



## THE BODY MAPS PROJECT

Body Mapping is a well-known and researched art-therapy technique specifically designed for persons with Identity, Displacement and Trauma by Sylvie Groschatau, art-therapist who facilitates the Body Map project, notably in Cape Town through the AMKA programme at the Scalabrini Centre since its inception in 2014, in France with the support of the region Occitane and in South Africa since 2008. for more info, please visit our site [www.123lestimides.net](http://www.123lestimides.net)

PROPOSAL BODY MAPPING WORKSHOPS AT THE SCALABRINI CENTRE, CAPE TOWN

## Space Of Self

Furthering directives given by Maxie Stamminger in her evaluation of the AMKA programme for 2014 – 2017 which advises a continuous follow-up with the participants and an extension of the Art Therapy and Job Readiness Workshops in order to raise the effectiveness,

Space Of Self aims at providing the Scalabrini Centre Cape Town with regular series of Body Mapping workshops on site for its clients where group workshops will be offered on a planned regular basis.

**Objectives:** Working creatively on the Clients needs and issues within a facilitated space to help them adapt, master keys of achievements, identify and reach their goals.

## The project will

Develop and take shape through regular series of Body Mapping sessions of 5 consecutive days each throughout the year and shall be run in full coordination with the Scalabrini Centre, Cape Town who will be hosting the workshops.

The action will aim at creating a Space Of Self, a space of safety and potentiality where Clients of the Scalabrini Centre will regularly be encouraged to participate.

Lead clients of the Scalabrini Centre towards better self expression, stress release, conflict resolution and needs assessments, to help them adapt and achieve goals. Body mapping provides stress release and help towards a better approach of client's issues. The workshops will also act as a support group for the participants as they all work together, thus enabling them to take full chances of the opportunities offered to them through the different programmes run by the Scalabrini Centre, Cape town.

Complement programmes run by the Scalabrini Centre (alike the AMKA programme) and aim at consolidating the different actions by enabling the clients to clarify their goals and specific challenges.

Provide a relay for counsellors : with feedbacks at the end of each sessions to create material for the counsellors and project managers to work from and enable a fair assessment of the project on the long term.

On a broader level, the messages depicted in the artworks and during the story telling sessions will emphasize issues on Refugees status and xenophobia and could be proposed for exhibition during Events on related topics in Cape Town.

## The Space of Self :

Open to All series of art-therapy workshops for the Clients of the Scalabrini Centre

The sessions which will be of 5 days each will function as Open Space where Clients can join at different specific moments to discover and engage.

For this purpose, the conference room at the Scalabrini Centre could be regularly booked (rented) to organize series of workshops for selected and interested clients of the Scalabrini Centre.

The sessions, planified with the Scalabrini Centre, will be advertised at the desk and through counsellors, advocates and project managers, Clients will be encouraged to participate.

Art-therapy practices (involving ceramics, visual arts, body language and story telling) will be proposed during the course of the workshops, enabling the participants to better self and emotional expressions, as well as practical works towards stress release, conflict resolution and needs assessments. The sessions will aim at giving "keys of achievement" to the participants and the perenity of the action throughout the year will ensure a personalized follow up on Client's issues and progresses.

**FACILITATION :**

Sylvie Groschatau, will facilitate the Space Of Self & Body Mapping sessions and punctually invite guest therapists, including Body therapist Lulu Erasmus who has been working within the AMKA art-therapy programme very successfully since 2015, to complement the action.

A proud permanent resident in South Africa since 1998, Sylvie is a fully qualified art-therapist who works extensively with refugees. She has been leading the Body Maps workshops between France and South Africa since 2008 and has been working with the Scalabrini Centre since over a decade on programmes linked to Xenophobia, Identity & Displacement (see Voyage Ensemble, a journey together) .

Sylvie is fluent in English and French which can ease communication with persons originated from francophone Africa who found refuge in South Africa and seek help at the Scalabrini Centre, Cape Town.

<http://123lestimides.net/index.php/en/workshops-shows/body-maps-france-africa>

<http://123lestimides.net/index.php/en/workshops-shows/body-maps-amka-2014-2015>

<http://123lestimides.net/index.php/en/art-therapy/france-south-africa>

<http://123lestimides.net/index.php/en/art-therapy/social-mediation>

**THE BODY MAPS PROJECT :**

The project is now in its ten year of activity, between France and South Africa.

Begun in 2008 for the exhibition “Mapping Cultural Echoes” of the *Voyage Ensemble, a Journey Together* group (Scalabrini Centre for refugees, Cape Town, [www.scalabrini.org.za](http://www.scalabrini.org.za)) at the "**Harare International Festival of the Arts**" in Zimbabwe, the **Body Maps project** gave rise to a series of workshops and exhibitions in 2009 and 2010 of works created by users of the Scalabrini Center who had been victims of xenophobic attacks.

The works, exhibited in Graulhet, France as part of “Femmes de Mars” in 2008 **served as the point of departure for the Cartes du Corps project (2009 – 2016) centered on issues of identity** with the support of the town and the region Tarn, **while a similar project was developed at the Scalabrini Centre, Cape Town** with victims of xenophobic attacks (2009 – 2013).

Since May 2014, clients of the Scalabrini Center are offered a series of workshops as part of the **AMKA programme**, and the film “**Wealth Inside, Body Mapping**” was selected for participation in the **Kampala Biennale in August 2016**.

<http://123lestimides.net/index.php/en/workshops-shows/exhibitions>

<http://123lestimides.net/index.php/en/art-therapy/testimonials>

The Body Maps Workshops France – South Africa 2008 – 2016



