

Making, Sharing and Mending

Dr Amanda E Woodford

*Holding Space Therapeutic Arts Studio
Dunedin New Zealand*

Canvas of Calm: Harnessing Art for Healing and Well-being

Brunei Darussalam
Saturday, 21 September 2024

*Please note:
Some slides have been removed for upload onto this public-facing website.*



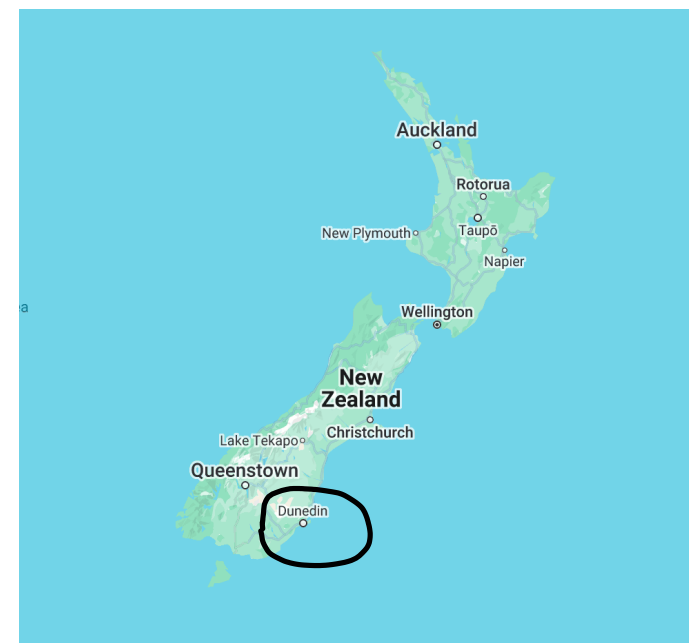
www.holdingspacestudio.co.nz



www.anzacata.org

miecat

www.miecat.edu.au





Masters in Therapeutic Arts Practice

Experiencing and relational presence; embodied awareness; engaging with materials; emerging inquiry; patterns of emotional experiencing; refining therapeutic companioning skills. Two study pathways, workplace or studio practice.

Professional Doctorate in Therapeutic Arts Practice

Art-making together; Art-making-together; Together making art; Together-making art; Making together-art; Arts-inquiry; Arts-based research; Artistic research.

Public Programs

A suite of short programs. Workshop-style professional development, personal interest or care for self. Available to anyone! In-person and on-line events.

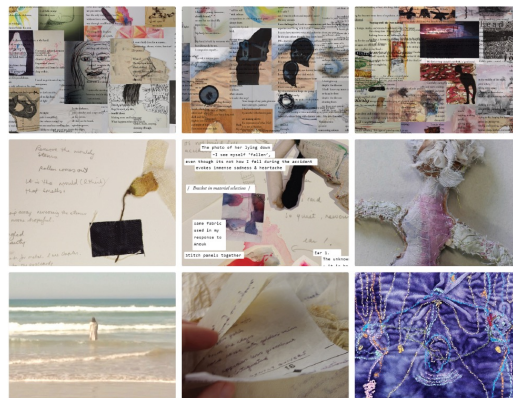


THE NEW ZEALAND
PAIN SOCIETY



IASP
INTERNATIONAL ASSOCIATION
FOR THE STUDY OF PAIN

CELEBRATING | 1974-2024



An Artistic Holding of Mended Bodies in Pain
A form of mending through therapeutic arts-based inquiries

Amanda E. Woodford
M.A. E.C.A.T. by Supervision

*

VOLUME ONE

*Submitted in total fulfilment of the requirements for the degree of
Professional Doctorate in Therapeutic Arts Practice*

The MIECAT Institute Inc.
August 2023

<https://mecat.edu.au/research/an-artistic-holding-of-mended-bodies-in-pain-a-form-of-mending-through-therapeutic-arts-based-inquiries/>

Making, Sharing and Mending

\\

art and arts-making

therapy / community well-being / education / research / supervision / (self) care
community-based facilitation or well-being projects /
arts-based Doctoral research personal works\

the nuances and benefits of an arts practice

considering abilities and difficulties

the use of arts-making tools and spaces

arts-based techniques

– ‘what matters’ when words alone are not enough or fail us.

A bricolage, a combination, of stories with images

Various fragments of experiences

(I hope are)

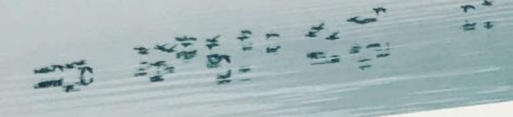
relatable or inspirational

in a myriad of contexts

Metaphors of Migration

Metaphors of Migration

A creative workshop about making Dunedin home
31st October or 7th November 2020



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A creative workshop about making Dunedin home
31st October or 7th November 2020



We are inviting people from Dunedin to creatively reflect on their personal (or ancestral) stories of migration and the process of making Dunedin home. Creative Writing, Collage & Photography will be used to create a visual art work – a metaphor of migration – to be archived in the Dunedin Public Library's Scattered Seeds Collection (dunedin.recollect.co.nz).

Participants will be guided through the process by:
Evan Hastings Artistic Director
The Theatre in Health Education Trust (theta.org.nz)
& **Amanda Woodford** Arts Therapist
Holding Space Therapeutic Arts Studio (holdingspacestudio.co.nz)

When: 10am–3:30pm on Saturday 31st October or
10am–3:30pm on Saturday 7th November 2020

At: Holding Space Therapeutic Arts Studio, Kaikorai Valley Rd, Bradford.

RSVP: We kindly request that you RSVP by 28th October with the date you would like to attend by emailing: manager@theta.org.nz

Please note that spaces are limited.
No previous experience is required.
Participation in a workshop is free thanks to generous support of the Dunedin City Council.

theta

theta

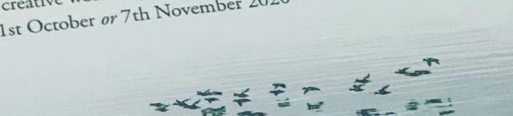
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<https://dunedin.recollect.co.nz/nodes/view/213659>



HOME

BROWSE ALL

SEARCH

MY HISTORY

LOGIN


CONTRIBUTE

CROWDSOURCE

MORE


CONTACT US


FACEBOOK



Dunedin Public Libraries and the Dunedin Lebanese Community Present:

HE PURAPURA MARARA | SCATTERED SEEDS







Southern Heritage Trust Member Visits Quarantine Island

Welcome

In 2015 The Dunedin Lebanese Community generously donated a gift to the Dunedin Public Libraries to establish a Digitisation Centre at the City Library and develop this archive 'Scattered Seeds - He Purapura Marara'. Our aim in bringing you this site is to collect the memories, mementos and stories of the people - individuals, whānau/hapu, ethnic groups and cultures - fruits of the seeds scattered on the four winds from all over the world, that have landed here, taken root and come to call Dunedin home. This archive will develop and grow in perpetuity.



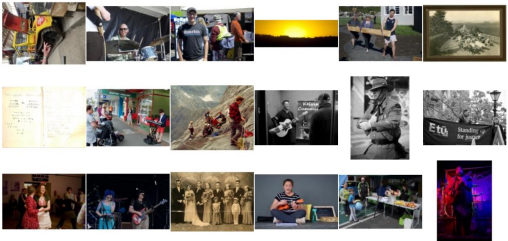
Explore

Search by keyword

Go

Photos 8,110	Places 235	Events 111	People 120
Collections 9	Groups 46	Audio 82	Video 96
Projects 9	Show All 202,282		

Highlights



Featured

Cedars of Lebanon

Exhibitions

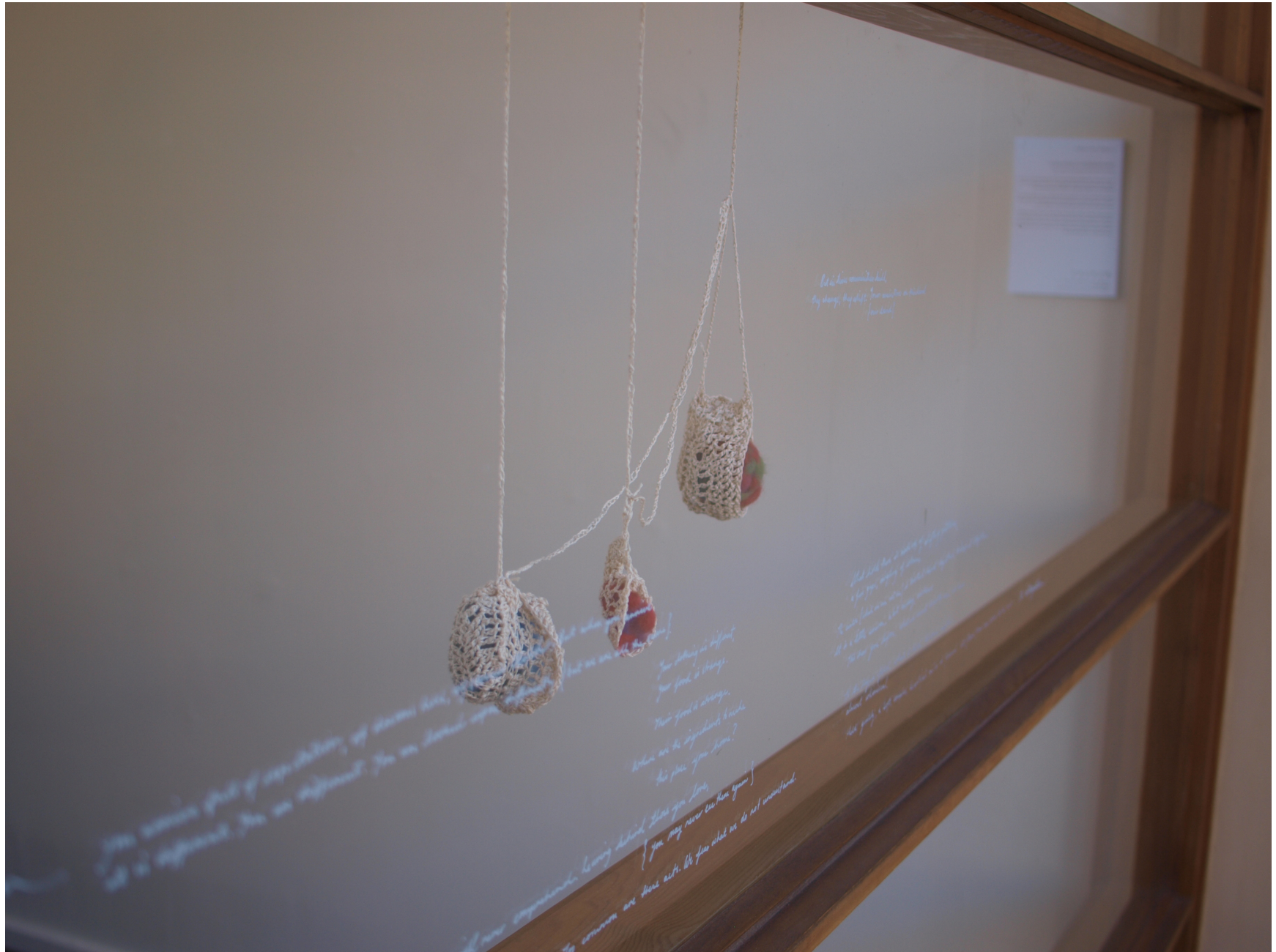
Newspaper Index

Troopship Collection

Medieval Manuscripts

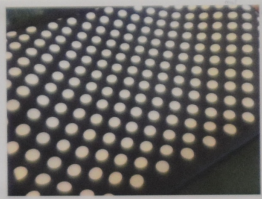
Dunedin UNESCO City of Literature

From Migration to Integration





Arts Out-and-About
with Chloe WordBird



"Urban"
The site of the city

"Amuse"
The site of the amusement park, which can be seen from the city.

"Amuse"
The site of the amusement park, which can be seen from the city.

"Urban"
The site of the city, which can be seen from the city.

"Amuse"
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considering abilities and difficulties

Take a stretch, walk around your chair...

An artistic holding
of bodies in pain

<https://miecat.edu.au/research/an-artistic-holding-of-mended-bodies-in-pain-a-form-of-mending-through-therapeutic-arts-based-inquiries/>



Amanda, July 2014

*Coldness,
frost outside,
chilled to the bone
yet I am warm..?
The weather goes beyond – deep.
The worst sort of pain.
Has something gone wrong?
I cannot use my arm
it cannot bear weight,
cannot lift,
cannot push down.
I am stopped.
No strength.
Struggle,
everything takes so long.
It is a harsh landscape.
Cold = pain = scared
= struggle = hard.*



Barb, July 2014

*Steadily
climb

Is it that my pain leads
and my fear follows?

I can no longer tell.
now my own limb.*

A shadow of myself

They are having a great time,
energy flies around the room.

I feel it come towards me,
panic.

Inside I struggle,
heat rises within me.
I look for a gap.
There is no space.

Get out, before they hurt me.
A vortex of unpredictability.

I leave.
Space to breathe,
air,
stillness.

The fear has gone to my head.
I feel like a shadow of myself,
filled with sadness.

To be normal, vulnerable
I am no longer normal, nor

My brain is fuzzy,
blinded by pain raining down
Intensity pushes in on my throat
the back of my head

I return,
floating on the horizon,
numb inside,
removed of solid form

Lighter from flight,
Swelling, increased inflammation,
nondescript inside doors.

Electrical charge
beautiful and calm
Thunder
An outer body experience.

Lightning.
Energy surging upwards from my
arm,

attempting to take it from me.
Burning hot.

Thumping.
A force stronger than I can manage.

All I can do is take it's wrath, and
hold on.

breathing through.
A force of nature, out of my hands.

Battered more with each strike
weakened, irritated and exhausted.

'disappear'

Blinding white
peels back my skin
body stained and smudged

eyes roll and sink
into heaviness of head and stomach
I think I am going to vomit

I see a gap
between cat and mouse and disappear
in a pocket of exhaled air

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A reflection

I don't often look at my arm,
my deformed elbow.

This week started out looking at fear; stitching, fabric, threads,
natural.

this drawing has become some form of repulsion. A different feeling, a closed feeling, one that
material, adjusted.

'Staying with' the 'ever moving'
The lumps, bumps, marks, unevenness. Frankenstein-like. No longer
mine.

The fear was for the scar tissue,
tissue, a fine layer, see-through, so thin.

They told me – it plays in my head –
"the fear is in your head"

But somehow while drawing and writing I landed
myself squarely in the middle between fear & disgust
& nostalgia for how it used to be and the shock of

how it might be.
how it might be.

Skin, tissue, thinness, uneven.

I sit with your words & image ... for almost a month now
this feels scattered, but I sit now with some sort of shock.

I have not explored feelings of disgust.
Experiment by lifting and dropping the curtain
two levels of fear and dis-

Something interesting about Self – the different qualities of pain present
that is so uneasy.

I lift the curtain and feel relief
I can see what I don't recognise the familiar grey of physical pain
It is warped,

disorientated,
clustered in groups
yet

A retreating. A cover up. A hiding from/ It feels like shame
sprawling out,

sleeping.

I am in there
something
of pain

fragile and frayed ... overlapping ...
extends beyond your body ... moving through layers

thin and transparent ...
I see your words ...

vulnerable
perched on fragile limbs
I fear falling

top of...
grief brims ... but does not flow

pain embedded ... so much apart of me now

Still holding onto some inner strength,
they don't make sense.

a fear of falling apart.



Uneven
Splodges
washed-out
stained
patches

Damage
Bruising
Scrapes

Gentle
Softness
Lightness
Flow
Blending

Body
Interconnected
integrated

Coldness,
from outside
shuffled in the home

yet I am warm. The weather goes beyond – deep.
The worst sort of pain.

Has something gone wrong?
I cannot lose my arm
it cannot bear weight
cannot push down.

I have hoped
No strength
Struggle

ever after and I don't
It is about the body
Cold = pain = scared = struggle

Lead
&
I wait for Spring

to grow. Moisture
I can no longer
Perhaps a good scrub with
now my own limb.

a Melbourne winter. But a fan can be helpful to keep the
released, and as for nutrients, I have no idea

What is it with mould that we find so disturbing? So disas-

table, a pair of shoes in the corner. I hate all that it represents

creeping out across the bathroom ceiling. Drinking-in the s

mould and me. In our own way. We live out our existence.

Exhaustion spreads through my body. Creeping into crevice

on a breath. Take up residency within the moist lining of m

being. Yet presence is pungent, broad and smothering. The

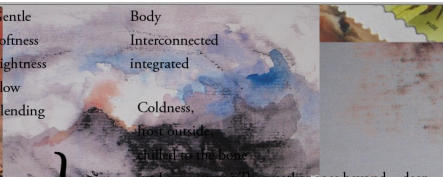
relief and release in the middle of the night

held, no longer held. door opens

enabling me to peek and uninvited

There is nothing I can do but wait. Wait until the doors of s

surrender to the moulds
becoming. Welcome the first north-wind to
to feel. Flooding in. I hope



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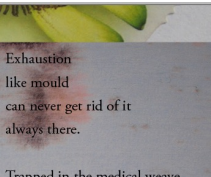
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2013.

Following a referral from your Doctor,
an appointment has been made for you to attend
the Interventional Pain Clinic.
Bring x-rays and completed questionnaire,

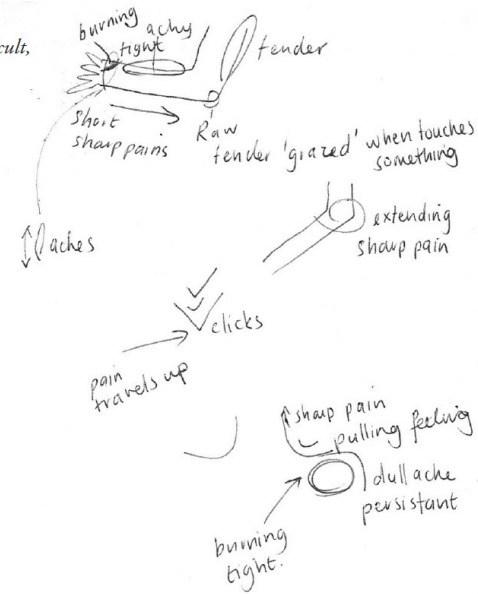
But, the questions don't seem to cover what I find difficult,
nor the intricacies of my pain.

I take with me some descriptive sketches
to help me.

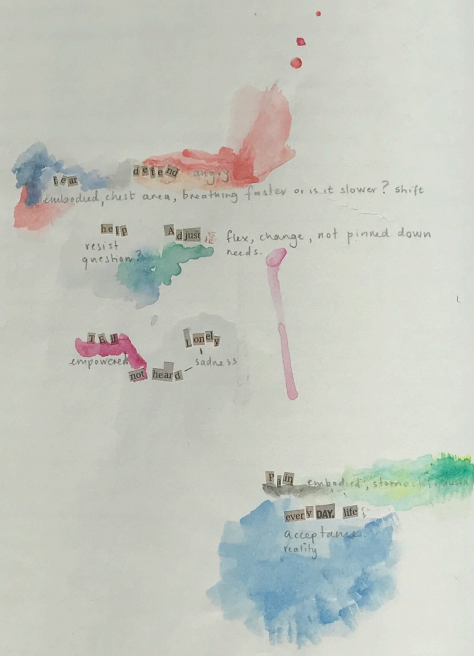
On examination,
fixed flexion deformity of the right elbow.
Mild trapezious hyperalgesia.
Elbow extension limited to 50 degrees.
Mixed mechanical and neuropathic pain.
No regular follow-up appointment.
Further corrective surgery,
a high risk of functional loss.
Not recommended.

Keep doing what you are doing, he tells me,
it is working. You are too advanced to attend a group.
He looks forward to reading my doctorate.

I feel strangely empowered, yet I am still in pain.
I wonder, what has made me advanced?
I step into the hospital lift buoyant but confused.
I am still in pain...



Descriptive sketches taken to the
Interventional Pain Clinic, to help me talk
about my experiences of pain.



26 february 2013

Datum/Date: 25 february 2013

Corel, H. (2008). *Lilacs: The City of the Fleets*. Durham, UK: M&B Books Group.

p. 4. "I remember looking at the room and feeling comfort; it looked the same, while my life had been turned upside down. Make it stop I thought... The realization that everything was about to change, that a new era was about to begin, seared like burning oil on the skin. It crushed me with invisible force. It is difficult to describe the pain and fear that descended on me at that moment."

p. 5. "I later repaired the diagnosis jumper, as I now call it, but have never worn it since."

p. 6. "I had to learn to stop trying to keep up. I had to learn to ask for help from friends and sometimes, strangers."

p. 7. "I found I had to reinvent my life. I had to give up some friendships. I had to learn to be tough on myself and sometimes rude to others... I learned to defend myself." "I learned that people will not know anything about this world of illness unless I tell them", "... I adjusted."

p. 8. Naturalistic descriptions of illness exclude the first person experience and the changes to a person's life that illness causes. "I found phenomenology - the description of lived experience - to be the most helpful approach to augmenting the naturalistic account of illness." "... Phenomenology privileges the first person experience thus challenging the medical world's objective, third person account of disease."

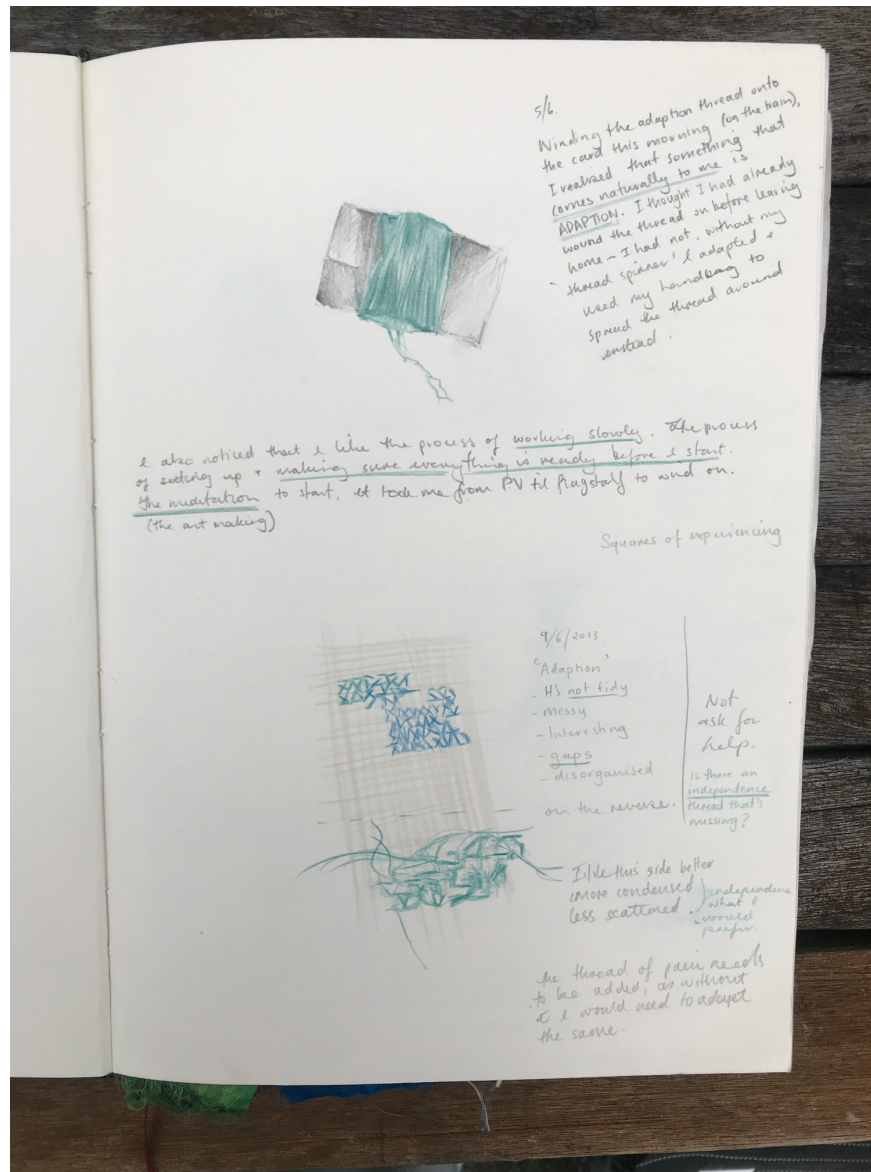
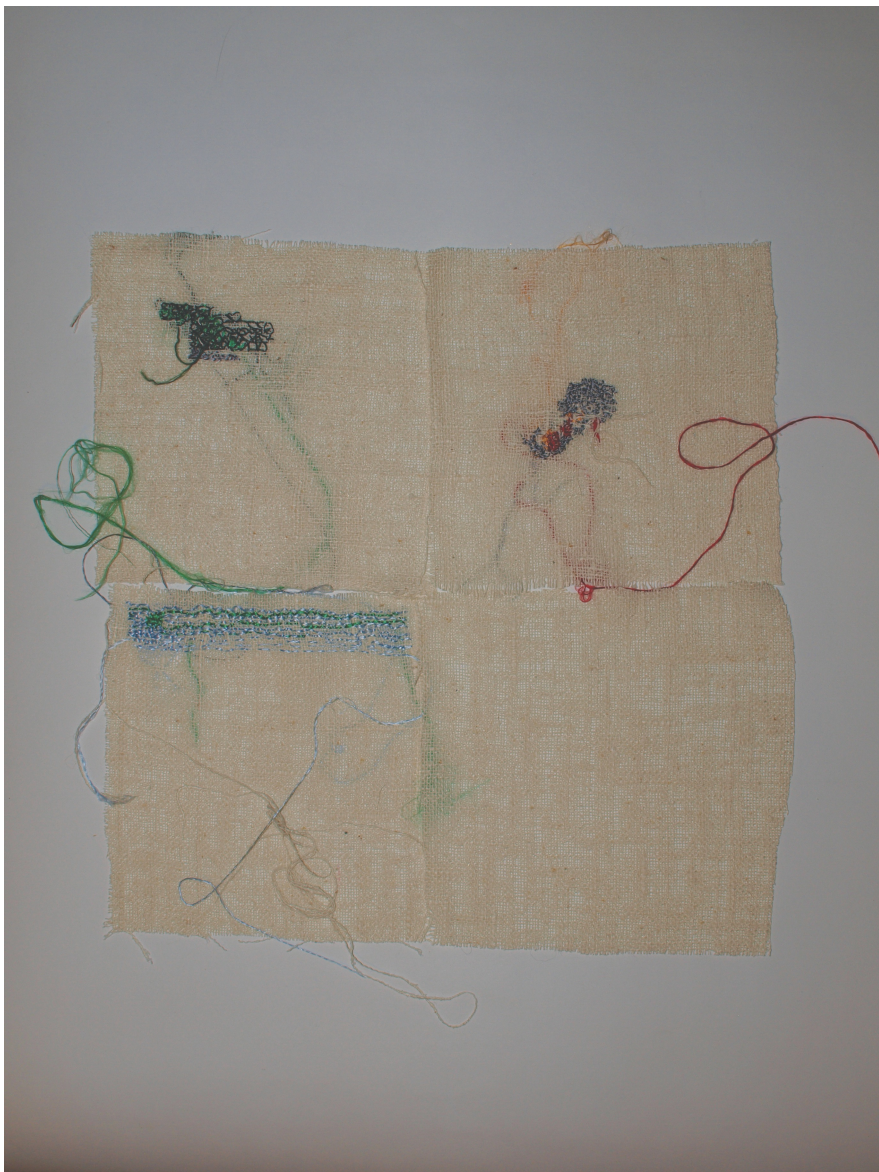
"The person's own experience, on the thoroughly human environment of everyday life." "phenomenology... sees illness as a way of living, experiencing the world and interacting with other people."

p. 10. "the dirty little secret" of illness... to make it less lonely.

p. 10. "Phenomenology is a philosophical approach advocating a description of lived experience and consciousness. It focuses on what it is like to exist as humans in this world." "... it focuses on the experiences of an individual, the ways in which we perceive things (phenomena) as they appear to us." "... Rather than trying to guess the true nature of reality, phenomenology suggests focusing on what is easily accessible to us... different acts of consciousness (thinking and believing)... our experiences... or perceptions."

p. 12. "the voice of the ill person is not heard"

"The phenomenology of illness: the experience of being ill. Illness as it is lived by"

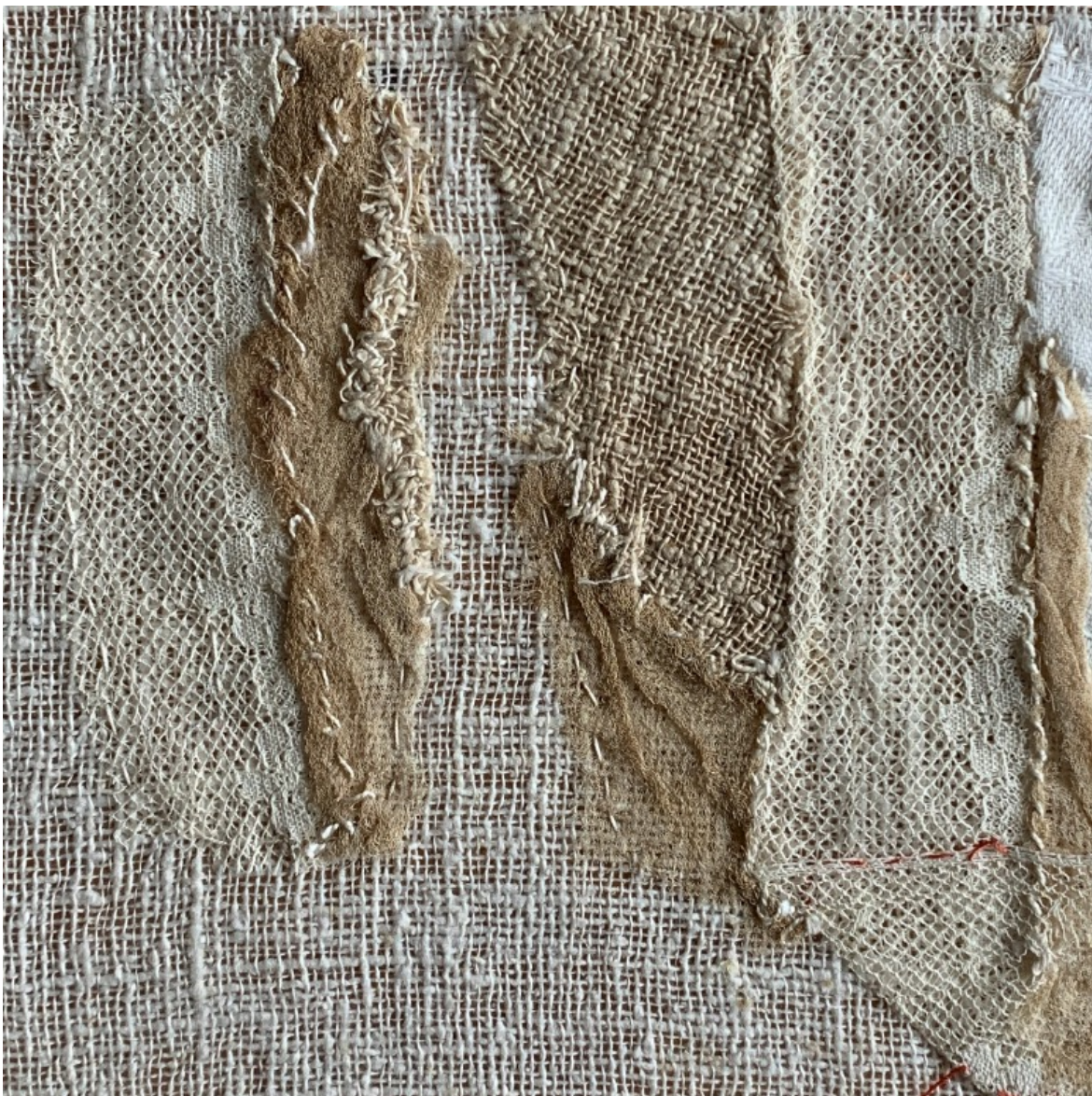








*Barb's drawing
of my x-ray.*



Additional considerations for

**Canvases of Calm
Harnessing Art for Healing and Well-being**

art as prescription medicine

New studies are revealing that engagement with art and cultural practice has tangible benefits not only for mental health, but for general mood and quality of life. These practices may become increasingly necessary in the future. Globally, the deterioration of mental health is on the rise. Medical journal [The Lancet reports](#) a considerable increase in mental distress since 2020 and the onset of the Covid-19 global pandemic. For many of us, day-to-day life has changed immeasurably in ways that are difficult to cope with.

Arts may be the answer. The United Kingdom-based [What Works Centre for Wellbeing reported](#) in April 2022 that a University of London study found engagement in art, culture and community had a positive impact on wellbeing in many ways, and moreover, those participating in arts activities more than once a week experienced greater life satisfaction and lower levels of mental distress.

In order to harness these benefits, programmes such as the non-profit [Arts on Prescription](#) - a growing global movement - are demonstrating how engaging with art and creativity - whether it's taking classes, visiting galleries and theatres, or writing and reading poetry - has a positive impact on quality of life. Not unlike 'green prescriptions' for general health, art on prescription looks at supplementary creative stimuli that may help an individual to feel better.



Art and minds: The case for art as prescription medicine

[Michelle Langstone](#)

June 10, 2022

<https://www.ensemblemagazine.co.nz/articles/art-and-minds-the-case-for-art-as-prescription-medicine>

Arts on prescription is the logical step for health and wellbeing

UNSW Conjoint Professor Chris Poulos and Associate Professor Roslyn Poulos are championing a program where health professionals, including GPs, write prescriptions for their patients to participate in the arts.

Published on the 26 Oct 2017 by Alison Houston



Associate Professor Chris Poulos. Photo: Supplied

<https://www.unsw.edu.au/newsroom/news/2017/10/arts-on-prescription-is-the-logical-step-for-health-and-wellbein>

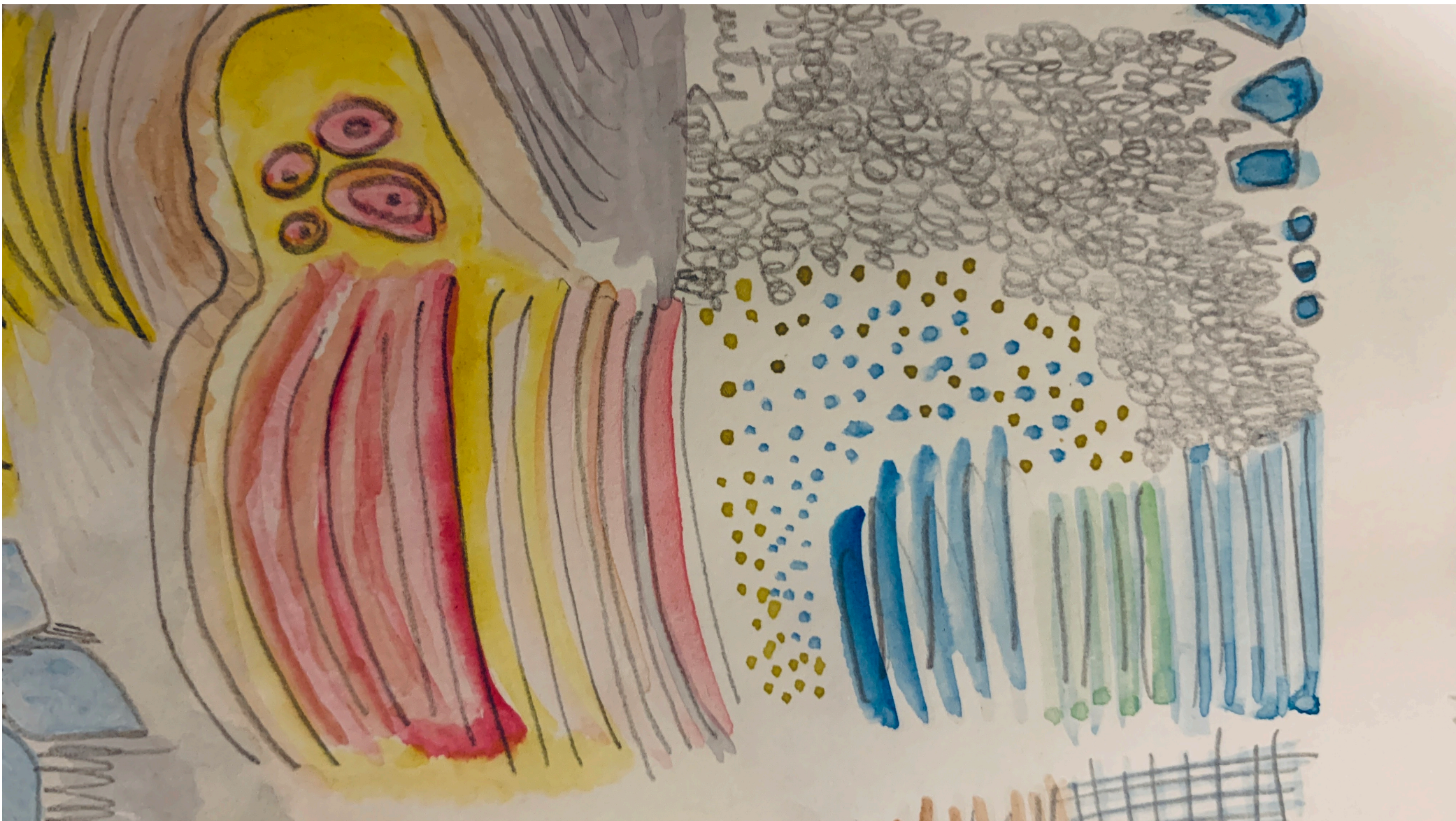
With the groundswell of empirical evidence regarding the arts' positive impact on both physical and mental wellbeing, why shouldn't arts be as readily available to the public as any medication?...

Arts on Prescription is based on a UK model, whereby health professionals, including GPs, write prescriptions for their patients to participate in the arts....

"A prescription is a good reinforcer for the person that their health care professional sees involvement in the arts as an important thing, alongside their traditional health care, in helping them achieve greater wellbeing."







The International Association for Creative Arts in Education and Therapy (IACAET)

Mission and Vision

The International Association for Creative Arts in Education and Therapy (IACAET) is a professional association with a global orientation and scope. IACAET promotes discourse and the development of creative arts in wide range of fields including education, therapy, healthcare and wellness, performing arts and other allied professions.

IACAET believes the aesthetic and creative use of the arts, together with practices promoting body-mind-spirit integration in a holistic and humanistic approach, is essential for individual and collective well-being, social change, the advancement of humanity and the sustainable development of societies and nature.



<https://www.iacaet.org>

MoreArt
A Neighbourhood Holding Space

DEAR NEIGHBOUR
WE INVITE YOU



"WHAT DOES NEIGHBOURHOOD MEAN TO US"

Sussex Neighbourhood House is very pleased to be exhibiting in **MoreArt 2012** with our project '**A NEIGHBOURHOOD HOLDING SPACE**' created by you, our community. Our site is in the former vendor window at Gowrie train station.

We invite and welcome you to our arts-making and arts-forming community gatherings:

CREATING A HOLDING SPACE TO TELL YOUR STORY Sun16 Sept : 12.30 – 3.30pm

Explore the question "What does neighbourhood mean to you?" whilst creating an individual knotted Holding Space, to form part of our group piece.

BRINGING THE INDIVIDUAL ART WORKS TOGETHER Sat 22 Sept : 12.30 – 3.30pm

'Bringing together' for installation, the group looks for similarities and differences in the individual Holding Spaces and stories.

Register for either one or both (no charge) gatherings. Open to all ages however Holding Spaces require to ability to 'pull through loops and wrap material around a crochet hook'. No previous crochet experience is required! *Holding Spaces* amanda-creativearts.com

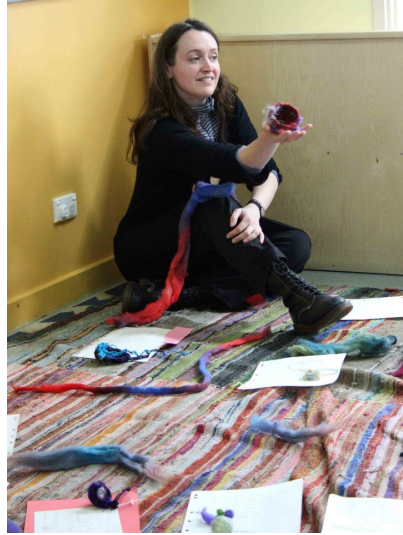
To register your place

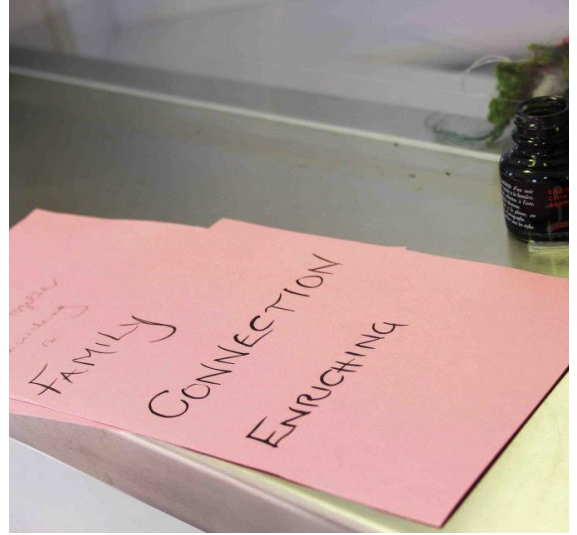
Sussex Neighbourhood House : 9354 2210 : enquiries@sussexnh.org.au

235-237 Sussex St, Coburg North

facebook.com/SussexNeighbourhoodHouse : sussexnh.org.au









www.holdingspacestudio.co.nz
Amanda(at)holdingspacestudio.co.nz