ART THERAPY: WHAT TO SEE FOR YOUR POST-ELECTION WOES

New York’s best medicine for coping with a Trump presidency, from the Brooklyn Museum to the Met Breuer.

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The Brooklyn Museum usually has an admission fee of $6, but this weekend the institution’s offering free admission “as people search for a sense of national unity.” The reference, of course, is to the results of the election, which many — and many artists among them — have come to consider a national tragedy.

This weekend, there, has been one for coping. And for those New Yorkers willing to venture out of their homes, the experience of seeing art has proven a useful antidote. Here, the best works to see in the city this weekend and in coming weeks, from all-immersive installations like Pipilotti Rist at the New Museum that serve as beautiful distractions to racially focused shows that’ll get you ready to mobilize, like Kerry James Marshall and Benny Andrews’ recap of African-American history.

From 1970 to 1975, the artist Benny Andrews celebrated America’s 200th birthday by capturing his feeling as an African-American in the country, memorializing the issues — war, incarceration, and inequality among them — he had a hunch might be excluded from the official narrative in six separate series of paintings and drawings. Altogether, they form the Bicentennial Series, an inspiring mix of sketches and monumental works formed by 12 canvases that’s now on display as a group for the first time at Michael Rosenfeld Gallery, marking a historical era as we ready to head our way into the next.