

Elyse de Valle

Emotionally Overcontrolled/Undercontrolled

Artist Statement

Each of these works are embroidered adaptations of notes from my journals taken throughout my Dialectical Behaviour Therapy sessions. The embroideries form a series that reference chronic physical illness, mental ill-health, trauma, self-harm, and suicidal ideation.

DBT is a recommended therapy for people with Borderline Personality Disorder; a disorder that is often portrayed negatively. BPD has over 100 types of personality categories, but only a certain type is represented in popular culture. This stereotype didn't align with my experience and I found it hard to find information about BPD that I could relate to.

There came a time that diagnoses of BPD, Complex post-traumatic stress disorder, Myalgic encephalomyelitis/chronic fatigue syndrome with complex symptoms including chronic pain, psychosis, migraines, depression, and anxiety became too much. It was during an extended period of sick leave that I began returning to my notes from DBT therapy and to a form of making I could manage – my gentle work. I studied notes from my DBT sessions through the process of recreating them as embroideries.

While I stitched these notes, I consumed popular culture, scientific and philosophical sources. This playlist and bibliography informed the project and provided education and comfort throughout the process. This is detailed more in the artist book accompanying the exhibition.

The skills described in my notes became more familiar as I worked on each embroidery, embedding the words into the fabric and my mind. The process focused and calmed me while being unwell physically and mentally. It grounded painful emotions, urges and symptoms.

I worked on these in a safe and stable space, something that had been rare. Concurrently I was on a journey to do trauma-focused therapy. The embroideries supported and guided when and how I would do this. They came to mind when I needed them emotionally and interpersonally.

I needed this work. It is my elaborate archive of my experience and understanding of Dialectical Behaviour Therapy and finding my place in the diagnosis of Borderline Personality Disorder, et al.

Elyse de Valle

Emotionally Overcontrolled/Undercontrolled

4 - 11 March, 2023

Emotionally Overcontrolled/Undercontrolled is an exhibition of new works by Elyse de Valle. Intricate embroidered adaptations of notes from the artist's journals taken throughout Dialectical Behaviour Therapy sessions, articulate painful emotions, urges and symptoms. They are stitched into fabric as words and physical traces of process.

Elyse de Valle is an artist and archivist who engages with materials and site to express the conceptual concerns of her art practice. De Valle's work explores little known narratives that permit her contemplation of creative labour, memory, trauma, loss and experience. It is often a pursuit to trace, re-examine and respond to social and personal history, reflecting on how memory is encoded directly and indirectly within the body and built form.

De Valle completed a Bachelor of Fine Art with First Class Honours in 2012 and a Masters of Fine Art in 2015 at Monash University. She has held solo and group shows around Australia and internationally, was awarded the 2017 Glenfiddich Artists in Residence program award for Australia/New Zealand, and has undertaken residencies in Italy and Scotland.

Artist's Acknowledgements: During the making of this exhibition, I have lived and worked on the lands of the Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Peoples. On their country I have found a home that I feel safe, curious, and comfortable in. I thank, acknowledge, and pay respects to the Dja Dja Wurrung, Taungurung and Wurundjeri Woi Wurrung Peoples, the traditional owners and sovereign custodians of the land on which I work and live. I extend my respect to their Ancestors and all First Peoples and Elders past, present and future. Sovereignty has never been ceded.

This exhibition is accompanied by an **Artist Book** available in hardcover, paperback and ebook editions.

Kuiper

11/198 Adelaide Street, ANZAC Square Arcade, Brisbane 4000.
Friday 10am – 4pm & Saturday 10am -4pm (During Exhibitions)
kuiperprojects.org

Kuiper Projects respectfully acknowledges the traditional custodians of the land on which Kuiper is situated: the Turrbal and Jagera people.



**Queensland
Government**

Artist Book



Order Here

This project is supported by the Queensland Government through Arts Queensland.