

this is performance art



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INTRODUCTION

1. What is Performance Art? What isn't Performance Art?

2. Listen. Representation. Work. Collaboration. Materiality. Community. Affirming. Expression. Educate. Body. Context. Process. Experiment. Character. Access. Badass. Freedom. Communicate. Intimacy. Opportunity. Uncomfortable. Transformative. Connection. Culture. Question. Perform. Criticize. Power. Reflect. Live. Improvise. Know. Practice. Interact. Embody. Humor. Move. Intention. Authenticity. Mess. Growth.



3. Listen to yourself. Bring aspects of yourself. Listen to the kind of work you want to produce. Know yourself. Take charge. Follow the quietest voice you have. Find really good mentors.

4. It doesn't matter if you're good at it, just that you want to do it. Whatever your body needs to do, do it.

5. Does that help?



CASSILS

in conversation with

**EDIE MUELLER &
PARKER JONES**



Cassils is a multi-talented artist based in Los Angeles, California. Cassils addresses many social issues in their work and as a transgender artist, they frequently use their own body in order to convey the violence committed against LGBTQ+ bodies throughout history.

During our interview, we had the opportunity to hear Cassils speak about an experience with gallbladder disease in their youth, and how that has affected their relationship with the medical world. We also discussed the topics of gender identity and expression, the concept of consent, the use of trigger warnings in performance art, and the generational differences that these ideas illuminate.

**[INTERVIEWS HAVE BEEN RE-
MOVED—PLEASE CONTACT COUCH.
CHELSEA@GMAIL.COM
FOR MORE INFORMATION]**

CHRISTIE BLIZARD

in conversation with

**BILLY ULLMANN &
OAK PHOENIX**



Christie Blizzard (they/she) is a performance artist based in San Antonio, utilizing their background in painting and back-to-back life-changing experiences in 2015 to break open what it means to be a nonbinary creator and blending in their masterful understanding of sound, costuming, and creating intentional discomfort.

This interview with Blizzard helped recontextualize the role of materiality and emphasized the importance of listening to yourself and listening to the kind of work you have a desire to produce.

JESS DOBKIN

in conversation with

**DARBY HAMMOND &
GRACE GOODYEAR**



Jess Dobkin is a Toronto-based artist who is internationally known and acclaimed. Her work centers around queer identity and bodily autonomy while pushing the boundaries of art and performance. She has a B.A. in Women's Studies from Oberlin College and an M.F.A. in Performance Art from Rutgers University.

"She is a lesbian and a mother of a child."

-Wikipedia

This interview with Jess Dobkin provides a very personal insight into the artistic process and the translation of the self through your artwork. The interview quickly becomes a discussion among artists that is insightful and enriching.

KULDEEP SINGH

in conversation with

**ABDUL ALI &
CATE LEACH**



Kuldeep Singh is a multidisciplinary artist who uses his decade of training in Odissi dance, as well as his education in inter-media and painting to craft performances related to gender, sexuality, colonization, environmentalism, and so much more.

This interview was particularly eye opening about negotiating collaboration and the use of natural elements in Performance Art.

WYNNE GREENWOOD

in conversation with

*NATALIE KLETT &
SAGE CLEMONS*



Wynne Greenwood is a Seattle-based artist who works in various media such as performance, installation, music, photography, and filmmaking. She is particularly interested in making art that explores queer identity and feminism and is most well known for her virtual-art-band project called “Tracy + The Plastics”.

By interviewing her, I realized how important knowing yourself is when creating artwork that is your own. Identity plays a very important role and whatever you create houses a little piece of you within it, no matter what.

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Chelsea Couch

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