



AMALGAMATE

JEWELL NICHOLS



The Davis Art Gallery January 2025
University of Denver School of Art and Art History

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Jewell Nichols is a Denver-based multidisciplinary artist who seeks to investigate themes of physical and psychological healing by focusing on the profound relationship between trauma and the human body's somatic memory. Primarily working with ceramic and soft-sculpture, Nichols calls upon her own experience with therapy to examine the ways in which our emotional and physical experiences are etched into our forms, using her work as a means of reflection, healing, and dialogue. Currently a senior at DU, Nichols values her studio practice as a contemplative space, and hopes to expand the breadth of her work to engage in other mediums of expression such as performance, installation, and video.

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Through various sensory elements like texture, sound, smell, and movement, my work conveys specific emotions and experiences without uttering a word. My studio practice intertwines therapeutic coping mechanisms – discovered and practiced through my own personal journey with therapy – with creative acts in performance, video, and sculpture. My artwork serves as a language, transcending verbal conversation and giving form to abstract concepts that might otherwise elude me.

To delve deeper into merging art and healing, my work becomes the physical manifestation of psychological coping mechanisms, such as the compartmentalization strategy, the “Container” technique. I incorporate the practice of “parts-work,” a specific aspect of Eye Movement Desensitization and Reprocessing (EMDR) therapy that is used to encourage emotional control and awareness. Parts-work calls for an individual to visualize different emotions, triggers, or memories as a characterized facet of themselves, allowing for conversation between these parts. Through this lens, my containers become fragments engaging in an ongoing dialogue, amalgamating into something new.

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All that I have, 2024

Ceramic, water

A Vestige, 2025

Ceramic, cotton macrame cord

All that I can see without my eyes, 2024

Ceramic, mycelium

Flesh and Bone, 2025

Ceramic, cotton macrame cord

Net Pot, 2024

Ceramic, cotton macrame cord

Plasmodesmata, 2025

Ceramic

Setting for two, table for one, 2024

Ceramic

I can't remember; I can't forget, 2025

Ceramic

