

**PROPOSAL FOR A PRESENTATION DURING THE HEALING AND SOCIAL TRANSFORMATION
IN MENTAL HEALTHCARE IN SOUTH AFRICA**

Independent curator and qualified art therapist (MA Profac), Sylvie Phillips resides in South Africa since 1998.

She develops since 2009 the Body Maps Project between France (région Tarn) and the Scalabrini Centre for refugees, Cape Town, South Africa where she facilitates series of workshops and exhibitions on the theme of Exile and Identity.

Sylvie has initiated and facilitates workshops for the clients of the Valkenberg hospital since 1998 where clay tiles are created to form mosaics on the hospital's walls.

The presentation would shortly outline both projects aims and achievements with the support of a diaporama and edits of the Free Spirit insert.

Please watch the video on our site : www.123lestimides.net

A short debate on the two following topics could end the presentation:

- Designed to be offered to persons who have little or no access to art, this kind of projects need fundings; I work as an art-therapist and raise funds within structures such as the Scalabrini centre, the Valkenberg hospital and the Contrat de Cohésion sociale in Graulhet, France.
- The works created during the art therapy workshops are exhibited with the intention of creating pride for the participants and awareness to the public and preactioners.

You will find hereafter is a short documentation on the projects.

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PROPOSAL FOR A PRESENTATION
HEALING AND SOCIAL TRANSFORMATION IN MENTAL HEALTHCARE IN SOUTH AFRICA
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Independent curator and qualified art therapist (MA Profac), Sylvie Phillips resides in South Africa since 1998.



Sylvie develops since 2009 the Body Maps Project between France and South Africa where she facilitated 9 series of workshops and exhibitions on the theme of Exile and Identity.

Parallel exhibitions in 2009, 2010 and 2013, (notably in France for Month of Women and with Unite Africa at the National Library in Cape Town) combined works by displaced African women in France together with the South African Body Maps, creating a progressive travelling message.

The action continues into 2014 with the support of the Région Tarn in France and the Scalabrini Centre in Cape Town, South Africa.



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

"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

Bodymapping: Wealth from Inside



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

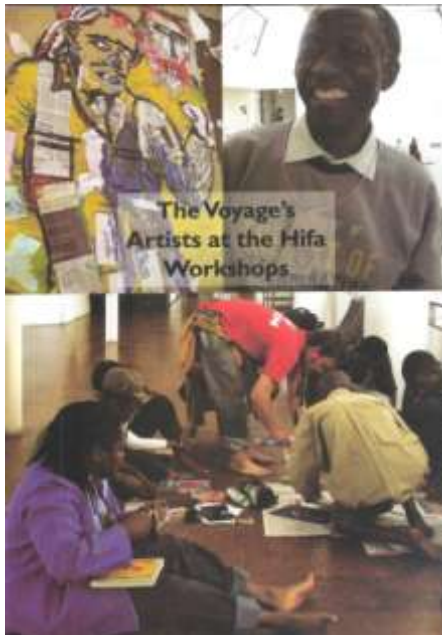
Initiated in 2008 for the HIFA, Zimbabwe Voyage Ensemble exhibition “mapping cultural echoes”, the Body Maps project developed into a series of workshops and exhibitions for clients victims of xenophobic attacks at the Scalabrini Centre in 2010 and 2011 while a parallel exchange project, working on identity, was taking place in Graulhet, France with the support of the City. Two exhibitions took place between France and South Africa in 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.

Body Mapping was traditionally used by the San people where image works as a healing power to help retrace a story, a memory.

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 needs assesment. Over time, the sessions will build a group energy as the clients work together, create a community of support, a place of understanding, integration, and acceptance.

Working on identity, Body mapping provides an opportunity for exploration: working today through the past to create a new outlook for the future.

The Body Maps tell stories of a personal and universal nature, approach issues based on Identity in a different perspective to enable transformative growth and self discovery. The Maps respond to each-others, by-pass language barriers and create strong echoes that interrogate participants and public.



1/ Body Map "Dance" 170 x 45 cm pastel on cardboard
 3/ Body Map "K" 120 x 65 cm Batik on Silk
 5/"Mapping Cultural Echoes" Zimbabwe

2/ Body Map "Just Tso Story" 170 x 45 cm pastel on cardboard
 4/ Body Map "Aminata" 170 x 45 cm Pastel on cardboard
 6/ Tangible Invisible Exhibition, South Africa

Art-therapy at the Valkenberg Mental Hospital

Sylvie initiated and facilitated workshops for the clients of the Valkenberg hospital since 1998 where clay tiles are created to form mosaics on the hospital's walls.

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The therapy aims to achieve and provide : Self expression. Well being. Concentration and Focus. Sometimes over 35 clients are attended to in a morning session : they give themselves goals, achieve progress and communicate. The therapy seeks individual achievements to help build back self love and dignity as well as involvement in a group effort : One piece is good enough if we do our best : no matter how small, each individual tile can participate to a whole and be admired. They call the wall of hands the Wall of Fame ! The trees are growing and giving fruits.

The Project is made possible with the constant support of the **Occupational Therapy Department** of the Valkenberg hospital and the **Friends of Valkenberg**. The facilitation of the Art Therapy sessions is funded since 2006 through the **Occupational Therapy Department** of the Valkenberg hospital.

In 2005, Louise joined the project, first as a patient and since 2006 as a much needed hand during the weekly sessions under the facilitation of Sylvie. Louise has proven a very reliable, intuitive and enthusiastic partner.

Sylvie has endeavoured to create awareness on the benefits of Art Therapy. She realized a short film for the Occupational Therapy Centre, depicting the variety of therapies and facilitated groups that are proposed at the centre. This film was shown to the funders during their visit in 2006. An insert on her works in Art therapy was broadcast on Free Spirit SABC3, 30th of September 2007.

Sylvie is now a trained, practicing Art Therapist and published several articles in Profac, Art Therapy Federation www.artherapie.com. She has written her thesis "Processus créatifs en art thérapie" on two of her current works : Weekly Art therapy sessions with specifically challenged children and Ceramic & Mosaics in institution with the clients of the Valkenberg hospital.



What started as an artistic project and an opportunity to help upon my arrival in South Africa, developed into a conscious therapeutic process that needs to be carried further.

Thank you for your attention and support.

An 11 minute insert about the project was broadcast on South African public television.

Art Therapy in the context of Migration and the Scalabrini Centre's Work By Miranda Madikane, Director Scalabrini Centre Cape Town

As migration to South Africa has accelerated, there have been growing tensions over the struggle for access to basic services, especially in periurban townships 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.

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.