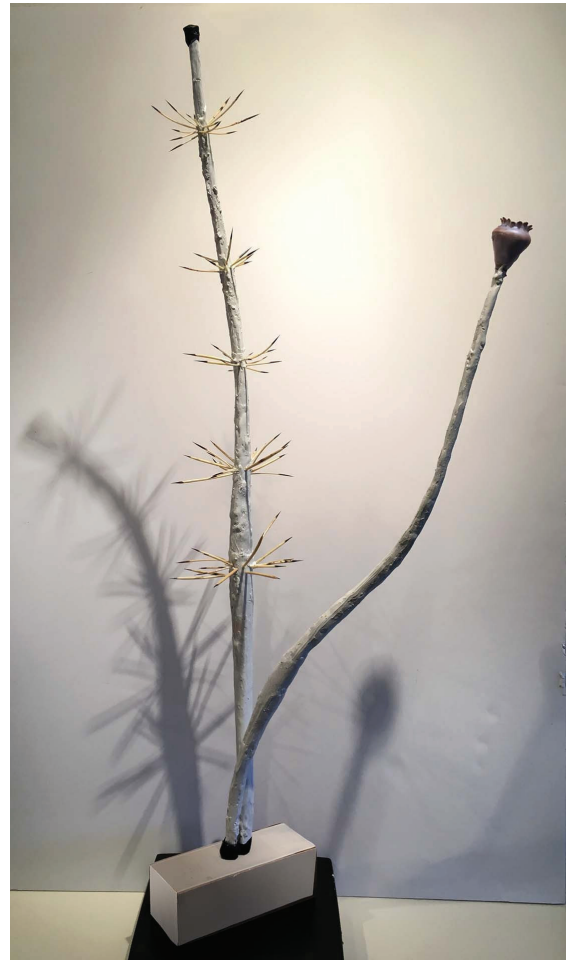
## Soosen Dunholter

Peterborough, NH  
soosendunholter.com  
dunholter@mac.com

### Statement

Invisible Dis•Ease, represents the continuing journey of finding an equilibrium in my life, I explore themes of anxiety and control. Relationship between symptoms, research and understanding. Artifacts encapsulate the caches of information I had to sift through and attempts to capture my soul in a single moment in time.

Getting out of my head for a time and actually creating instead of constantly mired in the depth searching and unknowingness has helped to calm my anxieties. For me art-making is a love of process. Images begin to unfold and develop new formations and structures emerging from older pieces. Allowing imagery and ideas to flow freely as I create each unique piece of art. As solutions occur the blueprint changes. My hope is for people to experience a sense contemplation when they see the work.



Soosen Dunholter,  
Invisible Dis•Ease, 12x29, 2017

The spoon theory was born as a way to explain to others what it is like to live with a chronic illness and constant negotiations. Energy and functional abilities are represented by spoons. idea is that healthy folks have an infinite amount of spoons they can pull from, but those with chronic illness have a finite amount each day. We must weigh out our choices each day. Doing to much in one day can leave you short on spoons the next day.

The term spoons was coined by Christine Miserandino in 2003 in her essay “The Spoon Theory.”

### Bio

With a travel gene from my mom and a whimsical artistic one from my dad, a passion for visual learning and world wide wandering has become my personal creative journey. Embracing the artistic mantle early in life, I have embarked on the practice of art making in a non-traditional way. Not being familiar with the conventional process, procedures and methods, I have found has always been a key advantage.