LISMORE REGIONAL GALLERY

Southern Cross University

GALLERY 5

Helana Goodman

The body as evidence

28 NOVEMBER 2026 –
28 FEBRUARY 2027

Lismore Regional Gallery
11 Rural Street
Lismore, NSW 2480

Open hours
Wednesday to Sunday, 10am – 4pm
Thursdays until 6pm
Closed on public holidays

W lismoregallery.org
T 02 6627 4600
E art.gallery@lismore.nsw.gov.au
@ LismoreRegionalGallery

Lismore Regional Gallery is a creative initiative of the Lismore City Council supported by the New South Wales Government through Create NSW and the Friends of the Gallery.

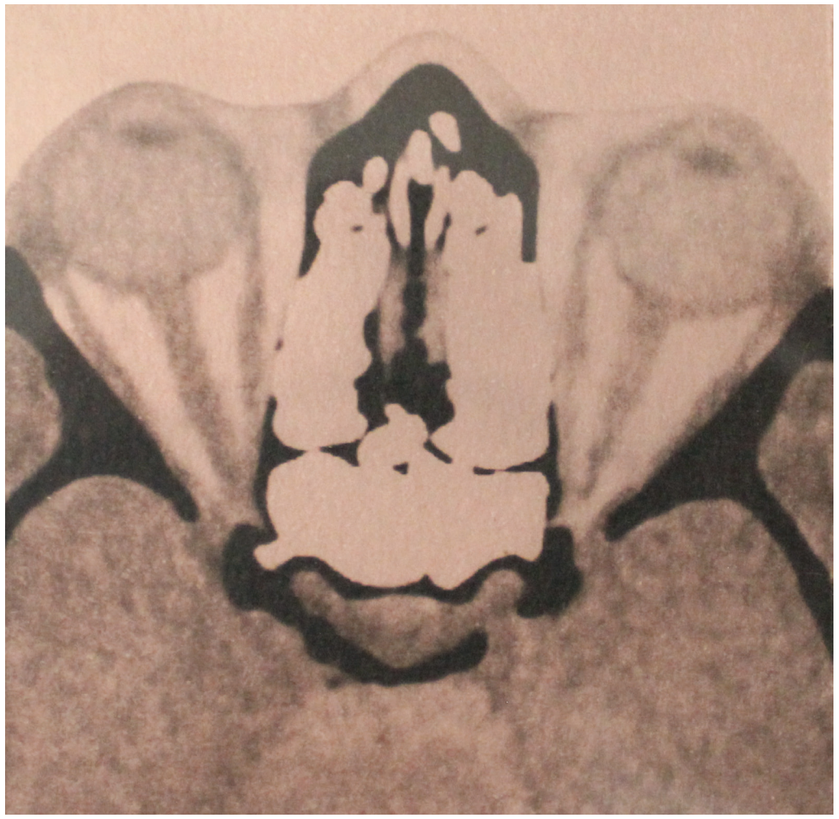
The Gallery acknowledges the Widjabul Wia-bal people of the Bundjalung Nation as the traditional owners of the land upon which the gallery stands. We pay respects to elders past, present and emerging and extend that respect to all First Nations cultures and their contributing connection to land, waters, community and the arts.



Maxillalgia 2026
copper etching on Hahnemühle paper



Alveolalgia 2026
copper etching on Hahnemühle paper



CT Scan pt.8 2026
cyanotype on Hahnemühle paper

Helana Goodman’s practice explores trauma, resilience, and the body through copper etching and printmaking. The series began after an invasive surgery to remove eight wisdom teeth. Etching became a way to process and reclaim this experience. Teeth and skulls appear throughout Goodman’s practice as vessels of pain, memory, and transformation. The copper plates reflect the precision and violence of surgery, while the acid’s bite mirrors the lingering sensations of healing. Within the context of Lismore’s resilience, these works invite viewers to consider the invisible aftermaths we carry and the slow, determined act of rebuilding.

list of works

Helana Goodman
born 2002, Tweed Heads, Australia
lives/works Gold Coast, Australia

***Alveolalgia* 2026**
copper etching on Hahnemühle paper
43.5 x 43.5cm (framed)
$520

***CT Scan pt.1* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.2* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.3* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.4* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.5* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.6* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.7* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.8* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.9* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.10* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.11* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***CT Scan pt.12* 2026**
cyanotype on Hahnemühle paper
27.5 x 27.5 cm (framed)
$195

***Maxillalgia* 2026**
copper etching on Hahnemühle paper
43.5 x 43.5cm (framed)
$520

***Odontalgia* 2026**
Lino print on Hahnemühle paper
43.5 x 43.5cm (framed)
$520

***Stimulus* 2026**
copper etching on Hahnemühle paper
84.5 x 9cm
nfs

all works courtesy the artist

Helana Goodman is a Gold Coast-based printmaker working primarily in copper etching and cyanotype. She studied Visual Art and Design at Southern Cross University in Lismore, where she developed an interest in traditional printmaking processes and their capacity to communicate personal experience.

Goodman's practice is informed by her experience of chronic pain and nerve damage, exploring themes of healing, resilience, memory, and the body. Through the slow, tactile processes of etching, she investigates the traces left by physical and emotional experience and the ways transformation can emerge through making.

Goodman is the recipient of the 2025 VERGE Graduate Art Award through Lismore Regional Gallery, awarded in recognition of her creative and academic achievement. The award has led to the development of her current exhibition, *The body as evidence*, which explores themes of recovery, adaptation, and embodied experience.