

# Valeria Golovenkina

PORTFOLIO



# ABOUT

Valeria Golovenkina is an artist based in Saint-Petersburg, Russia. Her practice is centered on her creative research of personal identity and the study of psyche, as a student of psychology.

A number of techniques has been acquired by Golovenkina during her many years of artistic practice as a watercolor artist. She is currently working with various media including natural materials and ceramics.

She utilizes various media in order to explore mind-body connection, vulnerability, and psychological injuries. Combining existential therapy and psychoanalytic methods, Golovenkina invites her viewers to look deep within themselves.





## **NOTHERN SEA**

watercolor on paper, 150x99 cm, 2022

# # s e a \_ v g

series

2018-2024

Feelings and emotions, according to the artist, are quite like water. They give life its brilliance and a better taste, but are also capable of destroying from within. They allow for clarity of vision and clouding your eyes at the same time. Each of them is beautiful in its own way.

The purpose of this project is to capture the diversity of states of water and human states together.

Valeria Golovenkina

# Touch series

2023-2024

Sea creatures live in a kind of tactile deprivation. Getting in contact with them is possible but very unlikely to be an enjoyable experience for both sides.

Dreams and visions are a very intimate and delicate substance. In this series Valeria Golovenkina draws on ideas of the humanistic approach to psychology, inviting the viewer to ponder on accepting their own innermost feelings. The artist speculates on the effects that emotions might have on physical motion through the metaphor of furry marine creatures. Admitting the tenderness down deep inside of you and embracing your dark side, one becomes free, feels more life, achieve greater heights.

Having been inspired by natural forms, human can borrow their best qualities and utilise them in his technical achievements. At the same time, the distinctive features of the animal world can lead the viewer to a number of interesting associations and provide food for introspection.

Working with transformative properties of the material, Valeria invites the viewer to immerse themselves in sensations and being taken through new experience.

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## My little girl

Eco fur, crystals, feathers

15x15x58 cm 2023



Valeria Golovenkina



### **Hug me, please**

Gypsum, eco fur, diods  
74x45x20 cm



### **You're enough**

Gypsum, eco fur, beads  
18x28x14 cm



details



Valeria Golovenkina

# Body Language

series

2023-2024

Exploring the duality of personality, the artist relies on the psychoanalysis approach and turns to the human body, the way it encodes messages and expresses hidden motives. For Valeria Golovenkina it is important to encourage the viewer to notice their own associations and feelings, to be in touch with them and get to know them better.

## Settings

Gypsum, feathers, cm 2023

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# Hidden

series

2024

The project is intended to explore hidden emotions, specifically those not considered socially acceptable. Coming from a family whose generations had been typically raised with traditions of Soviet-era thinking, she suffered mental pressure from those around her, truly believing that a certain range of her emotions had to be viewed as shameful. Golovenkina emphasizes the importance of having an accepting attitude and embracing one's own feelings in order to avoid the negative impact on overall mental health.

## Fragile

Gypsum, epoxy resin  
31.5x11x16 cm





details



# Black'n'White

## series

2021-2022

In the Black'n'White series, I reflect on the representation of black and white. Society has labeled black as a symbol of darkness and evil, and white as a symbol of purity, correctness and goodness, and encourages striving from the former to the latter.

I argue that unawareness is the real darkness. This is an attempt to unveil only one's "bright" side to the world, with denying and silencing their shortcomings, an attempt to destroy the "evil" in themselves. But there is no light without a shadow.

Black is just black.

White is just white.

Become yourself, not the best version of yourself.

## The Sun

Acrylic on cardboard, mirror, burned frame, golden leaf 2022



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## **Now I can breath free**

Watercolor on cardboard, 68x63 cm 2023

# Moving

series

2023

The word "moving" means both «able to move» and «touching, emotional». The artist combines these two meanings in her series of watercolor on cardboard. The choice of medium is a challenge to the rules and a means of conveying the inner turmoil and grief about her childhood and naivety in connection with an urgent relocation.

The subjects of paintings are landscapes and floral motifs, among which Valeria grew up. The abstract paint drips and understatement refer either to scraps of a night dream or to fervent desires.

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## Bio

Valeria Golovenkina is an artist from St. Petersburg. With the help of transformational properties of the material Valeria explores the theme of her own identity based on scientific theories of the connection between body and psyche. She has been working with the medium of watercolor since 2013. She has participated in exhibitions since 2018. Works are in private collections in the US, Europe, China and Russia.

## CV

Valeria Golovenkina is an artist working with themes of identity, emotion, and introspection, working with watercolor, oil, textile and sculpture  
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2024 - GlogauAIR Online Residency Program Apr-June

2023 - "Another Reality in Russian Modern art" - Yusupov Palace, St. Petersburg

2022 - "Black'n'White", Sailors' Palace, solo show

2022 - "White Balance" White Balance solo show

2022 - "Water World" Union of Artists St. Petersburg group exhibition

2022 - "St. Petersburg Week" Union of Artists St. Petersburg

2019-2020 - Finalist of the contest "The Muse Must Work", the work was recognized with a sponsorship prize.



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