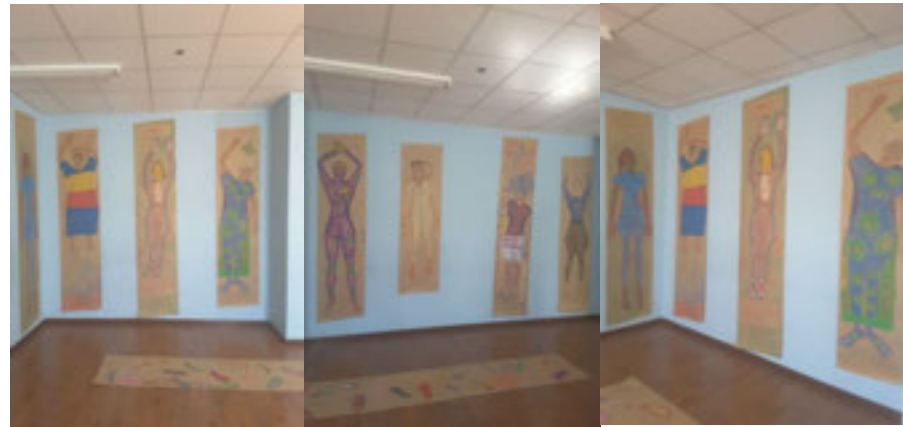


AMKA Programme, Scalabrini Centre, Cape Town, February 2017

Feedbacks on the Body Mapping sessions

by Sylvie Phillips, Art-therapist



The Body Mapping sessions are the first « leg » of the AMKA project with the objective of assessing their needs and abilities with the participants through an art-therapy programme run by Art-therapist Sylvie Groschatau-Phillips. Guest practitioner for these sessions was Movement therapist Lulu Erasmus with « 9 steps to success ».

Body Mapping: Through visual arts and symbolisation, working on the body as a way of excavating and communicating inner experiences, research within and bring to light participant's goals , design roads to achievements and build group support.

The presentations of their works by each participant on the last day of the art-therapy programme, where staff of the Scalabrini Centre and AMKA team are invited is a very important moment of the sessions.

It is amazing to witness the progresses each make during a one week of dedicated efforts and group building.

Day One

Group circle :

- Presentation of the objectives of the AMKA programme to the 10 participants
- Each individual, starting with Sylvie, introduce themselves to the group
- As in every following mornings, the sessions start with a big AMKA ! said in unisson : Wake Up !

Energizing Movements with Lulu Erasmus

- « A souple spine is a souple mind »
- Walks, postures and attitudes
- Balance exercises

« Who I am » Clay Hand

The participants each create their hand in clay and illustrate them to represent themselves and their goals.

Each presents her work to the group at the end of the session. Nb : the hands are being fired and will be offered to each participant in week two.

Day Two

- « Tree of Life » My Strengths, my Abilities.
Roots, trunk, branches and fruits represent different evolutive moments.
Each participant presents her tree to the group.
- A group share on « what are my shortcomings » ?
After all the good words about oneself : i am strong, powerful I can make it we take a look at what could be hampering the way to success and harmony.
- « My way » the feet trail
Using the days « findings » each participant outlines and illustrates her short and medium terms goals

Day Three « Body Mapping »



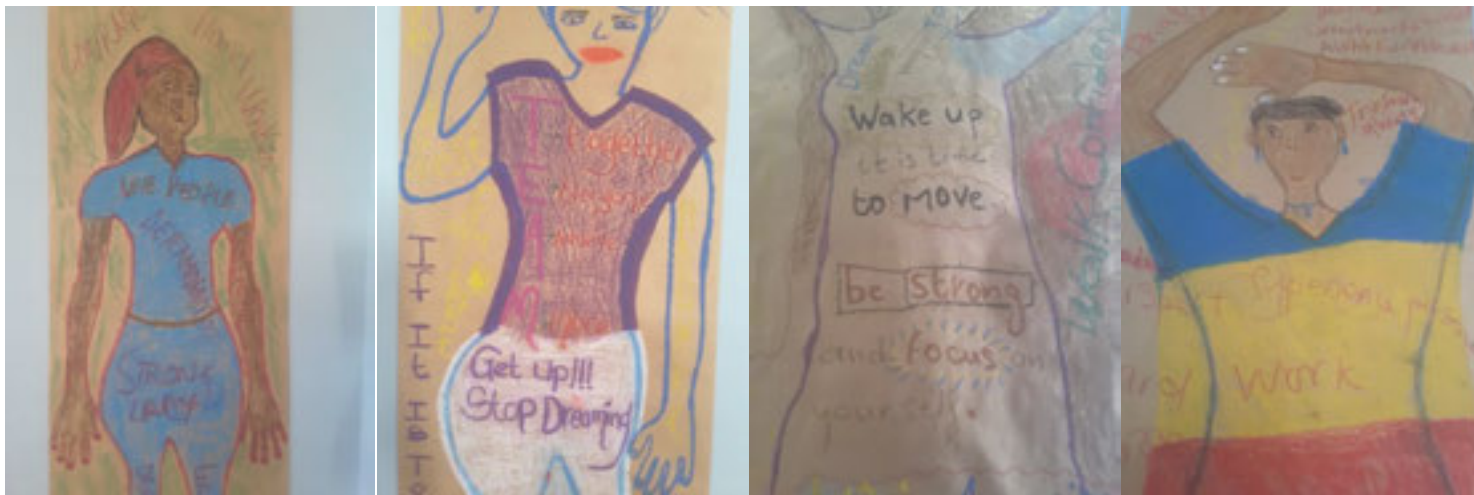
Day Four « 9 steps to success » with Lulu Erasmus

Building trust and confidence in ourselves and our abilities through Movement and Dance

Also see booklet (which includes series of exercises to perform at home and tips on nutrition) distributed to each participant.



- **Body Mapping** : Using the words that came up during the 9 steps to success, continue with Body Mapping



Day Five

- « My Goals » Clay Feet

Clearly outlined goals to illustrate a good understanding of the programme and the commitment asked of them by AMKA.

Nb : It is proposed that the feet (after firing) will be used to create artwork for the Scalabrini (on the wall by the steps leading to second floor, the ten feet will be « stuck » - mosaic like – to form of trail of goals) to represent both Migration and Determination.

- Presentation of works by each participants to AMKA team as well as Scalabrini staff members

A stunning, very courageous performance by all. Each has a story that she can tell in her own words, in a very clear, touching personal way.

Very clear understanding of the Programme's objectives, very energetic participants, who although professing shyness totally shined ! Each of them !

Every participant shows a keen commitment to the AMKA programme, has been able to go through introspection and self-questioning with courage and lucidity. During the course of the workshops, participants asked very pertinent questions about both the programme and the art-therapy sessions which shows a strong inquisitive mind. They are able to enquire and clarify briefs, purpose and objectives which will be of help when applying for work.

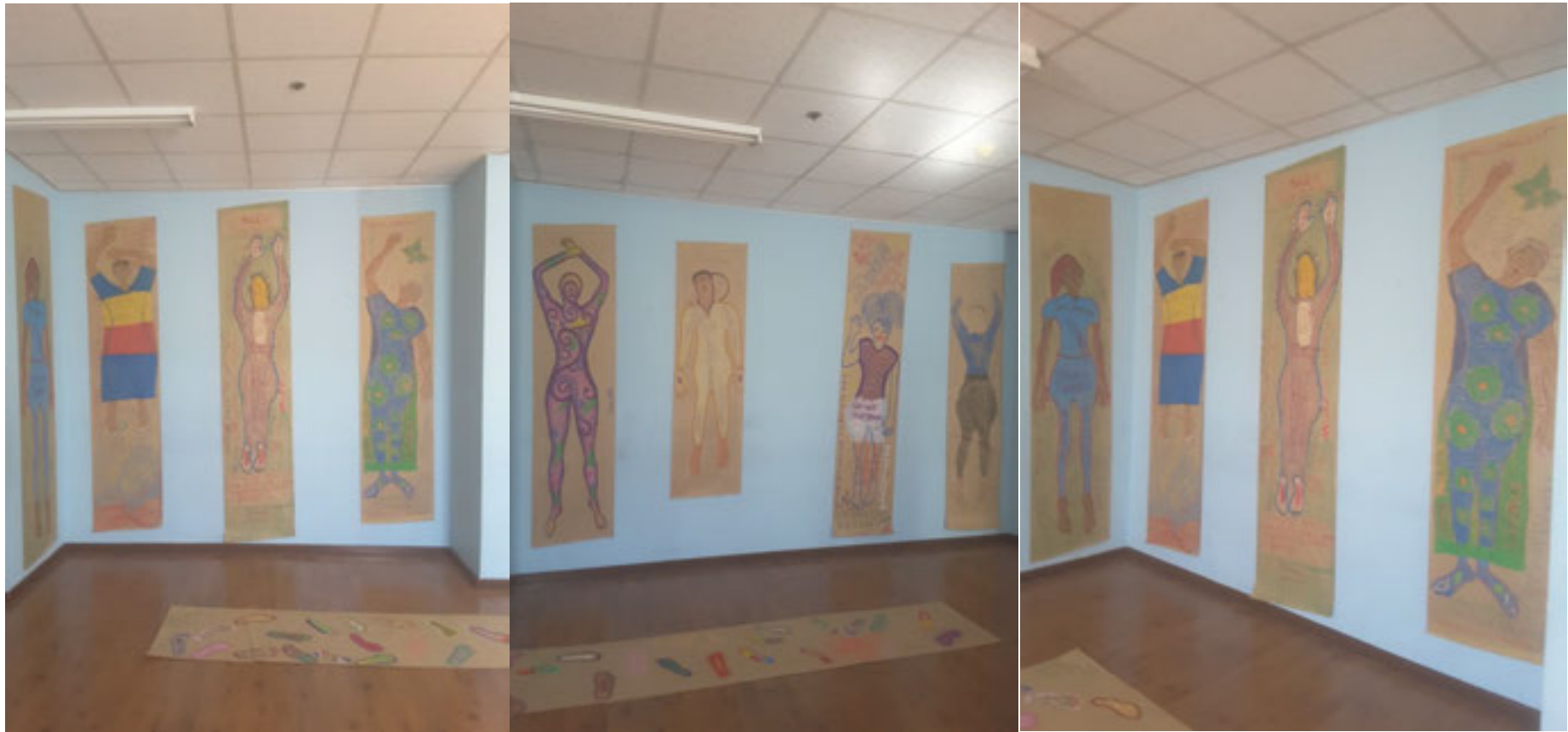
Strong supportive group, with very kindly, respectful attitudes to each other.

Twice during the sessions Lulu Erasmus was invited as guest practitioner for Movement therapy "9 steps to success" Building trust and confidence in ourselves and our abilities through Movement and Dance. Here postures and attitudes were worked which accounts for such excellent presentations.

I was thanked by each for the experience, my patience and dedication... I feel very proud to work with such strong women, embracing change, ready to do what it takes to succeed and enhance their lives.

The AMKA Body Maps @ the Scalabrini Centre, Cape Town February 17th, 2017 Presentation by each participant :

A stunning, very courageous performance by all on this Friday 17th where the 10 selected participants presented their own works proudly. Each has a story that she can tell in her own words, in a very clear, touching personal way. They have been assessing their goals and abilities and feel ready to go forward.















A Big thank you to **Matilda** for her cheerful help and beautiful energies, to the **Scalabrini Kitchen** for delicious lunch brought in daily and the **AMKA team** for their full help, care and support ! & hat off to **the Scalabrini Centre and its fantastic team, who, through sheer spirit and energy offer vital services to the community.**

A BIG BRAVO to such courageous ambitious women. They all have full potential to develop and create a better future for themselves, their loved ones and South Africa.

Going from strength to strength **AMKA !**