The Art of Recovery Hits the Big Time!

A few weeks back, I wrote an article for SecondAct.com about an extraordinary artist I met some years ago when she was just out of treatment at McCallum Place in St. Louis. Judith's story of coming to herself through art in and about recovery is beyond exciting.

I just have to share with you the latest news about her most recent exhibit, at Columbia University's College of Physicians and Surgeons. This is the ultimate feel good story about hope and health!

This article about Judith was in the New York Times!

http://well.blogs.nytimes.com/2011/03/28/an-older-generation-falls-prey-to-eating-disorders/

The link below is to a video Columbia prepared.

http://ps.columbia.edu/news/video-art-exhibit-reveals-challenges-anorexia-recovery

The lesson in Judith's creative triumph is that you cannot separate the good from the bad in life. Her experience with her eating disorder played as vital a role in her art as has her recovery. And the same persistence that kept her stuck in her eating disorder for years has now become her most wonderful ally in her commitment to her art, pressing her case with medical schools, and taking her work and her message of hope and truth to the highest levels -- where that message is so critically needed if we are ever to break through the stigma that prevents adequate ED treatment and prevention.

We would never wish an eating disorder -- or any trauma -- on anyone, least of all ourselves. But in and out of recovery it's essential to remind ourselves that pain, disappointment, and sadness are both inescapable and survivable elements of the human experience. Just as artists must learn to use negative space in their work, we all need to learn to use the negative emotions and experiences in our lives.