

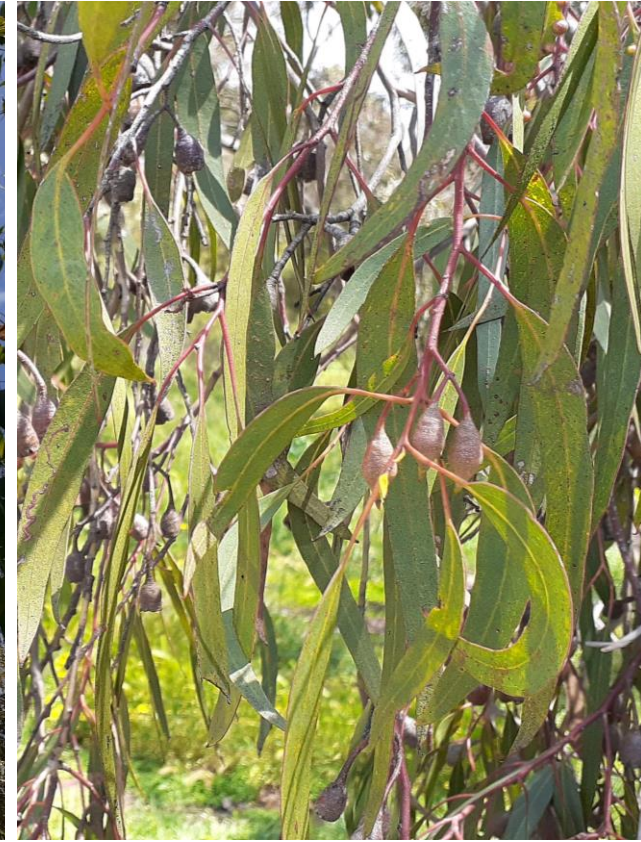
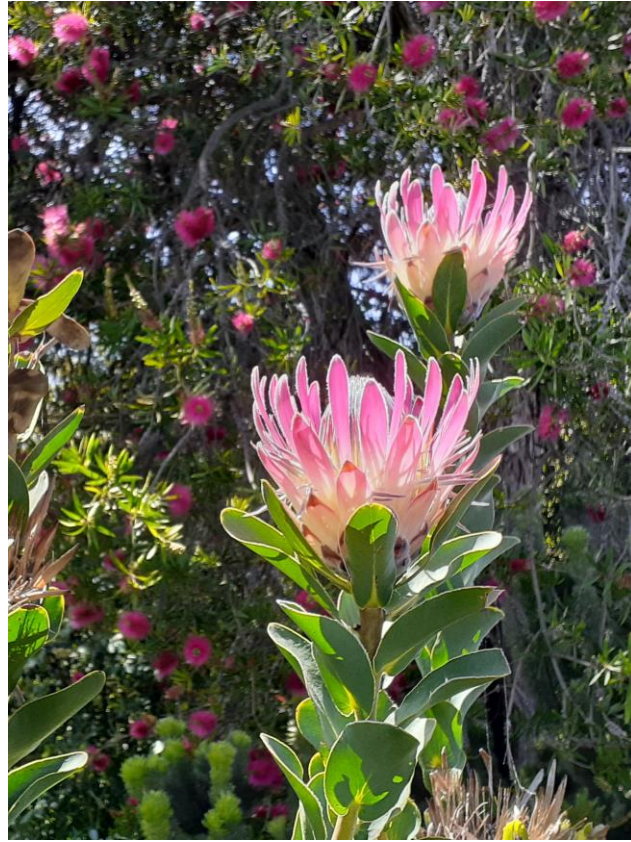
• **Creative Wellbeing** •

What if our everyday could become our adventure?

Presenters: Magdalena Sliwinska (she/her), Jessie Upton (they/them)

Professional Staff Conference 2023 – University of Melbourne

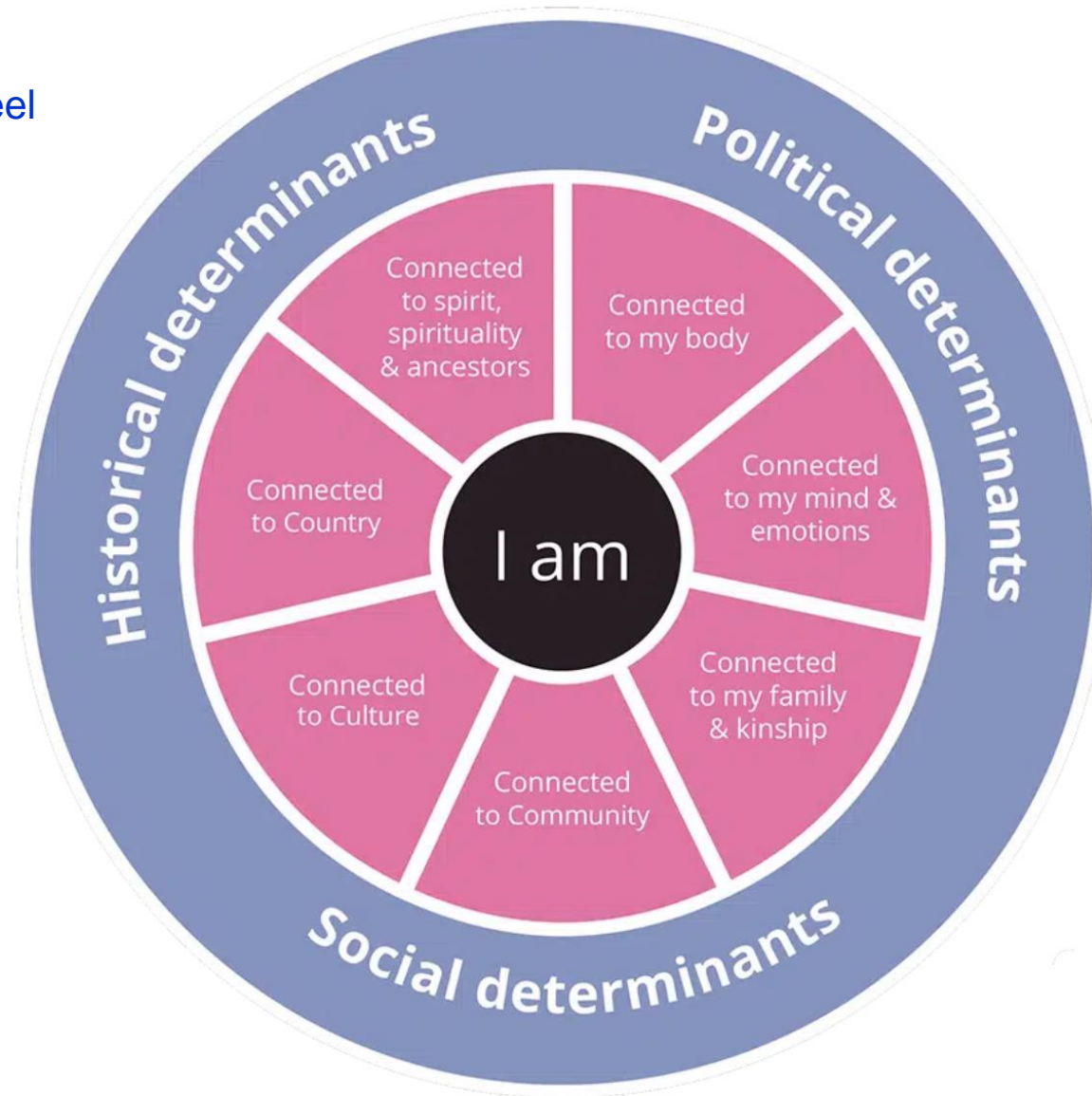
Acknowledging Country through the senses



The Balit Durn Durn

Social and Emotional Wellbeing Wheel

Balit Durn Durn comes from the Wurundjeri / Woiwurrung language and means Strong Brain, Mind, Intellect and Sense of Self.



Reference: VACCHO July 22

<https://www.vaccho.org.au/balitdurndurncentre/>

About us



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The creative process

- Anne-Wilson Schaefer once said 'You need to claim the events of your life to make yourself yours'. (1)
- Creative forms of expression encourage us to slow down and immerse in the process. This can be soothing, and self-regulating.
- The creative process can facilitate 'self-awareness and self-reflection for personal insight and self-control over emotions. The artworks can 'offer solutions to problems and insights into the cause of these feelings'. We may begin to accept those feelings and learn to create new responses. (2)
- Health is not just the absence of disease – well-being is built on strengths, resilience, and meaning. (3)

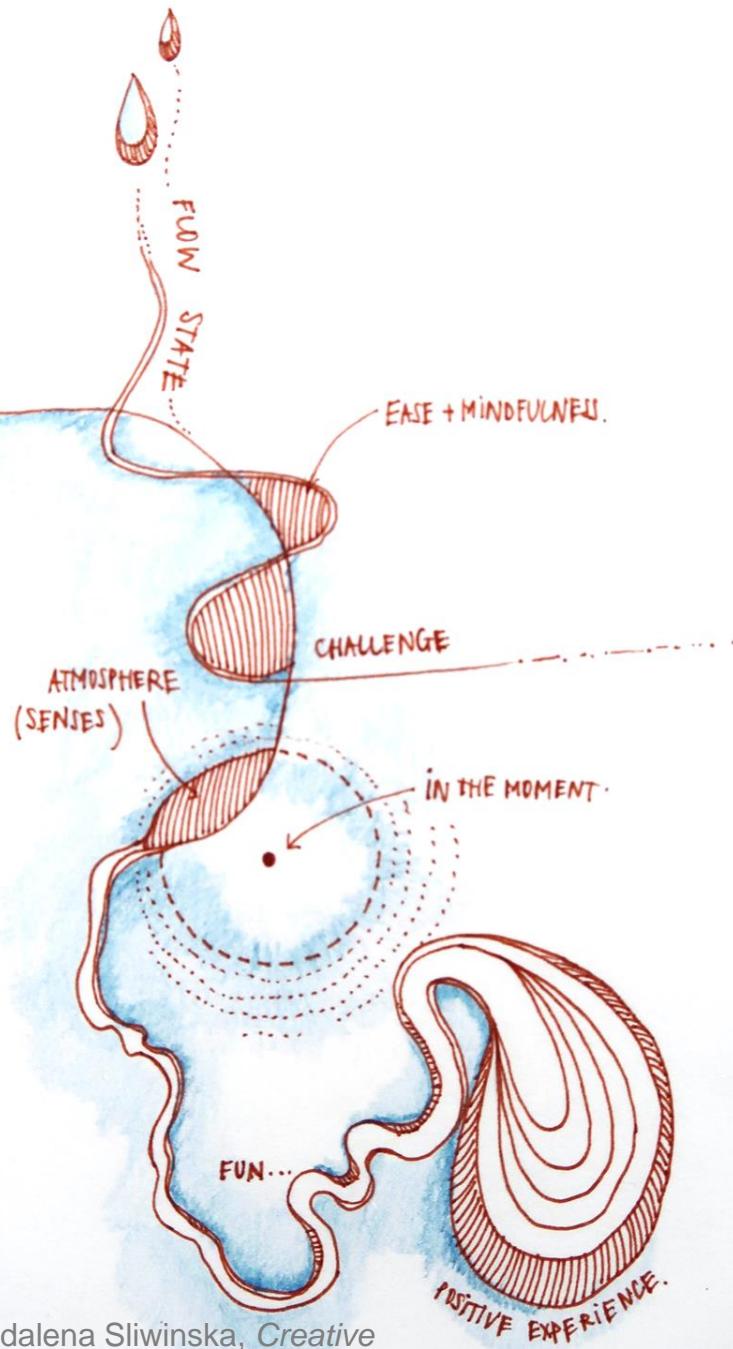


Figure 1: Magdalena Sliwinska, *Creative Process*, pen, colour pencils, size unknown.

miecat

MIECAT is the Melbourne Institute of Experiential Creative Art Therapies.

They have been teaching a method of arts-based inquiry called the MIECAT Form of Inquiry for 17+ years.

Core Values

- **Relationality:** co-creating an experience together
- **Experiencing:** slowing down and noticing felt senses, tensions, and resonances in the body, including thought patterns and ways of being
- **Emergence:** focusing on the present moment – now, rather than the stories of yesterday or tomorrow
- **Multimodality:** using multiple forms of representations (drawing, mark making, painting, collaging, sewing, movement, dance, sound, poetry, and writing) to gain new insights or perspectives, letting materials and artworks speak to us.

Methods: phenomenological description, cycles of amplification and reduction, clustering, mapping, dialoguing, forming thematic statements, etc.

Being and making together today

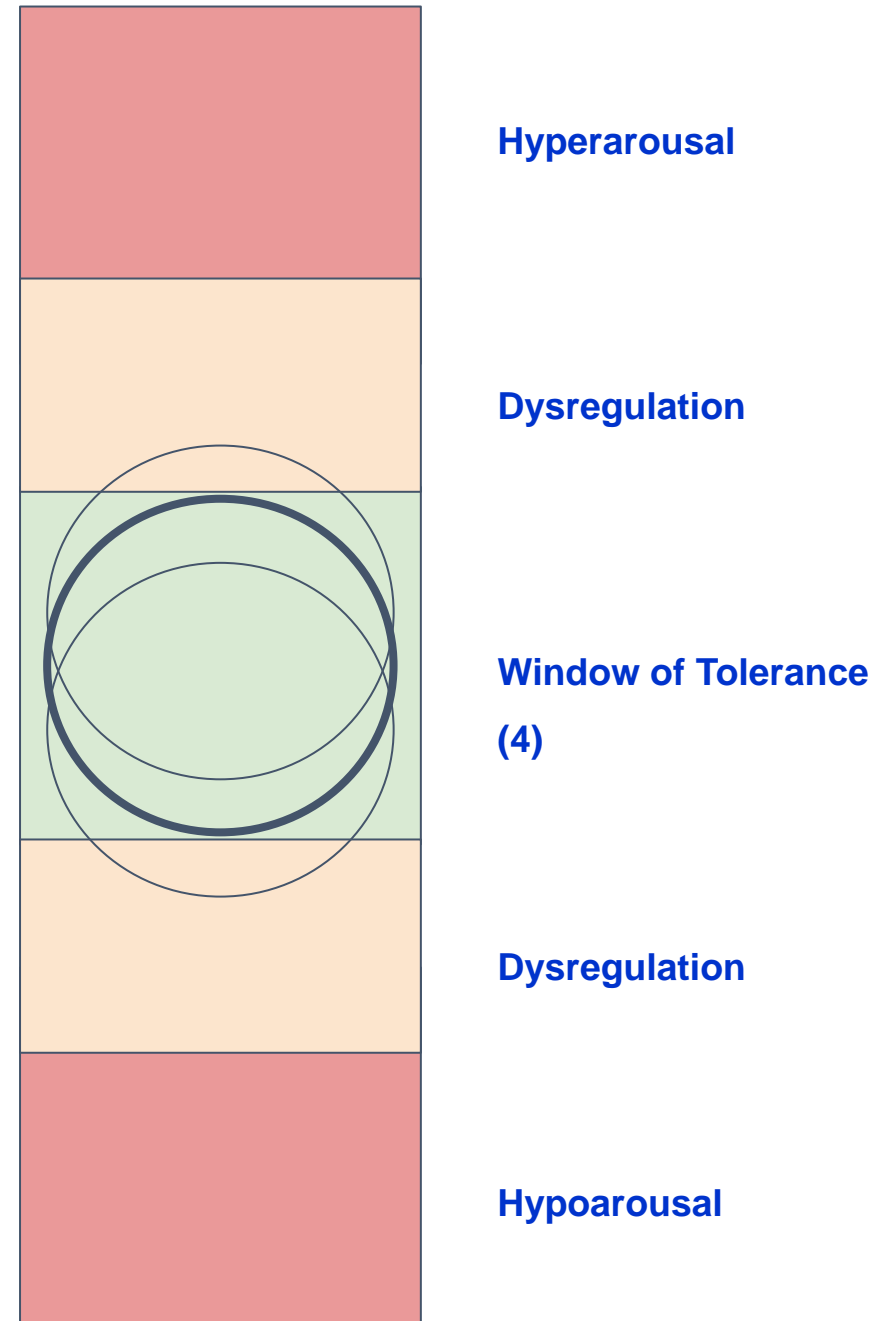
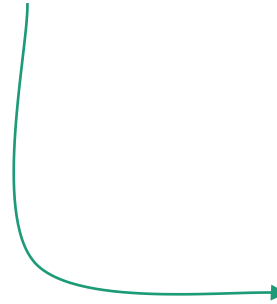
What aren't we doing?

- Therapy!
- Making masterpieces.
- Sharing anything that we are uncomfortable with.
- Treading deeply - we will only offer what is fair for another to hold in this context.

What are we doing?

- We are going to offer you a series of procedures, there is no right or wrong way to engage with these.
- This is a time to engage in reflective practice.
- Whatever you give is enough.
- No artistic skills are required, expected or needed.

A comfortable place to be today...



The everyday experience...



At the beginning...



Getting to know the materials...



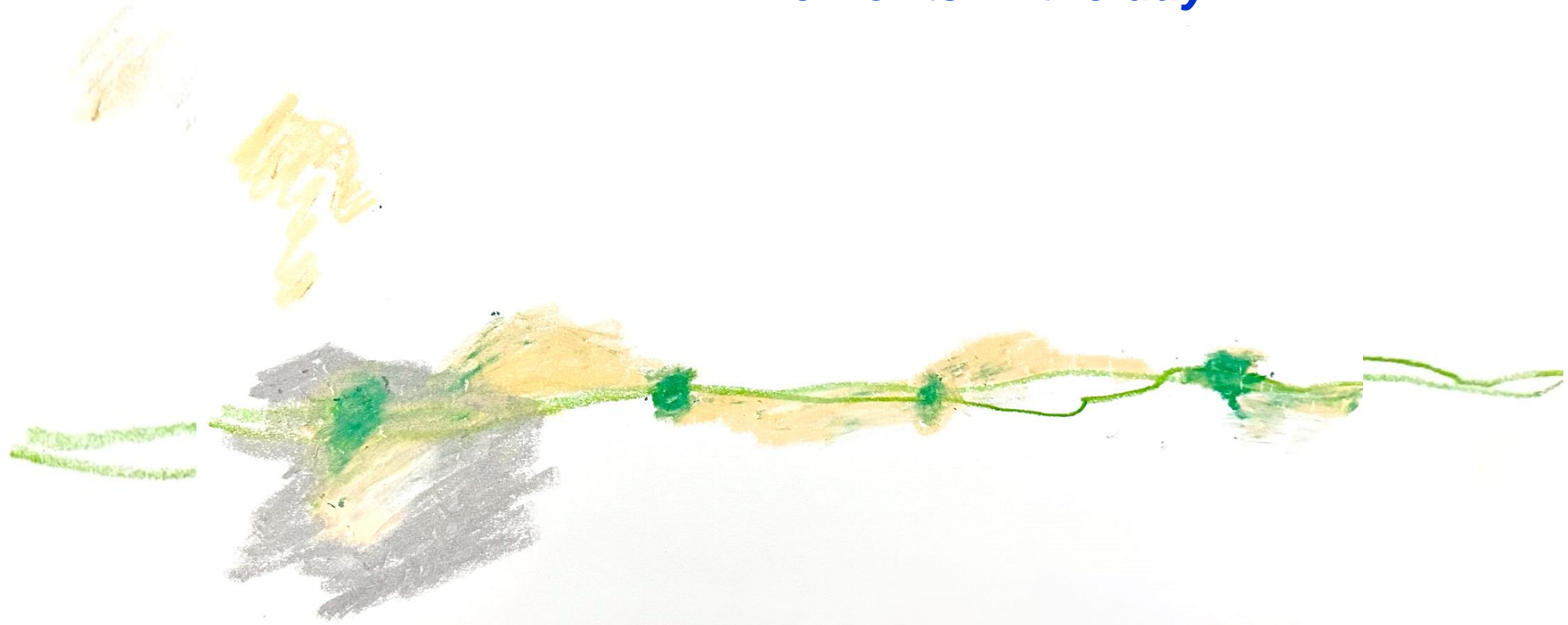
Being present to what is...



A grounding line...



Moments in the day...



Adding colours, textures, shapes...





Morning

midday

afternoon

walk Kibble

even

where has my morning gone?

Inquiring through gestures...



and through the body...

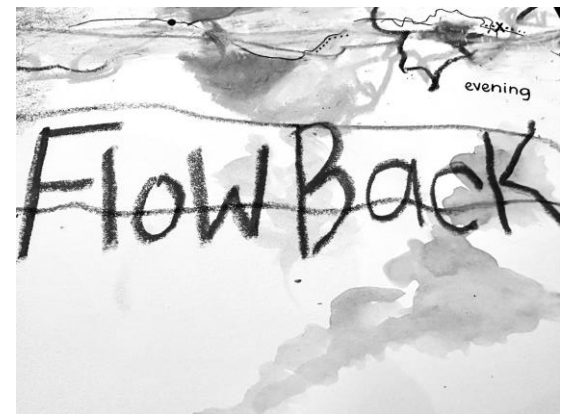


Reflecting on the process...



Reflections:

- What title would you give to your process?
- What feelings came up during the process?
- If your representations had a message for you, what would they say?
- What do the colours mean to you, does one stand out?
- What stays with you now? What have you come to know?



References:

1. Schaefer, A. W. (2004). *Meditations for women who do too much*. Harper.
2. Guzman, (2020). *Essential Art Therapy Exercises: Effective Techniques to Manage Anxiety, Depression, and PTSD*. Rockridge Press.
3. Centers for Disease Control and Prevention (CDC). (2016). *Well-being concepts*. Retrieved 25 October 2017 from <https://www.cdc.gov/hrqol/wellbeing.htm>
4. Siegel, D.J. (1999). *The Developing Mind*. Guilford Press.

Additional resources:

Scan the QR code to view additional resources



• **thank you** •



**for being here
as you are...**