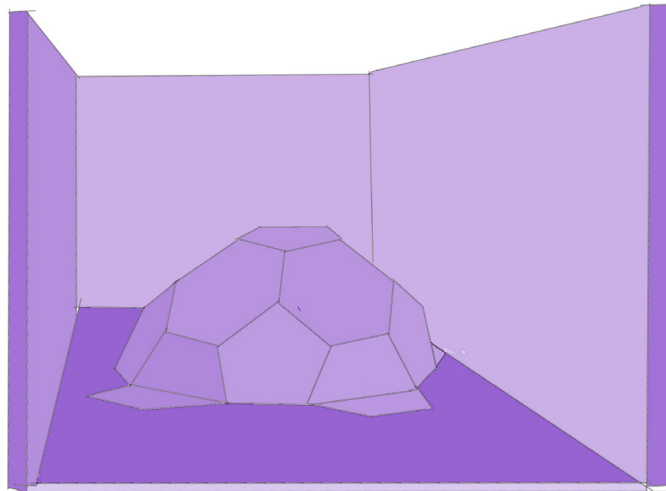
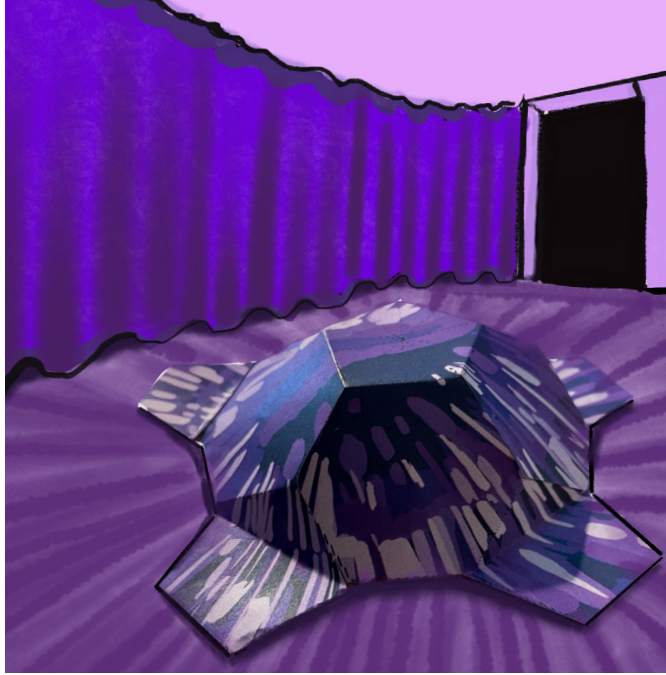


Katrine Skovsgaard

Sharing Chronic Headaches
Through Contemporary Dialogical and Tactile Art

Portfolio of practice



Aura In process rug tapestry installation visualising a purple migraine aura, 2023

Sacks (2012) observes that migraines through time have been accompanied by hallucinations: visual auras, which are form constants. Unlike the subjective experience of the headache, these auras follow a universal pattern that adheres to one of three general categories: phosphenes, scotomas or cortical waves.

The ancient Greek physician Aratheus describes these auras as flashing lights of purple and black colours. This is precisely how my auras appear as a warning sign that a migraine is coming. I am reproducing the aura pattern for this tapestry installation to show a unifying aspect of migraine headaches.



Touch Southwark Park Galleries, London, March 2022

"C-tactile favorable touch provides a non-verbal method of communicating social support and results in reduced pain sensitivity." (Taneja et al., 2021)

Rug tapestry installation accompanied by a sound narrative conversation between four voices conveying narratives of emotional and painful stories connected to touch. These images show the tapestry hung as an installation at Southwark Park Galleries' Dilston Grove Gallery in London. [Listen to sound here.](#)



Intimacy Ibiza, March 2022

A photographic digital print on silk georgette shows working hands accompanied by conversations exploring emotional and painful stories of touch, hands and skin, collaging different people's experiences.

Install and in-process images of participants in Intimacy: (from left to right) Install shot at Ses12Naus Foundation; in conversation with two artisans; a tattoo artist with a broken little finger; an interpreter signing and a deaf-blind person reading sign language in the palm of his hand; a musician playing the hand-pan and a ceramicist manipulating clay.



Intimation Ses12Naus, Ibiza, April 2022

Touch is the first sense that we develop. It is an incredibly nuanced and varied sense that can mean something different to all of us. With touch, we can move from inconsequential to salient in an instant. There are many qualities and emotions connected to touch, and it can be both comforting, uncomfortable, intimate and connecting. It is closely linked to emotions and pain. The reciprocity of touch is always up for debate and cannot be assumed symmetrical.

[Listen to sound collage here.](#)



Touch Cromwell Place, London, July 2021

Rug tapestry installation accompanied by sound piece. These images show the tapestry hung as an installation at Cromwell Place in London. The circular construction creates a room-within-a-room that is a calm environment to listen to the audio piece. Viewers are invited to sit. Installation images by Ollie Harrop. [Listen to sound here.](#)

I was awarded the HIGH Prize of Creative Excellence for the project.



Release - Grid #1-15 Photographic grids 100x70 cm - KP20, Kunsthall Aarhus, April 2021

A series of paintings, photographic grids, performances and videos. I translate exercises for chronic headaches into materials that speak openly about the body and its functions. The work becomes a visualisation that is inseparably bound up with the real without resembling it; abstractions of lived life.

Each of these frames represents a medical headache specialist I have met and the physical exercises they have given me, totalling 15 specialists and more than 100 exercises to be completed daily.



Release - Performance Performance of painting a release painting at Copenhagen Art Week (2019)

Release has been exhibited in different constellations; at The Language Hospital at Sorø Art Museum, Copenhagen Art Week, Kuldiga Art Hall in Latvia, BKF in Copenhagen, Travers Smith in London and the publications The Pluralist, UK and Der Grief Guest-Room curated by Dominic Bell, Germany.

They are here shown as a performance at Copenhagen Art Week.



Headache Eleven portraits co-created with people with chronic headaches (2017)

In this project, I led each person experiencing chronic headaches through a series of exercises and conversations leading them to imagine and then paint a free representation of their headache directly onto their face to externalise and make visible the subjective and multi-layered experience of a chronic headache. I filmed the process and took studio portraits of each person with and without their headache face-painting.



(I) Exhibition and workshops (2016-2019)

Photographs on silk satin with painted pain visualisations, made with chronic pain patients. I won the 15th of June Foundation's Honorary Award and the Sven Dalsgaards Honorary Award for the project, which was judged one of the three best graduation projects from the Danish art academies in 2016.

The work includes workshops and video documentation:

Lykke Melisa Hansen: <https://vimeo.com/178634771>

Thomas David Trautner: <https://vimeo.com/172313115>