

Museum and Gallery Special Interest Group meeting October 4th 2014

Outcomes of Activity 'Ways of using objects / images in Art Therapy':

Split into 2 groups; Look at the display of objects on the table in front of you and let them lead your ideas, discuss and jot down

Objects that inspired activity ideas (which can inspire other ideas)

- **Toys:** Make a Kaleidoscope. Bring in your own objects to insert into your homemade kaleidoscope. Inspiration: Look at (and hear about) small object collections in the museum, what small objects would you collect together and why. Or look at museum Toys or moving objects. Reflect on the materials used and the experience.
- **The little toy TV viewer where you can put the viewer up to your eye and click to see photographs of an area you have been on holiday:** This is quite a private viewer... what images would you put in here? What is the story?
- **The old cigarette box:** Look at how people have collected, contained, preserved or shared their memories. How do/could you look after your memories? How could you share these and who with? How would you want to be remembered? Create your own e.g. container.
- **E.g. The 'Museum in a suitcase':** What container would you choose (from the Museum) and what would you chose to put in it (from the museum or home)?
- **Use the museum / gallery collection** to put together your own exhibition collection, thus creating your own story. You could change the story to have a different outcome etc. It could be changed each week!
- **Photograph or film objects / collections / part of images etc.** As a starting point. Create your story e.g. animation, collage, 2D collection etc.
- Bringing in, disassembling and re assembling objects to 're' create

Themes that came out of the session

- The 'deficits' in objects: What would you do to change it? Do you want to change it? What happened to it? If it could speak what would it say etc.? Create an image to reflect the session
- If you were to open a museum what would you call it? What would you put in it? E.g. in Athens there is a 'Museum of Feelings'!
- Using literal or imagined objects / images as a starting point
- The value of objects (as metaphors) e.g. throw away objects, discarder, saved, looked after, broken etc.
- Promoting compassion and perspectives through looking at objects (as functional / non functional / decorative objects) or through hearing peoples responses to looking at / touching objects and images
- Direct identification: Introduce yourself as an object (picture etc.) inspired by the museum / gallery
- Choose an object/image that you feel is how others see you. Choose an object/image that is how you feel you are.
- Using the object 'as an excuse'

- The 'Virtual world' that has no objects! Touch, smell, scale etc.
- What objects can we use that reflect contemporary life and how can we be destroyed / effected by it?
- Plan a journey. Create a map to help you find your way (around the museum or guide me to an object). What will it be like when you get there etc.?

Using theory as a starting point:

- Objects as 'metaphors'
- Play with objects in a 'drama therapy way'
- Fantasy objects, step out of character, take risks
- Treasure / Talisman
- The 'Theme' could influence objects you select (directive)
- Transition: We are part of a legacy re the past (e.g. old objects/images e.g. vinyl records are part of our story), present and future
- The exhibition is being heard, respected, noticed... by participants as they are by the therapist
- Sensory awareness (and Mindfulness?): What does / could it smell of, feel or sound like, hot, cold, loud, texture etc. Being in the moment, noticing, reflecting on this
- Projective Identification (image/object to client /client to image /object)?

(From Wikipedia, the free encyclopedia:

...Feelings, which cannot be consciously accessed, are defensively projected into another person in order to evoke the thoughts or feelings projected.

- Using an object / image as direct identification or indirect (as above)
- History/stories can take you 'outside of yourself' and well as inside; connecting

In general:

- Hearing the 'stories' of objects to inspire peoples own stories
- Handling objects V's not handling objects (and how this effects the session)?
- Being 'invited' to choose an exhibit, express an opinion, being in a public space has 'value' in itself
- How the journey of an object or image (or that of the creator) is related to the journey of the viewer (and their stories)
- Working with Migrants, people with long term conditions etc. etc.
- The 'value of exhibits' to help people think about the value of self e.g. being introvert v's extrovert, functional v's non functional etc.
- Viewing 'Identity' from different perspectives by looking at e.g. the 'value of exhibits'
- Museums and Galleries as a space to get a wider perspective a Universal perspective or a public and private perspective
- Be clear about the 'intention' of the session e.g. is it to work with a particular theme e.g. ill parents, being a looked after child, redundancy etc.?
- An opportunity for 'Co-production' and for the general public to view the outcomes

- Breaking down fears of not being good enough by e.g. looking at and talking about art / creators, abstract mark making inspired by textured objects e.g. fossils or creating patterns, shapes and colours inspired by exhibits