

Prepared for the “Art for Meat Tax” festival · Riga, Latvia · September 2026

The twelve sources below are the strongest, most quotable references on Matt Sesow — a mix of major press, museum and university exhibitions, in-depth interviews, a documentary film, an international magazine feature, and a United Nations honor. Every link was checked and is live. For the fastest overview, start with the career chronicle (No. 12), which includes ready-to-use bios you are welcome to quote. The Washington Post article (No. 1) is attached to this packet as a scanned image, since the online version is behind a subscription.

Ready-to-use bio (50 words)

Matt Sesow (b. 1966, Omaha, Nebraska) is a self-taught Washington, DC expressionist painter who has sold over 17,000 original works to collectors in 40+ countries since 1994. A childhood airplane accident that claimed his left hand became the foundational influence on decades of daily painting. He was among the first artists to sell paintings online.

Key facts

- Born Sept 10, 1966, Omaha, Nebraska · self-taught Washington, DC expressionist painter.
- At age eight (1974) he was struck by a landing airplane and lost his dominant left hand — the foundational influence on his work.
- Painting and shipping original work daily since 1994; 17,000+ works sold; collectors in 40+ countries; direct-to-collector, no galleries.
- Among the first artists in the world to sell paintings online (1995), documented in a 1997 John Wiley & Sons book.
- Year-long AVAM solo “Shock and Awe” (2016–17) → 26 works into the museum’s permanent collection.
- 2013: his painting “Dive Bomb” was chosen for a United Nations postage stamp.
- 2021: Old Dominion University retrospective — 168 works shown alongside 13 original Basquiats.
- Partner and frequent collaborator: Washington, DC artist Dana Ellyn.

MAJOR PRESS & MUSEUM / UNIVERSITY EXHIBITIONS

1. The Washington Post — “The saga of Matt Sesow”

Feature by Debra Bruno · The Washington Post, 2015

The flagship press piece: “How a one-handed artist is seizing D.C.’s art world.” A full profile of Sesow’s accident, self-taught practice, and direct-to-collector career. The single most authoritative citation. **The online article requires a Washington Post subscription — the full article is attached to this packet as a scanned image (courtesy of the artist).**

■ [washingtonpost.com](https://www.washingtonpost.com) — the saga of Matt Sesow (subscription)

2. American Visionary Art Museum — “Matt Sesow: Shock and Awe”

Official museum exhibition page · AVAM, Baltimore · May 2016 – May 2017

The museum’s own page for his year-long solo show, curated by AVAM founder Rebecca Alban Hoffberger. 150+ works; the show led to 26 paintings entering AVAM’s permanent collection.

■ avam.org — Matt Sesow: Shock and Awe

3. “Life and Limb” at Old Dominion University (shown with 13 original Basquiats)

Baron & Ellin Gordon Art Galleries, Norfolk, VA · 2021

His 27-year retrospective — 168 works displayed alongside thirteen original Jean-Michel Basquiat paintings; voted Best Gallery Show of 2021. The exhibition site holds the press release, reviews, photos and video.

■ life.sesow.com — the exhibition (press release + reviews + video)

IN-DEPTH INTERVIEWS & FEATURES

4. Hippocratic Collective — “Matt Sesow’s Choice: Life and Art After Amputation”

Essay by Sacha McBain, PhD · April 2026

A clinical psychologist’s close reading of Sesow’s work as trauma recovery — unpacking the autobiographical AVAM paintings “Guardian Angel” and “A Choice,” the ‘trauma cup,’ and the rabbit icon. A thoughtful, quotable angle on art, injury and healing.

■ hippocratic-collective.com — Matt Sesow’s Choice

5. AATONAU — “Matt Sesow: Turning Trauma into Artistic Triumph”

Long-form feature by Hajra Salinas · February 2025

The most recent in-depth profile: punk-rock roots, the “trauma cup” and other recurring icons, painting abroad, and his collaboration with Dana Ellyn. Rich, quotable, and current.

■ aatonau.com — Turning Trauma into Artistic Triumph

6. Nebraska Public Media — “Artist With Nebraska Roots...”

Public broadcaster article + “Nebraska Stories” video (“Paint Therapy”)

Hometown public-media coverage pairing a written feature with a broadcast video segment — strong for the biographical arc from the Nebraska accident to painting as therapy.

■ nebraskapublicmedia.org — article

■ nebraskapublicmedia.org — ‘Paint Therapy’ video

7. CanvasRebel — “Meet Matt Sesow”

Long-form Q&A interview

An extended interview in Sesow’s own words — useful for direct quotes on process, philosophy, and the business of selling art directly to collectors.

■ canvasrebel.com — Meet Matt Sesow

FILM, HONORS & ART-WORLD PROFILE

8. “Join Hands: The Life and Art of Matt Sesow” (documentary)

Directed by Leslye Abbey · 2017

A feature documentary in which Sesow speaks openly, for the first time on film, about the accident and his life with Dana Ellyn. Listed on IMDb; full details and trailer on the film’s site.

■ imdb.com — Join Hands (tt4374584)

■ film.sesow.com — the documentary

9. United Nations postage stamp — “Break Barriers, Open Doors”

United Nations Postal Administration · 2013

Sesow’s painting “Dive Bomb” was selected for a UN stamp in a series honoring artists with disabilities (alongside names such as Chuck Close). A rare international institutional honor.

■ stamps.sesow.com — the UN stamp

■ sesow.com/UNstamp — details & photos

10. Artsy — Matt Sesow artist profile

Biography, exhibition history & market data

A clean, credible art-world reference page — handy for a journalist verifying career facts and situating Sesow among contemporary and self-taught artists.

INTERNATIONAL PRESS — THE BEES

11. Apinsieme (Italy) — “The Rebel Bees in Matt Sesow’s Fantastic World”

Six-page feature by Renzo Barbattini (Univ. of Udine) & Claudio Baffi · Apinsieme — Rivista Nazionale di Apicoltura · April 2026

Italy’s national beekeeping magazine devoted six pages to Sesow’s painted bees, tracing them through the painted beehive fronts of Slovenian folk art, Jean Dubuffet’s 1945 Art Brut, and the graffiti scratched into the walls of the closed Volterra psychiatric hospital. A full English translation is hosted on Sesow’s site.

■ [smalls.sesow.com](#) — ‘The Rebel Bees...’ (full English translation)

THE MASTER REFERENCE (START HERE)

12. [history.sesow.com](#) — Career Chronicle 1966–2026

Primary-source archive maintained by the artist

The definitive timeline: 200+ exhibitions, 100+ press items, milestones and media, plus ready-to-use 50- and 150-word bios and a citation format. The best single place for a writer to begin.

■ [history.sesow.com](#) — career chronicle

More interviews & coverage (optional extras)

■ [ArtLifting](#) — “Studio Stories: Matt Sesow”

■ [Bromleys Art Supplies](#) — Q&A with Matt Sesow

■ [MutualArt](#) — Matt Sesow (auction record)

■ [home.sesow.com](#) — Sesow paintings in collectors’ homes worldwide

Attached: “The saga of Matt Sesow” — the full Washington Post article by Debra Bruno (Jan 2, 2016), included as a scanned image ([washpost_bruno_saga_of_matt_sesow.jpg](#)) because the online version is behind a subscription.