

THELMA VAN RENSBURG

I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF

08.05.21 - 01.06.21

LIZAMORE
& Associates



Childhood trauma caused by emotional and psychological abuse by a caregiver causes severe long term mental distress. Psychologists argue that severe emotional abuse or neglect in childhood causes a fragmentation of the self where certain parts of the victim's self becomes disassociated or split off as a maladaptive protective response to the trauma. The person disassociates the trauma and parts of him/herself to survive the trauma. The traumatised parts therefore becomes part of the persons shadow self.

"The artworks I created is an attempt to address this phenomena from the point of view of my own personal experience with childhood trauma and my ongoing struggle to find a stable sense of self."

This exhibition represents figurative work created from original ink paintings which were layered in multiple layers to create distortion and chaotic line work. The outlines of the figures become distorted and creates a sense of instability and also violence. In addition a single identifiable face was layered onto each figure giving the impression that these are not multiple individuals but rather multiple fragments of the same person. The identity of the subject is confused which expresses the psychological confusion and distress the trauma victim suffers.

"Beneath the social mask we wear every day, we have a hidden shadow side: an impulsive, wounded, sad, or isolated part that we generally try to ignore (or hide). The Shadow can be a source of emotional richness and vitality, and acknowledging it can be a pathway to healing and an authentic life."

– C. Zweig & S. Wolf

Thelma van Rensburg was born in Pretoria, South Africa in 1969. She has a B.A Honours degree in physical education from the **University of Pretoria** and a B.A Honours degree in psychology from **Unisa**. In 2004 she decided to study art full time and received her B.Tech degree in **Fine Arts at Tshwane University of Technology** in 2007. She completed a further Hounours degree in Fine arts at the **University of Pretoria** in 2013 and completed a Masters of Arts degree in Fine Arts at the **University of Pretoria** in 2016. She completed three artist residencies through **Transart Institute** for creative practice in Berlin and Mexico between 2015 and 2018. She has participated in nine solo exhibitions and numerous group exhibitions throughout South Africa. Her work has featured in prestigious competitions such as **Sasol New Signatures**, **Thami Mnye Fine Arts Awards** and the **Sanlam Vuleka Arts** competition.



I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF



I exist in multiples II

2020

Ink and digital manipulation on paper

Edition of 3

43.34cm x 56.1cm

R 8 000-00

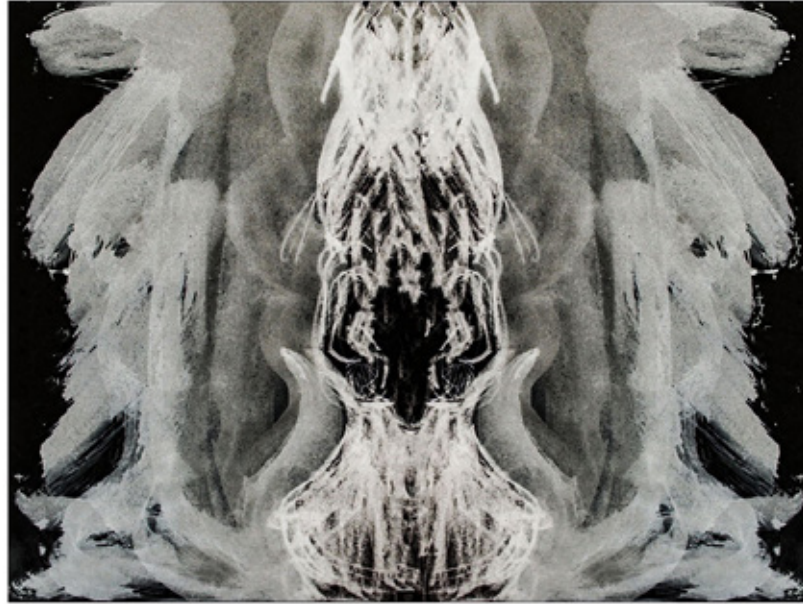
I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF

I exist in multiples IV
2020
Ink and digital manipulation on paper
Edition of 3
43.34cm x 56.1cm

R 8 000-00



I EXIST IN MULTIPLES
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Phantom girl

2018

Ink and digital manipulation on paper

Edition of 3

9cm x 7cm

R 500-00



Abysmal companion I
2021
Ink and digital manipulation on paper
Edition of 3
30cm x 21cm

R 1 750-00

I EXIST IN MULTIPLES
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Abysmal companion II

2021

Ink and digital manipulation on paper

Edition of 3

30cm x 21cm

R 1 750-00

I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF

I exist in multiples VIII

2020

Ink and digital manipulation on paper

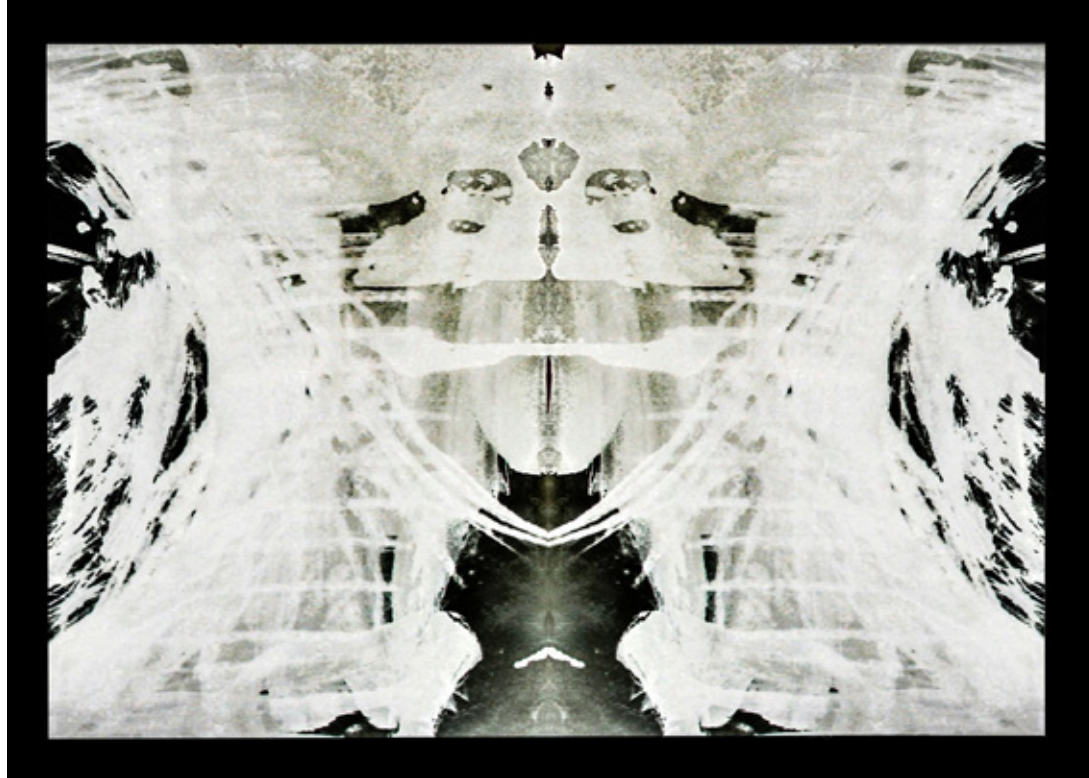
Edition of 3

43.34cm x 56.1cm

R 8 000-00



I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF



Ambiguous loss

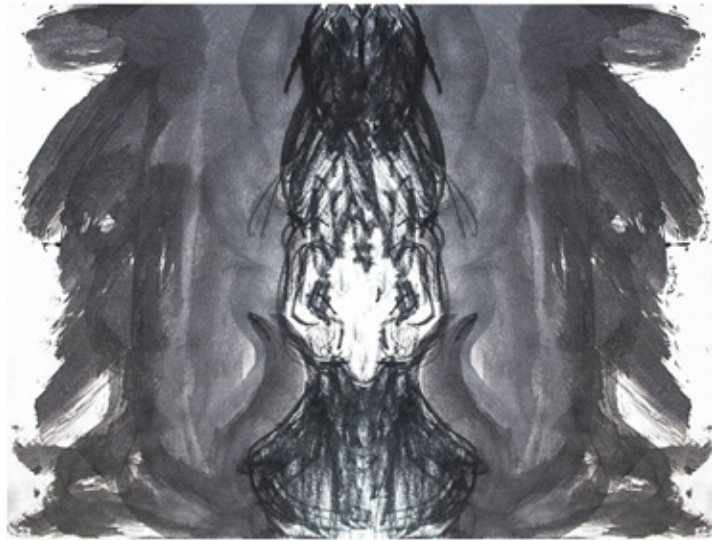
2021

Ink and digital manipulation on paper

Edition of 3

30cm x 21cm

R 1 750-00



Angry girl
2018
Ink and digital manipulation on paper
Edition of 3
9cm x 7cm

R 500-00

I EXIST IN MULTIPLES
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Dress with a heart

2018

Ink and digital manipulation on paper

Edition of 3

9cm x 7cm

R 500-00

I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF



I exist in multiples X

2020

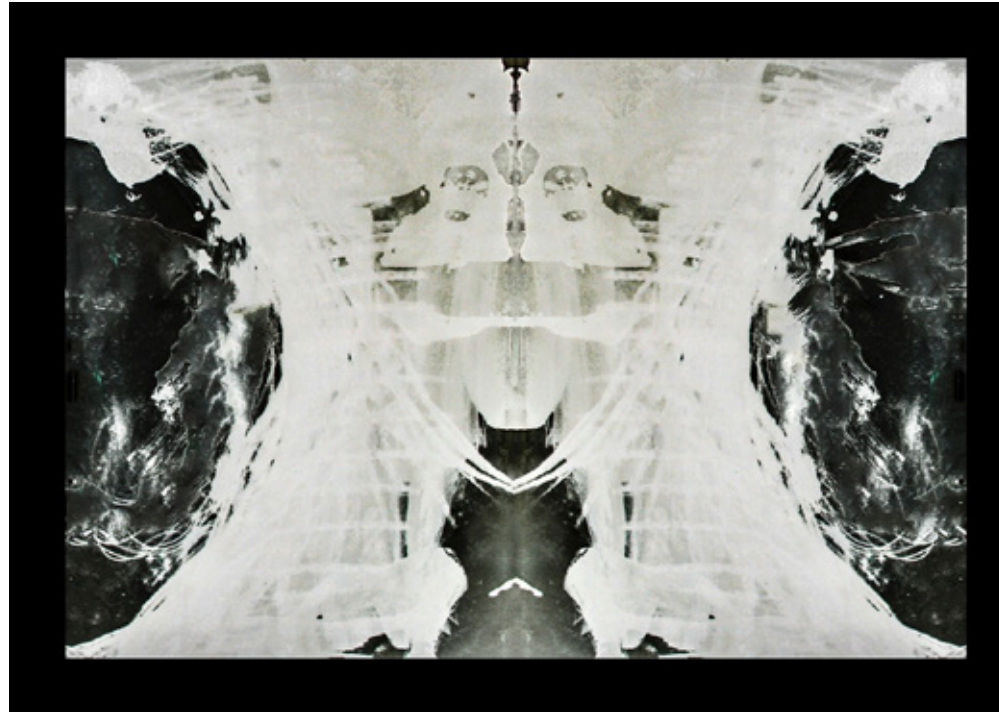
Ink and digital manipulation on paper

Edition of 3

43.34cm x 56.1cm

R 8 000-00

I EXIST IN MULTIPLES
A JOURNEY INTO THE SHADOW SELF



Cast to the shadows

2021

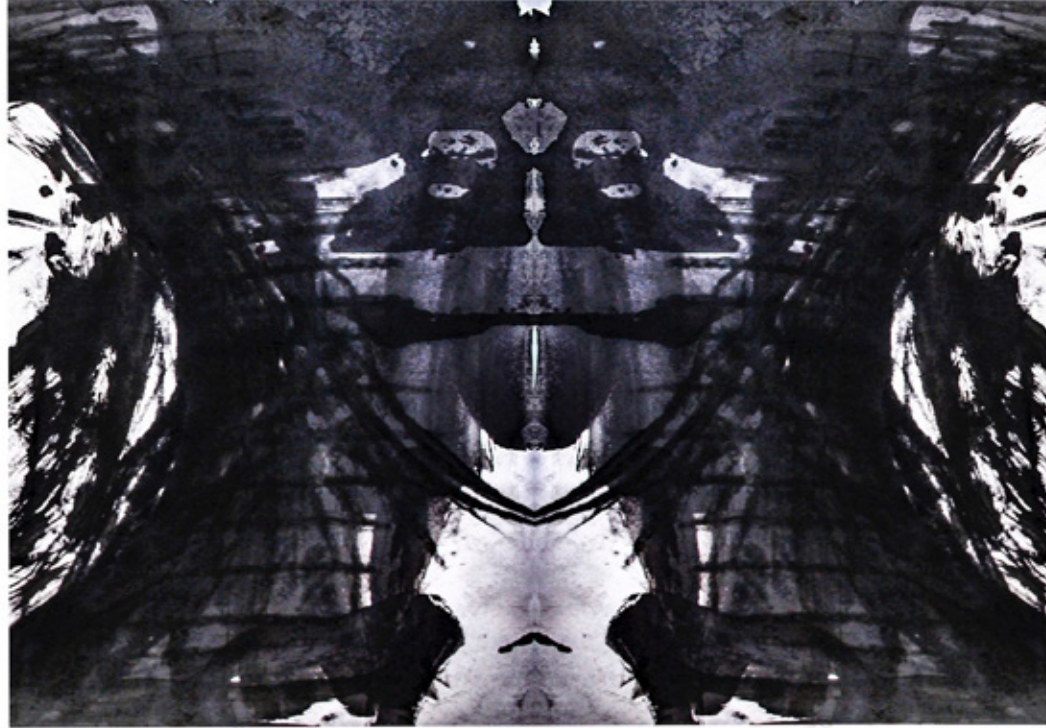
Ink and digital manipulation on paper

Edition of 3

30cm x 21cm

R 1 750-00

I EXIST IN MULTIPLES
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Cast to the shadows II
2021
Ink and digital manipulation on paper
Edition of 3
30cm x 21cm

R 1 750-00

I EXIST IN MULTIPLES
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Cast to the shadows III
2021
Ink and digital manipulation on paper
Edition of 3
30cm x 21cm

R 1 750-00

I EXIST IN MULTIPLES
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Cloak of darkness

2021

Ink and digital manipulation on paper

Edition of 3

30cm x 21cm

R 1 750-00

I EXIST IN MULTIPLES
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I exist in multiples XV

2020

Ink and digital manipulation on paper

Edition of 3

43.34cm x 56.1cm

R 8 000-00



Dress with a heart II

2018

Ink and digital manipulation on paper

Edition of 3

9cm x 7cm

R 500-00

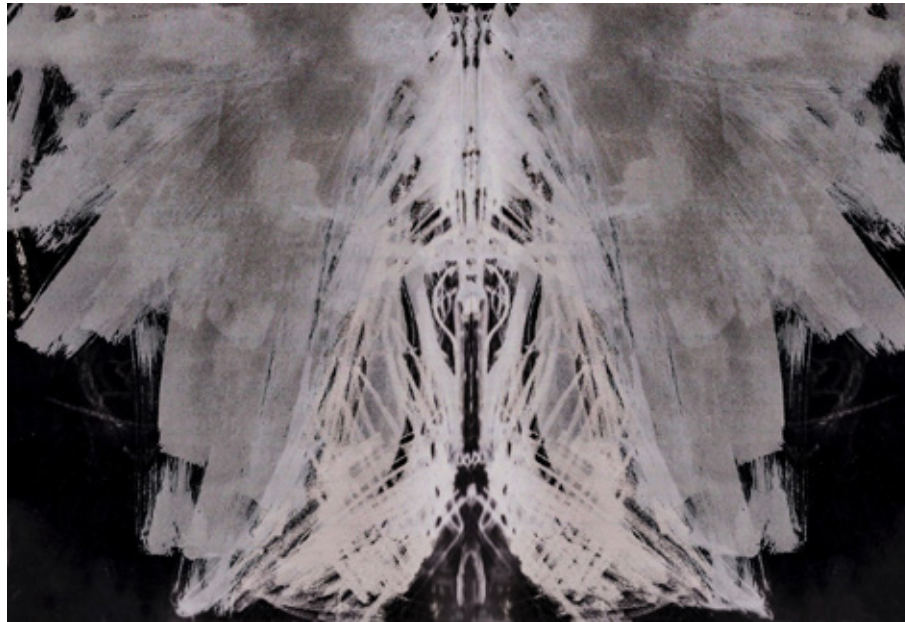
I EXIST IN MULTIPLES
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Dress with a soul
2018
Ink and digital manipulation on paper
Edition of 3
9cm x 7cm

R 500-00

I EXIST IN MULTIPLES
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Ghost cloak
2018
Ink and digital manipulation on paper
Edition of 3
9cm x 7cm

R 500-00

I EXIST IN MULTIPLES
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I exist in multiples XVII

2020

Ink and digital manipulation on paper

Edition of 3

43.34cm x 56.1cm

R 8 000-00

LIZAMORE
& Associates
CONTEMPORARY ART GALLERY AND CONSULTANCY



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