

The Canadian Pain Society is thrilled to announce this year's theme for the Art Awards; **“How We Feel Pain”** (you can [view previous submissions here](#)). This year, we're focusing on the individual experience of pain in all its forms and how it affects each person differently.

“How We Feel Pain”: Journey through the interconnected stories of individuals with lived experiences, researchers, clinicians, decision-makers, and caregivers. Each piece reflects their hopes, needs, and unwavering dedication. Through art, we don't just promote understanding—we inspire action. Art here catalyzes change, bridges gaps, addresses inequities, fosters dialogue, and sparks collaboration. Together, we stand united in our mission to address the complexities of pain, reduce suffering, and advance equitable pain management solutions for all.

Why “How We Feel Pain”? Because every action, every coping mechanism, every hypothesis, every treatment, and every story in the journey of chronic pain matters. Whether you're a person with lived experience of pain, a caregiver, a clinician, a researcher, a policymaker, or anyone touched by the complexities of chronic pain, your narrative plays a critical role in this diverse mosaic.

Our goal? To use art as a medium to capture, highlight and communicate the unique approaches, challenges, and triumphs in managing chronic pain. Join us in this meaningful exploration—whether you're connected to pain personally or professionally, your story and insights are invaluable.

The objectives of this initiative are to:

- Engage a wide audience to raise awareness about pain and how it impacts individuals' lives.
- Showcase a range of artworks created by clinicians, scientists, educators, artists, people living with pain, and others impacted by pain.
- Inspire scientific curiosity in all audiences.
- Build a comprehensive database of artworks related to pain.
- Facilitate knowledge sharing and develop new tools for teaching and communicating about pain and its effects on daily life.

Want to be part of the Canadian Pain Society (CPS) Art Show 2026? We're excited to have you on board!

Eligibility and Submission Criteria:

- This award is open to all Canadians residents (both CPS members and non-members).
- Artworks must align with this year's theme: “How We Feel Pain”.
- You must own the rights and/or have permission to share the artwork for non-commercial purposes.
- Each participant may submit **only one artwork** (in only one category).
- Artworks must have been created by the submitting individual, not by a group or team.
- Artists who have won within the past three competition years may submit artwork, but are not eligible for awards.
- All types of artwork, except AI-generated, are welcome (e.g., MRI, microscopy, photography, medical or scientific imaging, models, diagrams, drawings, graphs, animation, paint, mixed media, music, poetry, sculpture, etc.).
- Electronic files of artwork images must meet the following criteria:
 - High resolution (at least 1080x1080 pixels and 300 DPI)
 - Submitted in their original format, not compressed

- Acceptable file formats: .png, .tiff, .jpg, .mp4, .mov, .docx, or .pdf.
- A three-part description must accompany the artwork:
 1. Catchy title (maximum 10 words)
 2. Plain-language explanation for a general audience (maximum 100 words)
 3. Description of techniques/technologies used (maximum 15 words)

Evaluation Criteria:

- One (1) 2026 CPS Art Awards winner will be selected by CPS members' votes;
- Twenty (20) CPS Art Awards entries, to be selected by the CPS Art Awards Jury from all submissions, will be printed and displayed at the Annual Scientific Meeting of the CPS in Québec City in April-May 2026:
- The selection criteria for the CPS Art Show include:
 - Visual quality of the artwork (aesthetic appeal and emotional impact)
 - Effectiveness in illustrating the theme ("How We Feel Pain")
 - Simplicity and clarity of the accompanying descriptive text.

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