

Bodymapping AMKA programme / Scalabrini Cape Town 2014



The **Body Map** project runs successfully through its fifth year between France and South Africa.

Initiated in 2008 for the HIFA, Zimbabwe Voyage Ensemble exhibition “mapping cultural echoes”, the Body Maps project developed into a series of workshops and exhibitions for clients victims of xenophobic attacks at the Scalabrini Centre in 2010 and 2011 while a parallel exchange project, working on identity, was taking place in Graulhet, France with the support of the City. Several exhibitions took place (Cape Town Library, Femmes de Mars, Médiathèque et Odéon de Graulhet, Centre d’art les Mazades, Toulouse, Scalabrini Centre, Cape Town) between 2009 and 2013. Funds have been granted in 2013 for a publication: “Body mapping, a practical manual” with the purpose of creating awareness to the public and directives for practitioners. Other publications include “Voyage Ensemble” 2008 and “Body Map project”, Scalabrini 2011.

What is Art Therapy?

Art Therapy provides a way for people to come to terms with emotional conflicts, increase self awareness and express unspoken and often subconscious concerns about their lives. It can act as a distraction for participants, providing time for relaxation, managing stress and promoting clarity of thought, all of which assist in leading to a greater sense of well being

How does it work ?

The various art therapy techniques applied through professional facilitation provoke the participants to become more conscious of their own identity and capacities. The ultimate aim of the project is to restore and enhance people’s emotional well-being, ultimately allowing them to confront their current challenges in order to shape a better future for themselves and South Africa.

Proposal & Objectives : The Body Maps workshops



Body Mapping is an Art therapy technique developed by the San people where image is used as a healing power to help retrace a story, a memory. Face it in colour.

The life size works are created in common and individually: the participants draw each-others body contours then image their body map with paint, pastels, collages etc. Very simple to master, the techniques encourage self-expression and relaxation. Working on identity, the Body mapping provides an opportunity for exploration: working today through the past to create a new outlook for the future.

Series of workshops, facilitated by Sylvie Groschatau-Phillips, will be offered to selected groups of 8 to 12 persons for 8 (full day) bi-weekly sessions to integrate within the AMKA(AWAKE) Welfare programme, run by Marcel Mulombo Tshikuta at the Scalabrini Centre.



These art-therapy workshops which will form part of the first leg of the 5 months programme, will help participants to open up, relax and focus, lead them towards self-expression, assessing their needs and issues, as well as create a group energy that will enhance trust and communication skills to help meet the AMKA project's objectives.

The initial session is designed to be a motivation session for the AMKA selected participants, with a presentation of the Body maps project and its expected outcomes.



The first phase of the project will propose the "Dances": Self and Other, where clients associate to create Body Maps in common. The techniques of pastel, clay and collages will be facilitated. Councillors and therapists at the Scalabrini will be invited punctually to participate and complement the workshops. and links between the different activities offered within AMKA such as the Women Empowerment programme will be developed to further the action.

Over time, the sessions will create a community of support; a place of understanding, integration, and acceptance. A sense of importance, "something to look forward" and build a group energy as the clients work together.



During the second phase, batik will be approached permitting clients to learn and use a new media to create their personal Body Map. The participants will elaborate their body map using and combining the different media. They will be guided and encouraged to develop, at their own rhythm, an expression of their fears, hopes and issues through imagery.

An exhibition will showcase the artworks at the end of each series of workshops where the body maps which, up till then, have been created horizontally will "stand up" thus enabling the participants to take another perspective on their story.

The colourful, aesthetic result of the body maps that tell stories of a personal and universal nature, help approach issues in a different perspective. They respond to each-others, by-pass language barriers and create strong echoes that interrogate participants and public.



AMKA (AWAKE) Welfare programme Scalabrini Centre, Cape Town

The programme includes Art Therapy, Skills Training, and assistance with Job Placement. It runs over 5 months, and starts with Art Therapy for one month, then allows 3 months for trainings, and the last month for job hunting. xxxTBCxxx

The Body Maps art-therapy project will form part of the first leg of the 5 months AMKA programme . Selected groups of 8 to 12 persons will be offered bi-weekly sessions to integrate within the **AMKA (AWAKE)** Welfare programme, run by Marcel Mulombo Tshikuta at the Scalabrini Centre. These art-therapy workshops will help participants to open up, relax and focus, lead them towards self-expression, assessing their needs and issues, as well as create a group energy that will enhance trust and communication skills to help meet the project's objectives.

AMKA staff, Scalabrini councilors and students will be invited to join in some of the sessions and links between the different activities offered within AMKA such as the Women Empowerment programme and xTBCx will be developed to further the action.

Two different series of Body Maps workshops will take place in 2014 as follows :

January / february 2014 First Body Map sessions

May / June 2014 Second Body Map sessions

Evaluation: An on-going communication and weekly meetings between Marcel, Natasha and Sylvie where process, progresses and possible problems will be outlined, will ensure the adequation of the project within the AMKA programme and allow councilors a better insight for a more personal approach of the specific issues and needs of the participants.

A short film on the project will be published and be a feature of the exhibition at the end of both series of workshops. The film will be offered to the participants, AMKA, Scalabrini and the Funders.

Leisure

Poignant body of art on show

AN EXHIBITION of works by refugees and women in exile during art therapy groups, hosted by the city of Graubert, France, and the Scalabrini Centre of Cape Town is on exhibit at the City Library together with the Centre as One activist campaign.

As part of the 16 Days of Activism for No Violence Against Women and Children Campaign, the *Tangible Invisible* exhibition includes poignant body maps, and uses the image as a healing power to help retrace a story.

"Body mapping is an effective art therapy developed by the San. Art therapy is a soft, non-judgmental, healing-releasing therapy that uses art techniques such as those to induce creativity and develop self-expression, explain creative and arts therapist Sylvie Groschatau-Phillips.

"Body mapping can be used in the case of mental illness, loss, grief and trauma, to help self-expression, conflict resolution and well-being, as with the body mapping therapy sessions hosted by the Scalabrini Centre of Cape Town and the city of Graubert between 2009 and 2010, or to interrogate a society as in the case of the *Voyage Ensemble* project, where artists joined together to explore the themes of exile, identity and xenophobia," she says.

Groschatau-Phillips has worked in Cape Town for the past 10 years and initiated projects such as teaching the techniques of mosaic to patients at the Valkenberg psychiatric hospital of Cape Town, Youth at Risk on the Darling Station eco village and *Voyage Ensemble*, an art

Red Eye
SUZY BELL



year and body maps created by the *Voyage Ensemble* for the Harari International Festival of Arts 2008 in Zimbabwe. The themes explored are exile, identity and xenophobia.

"Xenophobia has not stopped," says Groschatau-Phillips. "It is just that to me it is writing about it even though it is happening. Xenophobia is obviously widespread all over the world, but in France, where I am from, you don't get thrown off a train, or raped and beaten, but there is prejudice and racism."

Art therapy workshops are important as you face your story without at first needing it and when it is in colour it seems less sad. People must tell their stories to heal and I find the visual art medium is much softer than if a story is told through words. What can I do if someone tells me their story in Swahili? But if they paint and draw they can tell their story in a softer way."

Art therapy workshops in Cape Town are being offered at the Scalabrini Centre for the rest of this year and in January for refugees who are victims of xenophobic attacks.

This will be done in collaboration with an occupational and counsellor at the Scalabrini Centre, says Groschatau-Phillips.

● *Tangible Invisible and the Centre as One* campaign is on at the Central Library of Cape Town Art Library, first floor, Corner of Parade and Darling Streets, in association with Scalabrini's *Centre as One* campaign and runs until December 5. For information on the art therapy workshops, call 021 461 5433 or see www.scalabrini.org.za



BODY MAPPING: Artwork created in an art workshop in...

Art eases the troubled soul

Volunteers and art therapy students work with patients to bring their feelings and a sense of patients

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The art of the troubled soul was on display at the...

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Kids learn art by seeing bigger picture

Children group the process and the...



Child Art Project brings joy of creation to thousands

Children group the process and the...

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"The therapy adds to art the project of transformation of oneself. Art adds to the therapy the ambition to appear in an enigmatic way the broad topics of the human condition. Creation - act and result - can allow the major transformation of the creative subject. Behind the personal and cultural differences, it is also a question of putting at the day the conditions of the creative act and the creative production, of perceiving specificities of the media used and of including/understanding their impacts. Vis-à-vis spontaneous creations of the person (symptoms, behavioral problem, marginalisation, dreams, memories) the art-therapy, proposes the creation of other complex forms: and consists of an accompaniment of these creations in a course symbolic system with the service of the development of the person towards an inner journey to being more". -Jean Pierre Klein, Psychiatrist and Art-therapist

XxxxTBCXXXX

Art Therapy in the context of Migration and the Scalabrini Centre's Work

As migration to South Africa has accelerated, there have been growing tensions over the struggle for access to basic services, especially in periurban slums here poor South Africans and poor immigrant workers, refugees and asylum seekers congregate. Their influx is easily identified by locals and has led to tensions resulting in the massive xenophobic violence of 2008. This violence has continued within the Western Cape, notably with the displacement of 2500 Zimbabweans from their homes in De Doorns in November 2009 but also with numerous isolated individual incidences of violence and intimidation across Greater Cape Town. Due to deteriorating political and economic conditions at home, it is broadly estimated that 2 million people, including Somalis, Congolese, Zimbabweans, Malawians and Mozambicans and others are in South Africa seeking work and asylum. Whilst the South African government has ratified the Organization of African Union and United Nations conventions on refugees, adopted its own refugee legislation in 1998, and reworked its immigration legislation in 2002, it has failed to implement these legal provisions as a result of many factors including lack of resource, lack of political will, lack of skills, lack of management capacity, corruption and high staff turn-over.

It is within this context that the Scalabrini Centre offers welfare and development programmes to refugees, asylum seekers, migrants and local South Africans.

The Centre consists of a 4-floor building in Commercial Street. The ground floor accommodates a free clothes shop, a large hall with a stage, a kitchen and other conference facilities. The first floor houses the Centre's reception and consultation offices for clients, as well as our administrative offices. The second floor offers classrooms dedicated to training, two computer laboratories, the Health Clinic, the Sewing Workshop and a meeting room. The third floor contains 12 en suite rooms for an in-house Responsible Tourism Project. The profit from this tourism business supports the Scalabrini Centre's welfare and developmental activities Our work is developed by the following guiding principles; our development work strives to stimulate opportunity for our clients, by increasing skill, platforming talent and offering access to information while our welfare work encourages a pro-active response from beneficiaries.

We are conscious that a sense of well-being is essential to achieving success and that welfare must work alongside a demonstrated willingness from clients to change their own life circumstance and confront their own fears. We believe that skills training, sports, arts and culture are excellent tools to enhance social transformation, personal healing and growth of individual confidence; and that through these activities and by encouraging people from diverse backgrounds to participate we can promote unity in diversity Art Therapy offers our clients a therapeutic space to express and interrogate the trauma from violent past experiences and through this process to heal.

-Miranda Madikane, Director Scalabrini Centre Cape Town

BIOGRAPHY

Sylvie Groschatau-Phillips

Sylvie Groschatau-Phillips is an independent curator, filmmaker and qualified art therapist (MA Profac). She is a permanent resident in South Africa since 1998 and has curated a number of projects between Cape Town Harare and Toulouse.

Sylvie initiated and develops since 2008 the Body Maps Art Therapy Project between the Scalabrini Centre, Cape Town and the City of Graulhet, France where she facilitated 9 series of workshops and exhibitions on the theme of Exile and Identity:

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Other recent experience includes:

Co-curating, together with Anzu Phillips, 'Red in the Rainbow', Cape Town, 2012, a multimedia exhibition on the story of Fred and Sarah Carneson based on Lynn Carneson's writings, Ruth Carneson's artworks and archives such as prison letters, banning documents and love letters spanning six decades of the apartheid regime. The exhibition was funded by the National Arts Council of South Africa and the Rosa Luxemburg Stiftung. Additionally Sylvie Groschatau worked in collaboration with Omar Badsha at SAHO to create a series of large posters, which formed part of the exhibition and the publication. The first leg of the exhibition took place at the Iziko Waterfront Museum in Cape Town and is currently touring around South Africa.

Sylvie managed 'Voyage Ensemble' from 2005 until 2008. Initiated by the Scalabrini Centre, funded by Pro-Helvetia and IFAS, the project comprised of a series of visual arts workshops and exhibitions with the support of Pro Helvetia and Ifas. The project's objectives were to: foster relationships between refugee artists and local artists, challenge xenophobia and introduce the displaced artists into the South African art network. The 9 successive exhibitions showcased the work of artists from Congo, Burundi and Mozambique together with emergent artists from South Africa. They took place at various venues and festivals including: Iziko Slave Lodge, Baxter Sanlam Gallery, Cape Town Civic Centre, the Harare International Arts Festival in Zimbabwe.

She has initiated and facilitated workshops for the clients of the Valkenberg hospital since 1998 where clay tiles were created to form mosaics on the hospital's walls. An 11 minute insert about the project was broadcast on South African public television (Free Spirit 2011).

Currently, Funds have been granted by the Contrat Culturel Local de Graulhet in 2013 for a publication: "Body Mapping, a practical manual" with the purpose of retracing the Body Mapping process, create awareness to the public and directives for practitioners.

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