

## FOR IMMEDIATE RELEASE

October 15, 2026 · South Dallas Cultural Center, Dallas, Texas

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# Art as an Opening:

## A Public Conversation on Art, Mental Health, and the African-American Community

Arthur Fields and Dr. Teresa L. Jackson in conversation — closing night of *Water + Light*

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### EVENT DETAILS

**Date:** Thursday, October 15, 2026

**Time:** 6:00 PM – 8:00 PM

**Venue:** Arthello Beck Gallery, South Dallas Cultural Center

**Address:** 3400 S. Fitzhugh Avenue, Dallas, Texas 75210

**Admission:** Free and open to the public

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**DALLAS, TX** — On the closing night of *Water + Light* at the South Dallas Cultural Center, artist Arthur Fields will host *Art as an Opening* — a free public conversation with Dr. Teresa L. Jackson, clinical psychologist and artist, on the relationship between visual art, mental health, and healing in the African-American community.

The conversation takes its title from a conviction at the heart of the exhibition: that visual art can function as a doorway into experiences that clinical language cannot reach. Fields and Dr. Jackson will move through the work together — discussing *Treading Water*, a diffusion photography series exploring endurance and emotional survival, and *Exposed to Joy*, a community-participatory cyanotype portrait series documenting genuine, unposed joy — and explore what images can hold that medical records cannot: the felt, interior experience of grief, struggle, and resilience in Black life in America.

Therapists, counselors, mental health advocates, artists, collectors, and community members are all warmly welcome. No prior knowledge of art or psychology is required. The conversation will be followed by an open reception.

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### ABOUT ARTHUR FIELDS

Arthur Fields is a multi-disciplinary artist, photographer, and Associate Professor of Art at Dallas College. His practice centers on diffusion photography and cyanotype, exploring emotional endurance, ancestral memory, and Black experience in America. Fields is represented by Pencil on Paper Gallery, Dallas, and holds an MFA from Texas Woman's University and a BFA from Washington University in St. Louis. [arthurfields.net](http://arthurfields.net)

### ABOUT DR. TERESA L. JACKSON

Dr. Teresa L. Jackson is a Dallas-based clinical psychologist and artist whose work bridges creative practice and mental health. She brings to this conversation a rare dual perspective as both a clinician and a working artist, and is a trusted voice in discussions of mental wellness and healing within the African-American community.

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