

# **Art for the Senses @MAC Belfast 29/3/2019**

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**APRIL 10**

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**Geralyn Mulqueen FRSA  
Authored by: GM**

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Art For The Senses:  
a journey of resilience and recovery



## Impact report RSA

The aim of this event was to begin a series of inter-disciplinary conversations on the theme of Art as a gateway for recovery from trauma and building resilience. How art can positively impact mental well-being and to stimulate wider discussion around role of creativity honing a shared language and fluency whereby resilience speaks to the creative in all of us.

## Media:

Publicity and promotion of the event was extensive, targeting media channels both online and offline across the island of Ireland.

In Northern Ireland coverage was secured in the main broadcast media including the BBC Art Show with Marie-Louise Muir and coverage in the print editions of the Irish News and some local publishing groups including the Down Recorder

Social media coverage was extensive through Facebook, Instagram, Twitter pages for the artist, as well as for Art For The Senses brand with content being widely shared by influencers in the art world and by professionals within the mental health and medical sectors.

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## Participant demographic:

Whilst the panel were representative of the fields of Psychiatry, Lecturing, Filmmaking, Media, Policy and Healthcare, Psychotherapy, Art, those who attended as participants further widened the demographic: art teachers, students, poets, policy makers, parents, youth workers, activists, business leaders, holistic practitioners, amongst others. Some had travelled from North West and South West of the island. Despite the Brexit date coinciding there was 40 attendees. The one marked absence, notwithstanding open invitations to all, was from the political parties here.

## Liaison and Outreach:

The overwhelming consensus was that of welcoming an opportunity to begin deepening this conversation and to an awareness of shared understandings and commonality in the promotion of mental wellbeing. Each contribution measured considered and reaching out to find a place where a consolidated voice could proactively effect changes in this jurisdiction and further afield. The current political vacuum whilst frustrating hasn't dampened the activism particularly at a grassroots level where art and artmaking are core to helping those in need. A strong articulation on behalf of those on the margins of society was made. How to bring this to our homeless for example?

## Commitment going forward:

It was agreed that the conversation vitally needs to continue. I have set up a meeting with all panelists later in the month. I further wish to expand to Dublin and London with this content and use any/all support and contacts to do so. All participants are on a regular mailing list and will be updated through [www.artforthesenses.com](http://www.artforthesenses.com). Those from the Psychotherapy setting have been issued with relevant CPD certificates of accreditation.

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Recovery of meaning through artmaking: “through making art I found my voice”

GM

## PANEL DISCUSSION

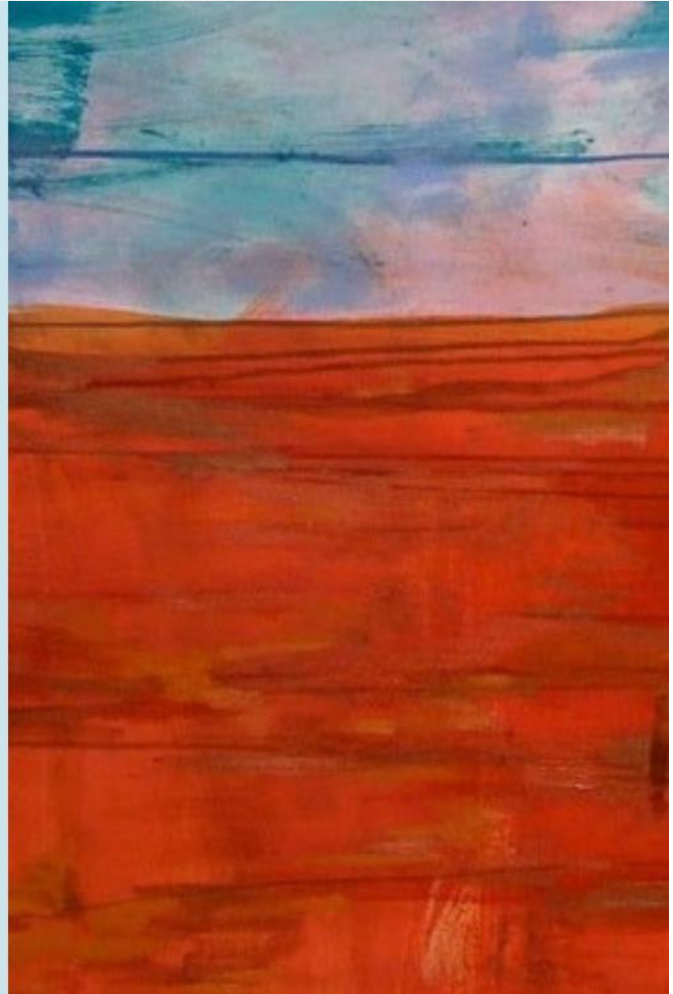
Curated by: Helen Jones

Dr. Jolene Mairs Dyer

Dr. F. Anthony O'Neill

Paula Matthews

Geralyn Mulqueen



After a Power point presentation from GM, the panel opened to a wider discussion on the following questions.

1. What do we mean by resilience?
2. How far does current research shed light on its relationship with culture and the arts?

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3. What happens to culture as a result of disruption, conflict or trauma for the individual and as a society?

4. What are we learning about the ability to survive, adapt and renew especially in post conflict?

5. What is the role of art, art making and creativity in surviving trauma?

6. “The process of art making allows for a gathering up of the fragmented parts of the self that have been scattered because of trauma in whatever form.”

If we agree that this is the case, how can we harness the collective voice to deepen the conversation going forward, engaging with those people outside of this room?

7. The theme for today from Geralyn’s perspective has been “Through making Art, I found my voice.” What does the process of art making mean to you?

GM

5.4.2019