

"Photography, mental health and creative expression"

Arts SIG and Art of Psychiatry Society speaker event and workshop.

RCPsych 11 December 2019 1400-1630 (lunch available from 1300)

Join artists Daniel Regan and Antonia Attwood to learn about their creative arts practices in mental health and their work in social prescribing, and participate in 2 workshops on mindful making.

About the artists:

Daniel Regan is a photographic artist specialising in complex and difficult emotional experiences. Daniel shoots commissions, consults on wellbeing projects and teaches photography. Both his BA and MA in Photography focused on the transformational impact of arts on mental health, building on his own lived experience. He regularly exhibits, speak at events and facilitates participatory arts projects across fine art, educational and clinical institutions in the UK and worldwide. Daniel is the Artistic Director of the Free Space Project, a pioneering arts & health charity providing arts activities and therapies on prescription to 28,000+ patients across two NHS sites in north London.

Antonia Attwood is an artist working with moving image and photography. Following graduation from Royal College of Art, Antonia's body of work has developed a focus on illustrating and visually interpreting how mental illness 'feels'. Using still and moving imagery and sound, it depicts the affects of chemical changes in the brain, and the phenomenology of mental illness. Her work explores how it feels for particular individuals to be vulnerable and overwhelmed by the world living with a medical condition. It is not about communicating a straightforward message, but rather sharing interpretations of experience of altered mind-states. Antonia is the charity co-ordinator for the Free Space Project.

About the event:

Antonia and Daniel will talk about their work and then facilitate 2 workshops with the opportunity for delegates to undertake both.

Intuitive Collage

Photographic collage provides incredible freedom to be creative with images and designs. Many also find that this meditative, fun and relaxing process can be a gentle but deep method to encourage self-knowledge and reveal inner guidance in a way that goes beyond concepts and words. In this workshop delegates will learn how to create beautiful compositions, meaningful scenes and expressions of self through this soothing intuitive approach. Participants will be guided through the process of composing a personal, cut-out paper collage, and will come away with their own completed work and ideas for work to come. No artistic talent or experience required; just a willingness to explore.

Drawing Sounds

This workshop aims to explore how sounds can alter affect. During the workshop participants will listen to a number of sounds and be asked to remain present, reacting to them using a number of dry materials (pens, pencils and pastels).