

Traumascapes & Landscapes of the Interior



Exhibition at the
Institute of Mental
Health

Summer 2018



Cover image:
Detail from 'Wallflower #1'
by Corinne Perry

Traumascapes & Landscapes of the Interior

The arts have been an inseparable part of the Institute of Mental Health since it opened in 2006, reflecting the values of creativity, emotional connections and providing opportunities for inspiration.

The Institute is dedicated to leading edge innovative mental health research and education, bringing people together to create an organisation that makes new discoveries, improves lives and challenges stigma.

Each year we host solo exhibitions for people who have experienced mental ill health, or for artists who have a particular interest in mental health issues. Our exhibitions are on display for all the staff within our building to contemplate and enjoy, but we also open our doors to the public too – art at the Institute is for the benefit of everyone.

The theme of this year's exhibition explores "traumascapes" and the world of the interior. Each of the artists have responded in an individual way to the theme - some using colour, others texture, materials and lighting. All have responded in a unique artistic way, reflecting the uniqueness of their own personal journey through the landscapes of their own mental health experiences.

Using art and creativity can support mental health recovery, and I am very proud of our ongoing partnership with City Arts and the opportunities it brings to support both local and national artists.

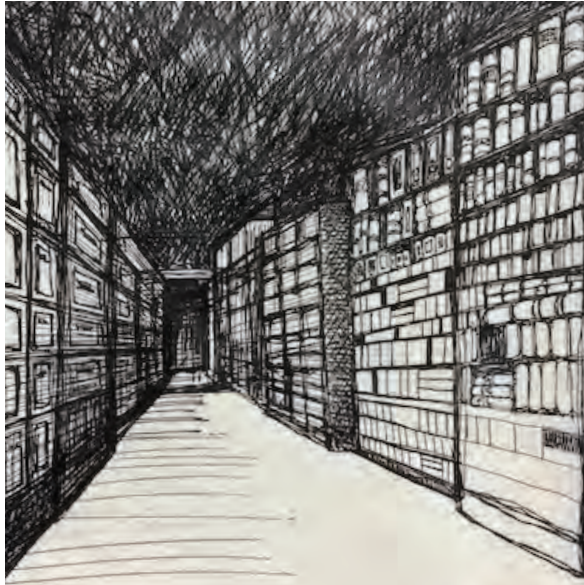
Professor Martin Orrell
Director, Institute of Mental Health



Catherine Levey

Split
Oil

I attempt to portray people with expression, sometimes in unusual situations looking past the obvious. My aim is to show the inside of people on the outside. This work is the result of years of development in my undergraduate fine art practice. I am inspired by medical images, and noting how disease affects the human body and mind after working in healthcare for many years.



Yvonne J Foster

Filing System of Trauma

Giclee art print from original pen drawing

Art is my way of processing life, it is also my escape, relaxation and enjoyment. Sharing my art helps start conversations about emotional trauma, mental health, loss and suicide that had previously been hidden.

I make art to express and release emotion, and to process trauma. I find using white paper stifling, so I scribble, crosshatch and collage to cover as much white as possible. This helps me to unburden emotions and to focus before working in more detail.

I am extremely measured, particular and precise. I love working to a small scale. It focusses me and gives a welcome break from a self-critical and traumatised brain. It is a very solitary and personal process.



Emily Doyle

Self Portrait

Acrylic on canvas

Emily Doyle is an early career artist based in Birmingham. She finds inspiration in sexuality, mental health, and the female form. Superstition and the macabre inform her art, which she produces over a variety of media using brushes, needles and gougers.

While studying Chemistry at the University of Birmingham, Doyle was head of design at student label New Street Records. She now produces visual art for local bands including High Horses, Man & The Holy Mountain, The Backbone Slips, and her own band The Hungry Ghosts. The 2017 issue of *That Music Zine* featured her original comic, *Desert Island Discs*. She also writes and illustrates for local magazine *Birmingham Review*, with a focus on burlesque and drag performance.



David Thornelaw

Untitled

Pastel on paper

I suffer with a lot of pain and sadness and experience delusions. I get stressed on Sunday's just walking down the street. I use colour to enhance the quality of the picture.

My work comes together in kit form like a camera. Looking at a negative makes you feel depressed and ill because the composition is not right

David is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.



Sean Williams

A Decade of Success

Acrylic on board

I was born in North Wales in 1966 and am based at Bloc Studios in Sheffield.

My paintings are views of the fringes of suburbia, scenes suggesting an incident may have occurred, without being too specific and spoiling any emergent mystery. These are places that feel familiar, but then escape our conditioned response. I aim to recreate the almost inexplicable psychological weight of Della Francesca's *Ideal City*, with a modern twist. My painting technique has been described as *contemporary pointillism* and is a deliberate attempt to acknowledge and evoke the spirit and social conscience of Camille Pissarro.

Recent exhibitions include 'Contemporary Masters from Britain' at Tianjin Academy of Fine Art in China, and 'Testcard P' at The Crypt, St Marylebone Parish Church in London. I also curated a painting show called 'For a Burning Love' which showed at The Circle in Sheffield and The Old Lock Up Gallery in Cromford.

Mike Hughes

After Guernica (Dyptich)

Acrylic paint on cartridge paper

I have been part of the Portugal Prints art project for over seven years, and in that time, I've had the privilege of attending workshops at the Royal Academy of Arts, Whitechapel Gallery, National Theatre, National Portrait Gallery, and the Mall Galleries. I work almost exclusively in painting and drawing, sometimes with photographic references. The accompanying painting on the theme of Traumascape is based on personal experiences, within the last couple of years.



dot 2018
(for Pina)



Fiona Adams

The Black Heart

Acrylic and collage on canvas

I studied art to degree level (Fine Art) with a postgraduate diploma in painting. I began to suffer with mental health problems. In recent years I have started to paint again and developed a style of symbolism. I use paint and collage to represent inner feelings and emotional struggles.



Anthony Gariff

The Raven

Acrylic on board

I am a self-taught artist based in Nottingham. I have been painting for nearly ten years. Initially, I painted because I found the whole process therapeutic and I still do.

Since I first submitted work for the IMH exhibition, I have found it especially rewarding because it tackles themes that aren't seen anywhere else. It is also a safe space which encourages exploration of personal issues. Meanwhile, my passion for painting continues to grow.



Tony Fisher

Wounded
Photography

Tony has a talent for making the ordinary, extraordinary. Whatever the subject and no matter how mundane – be it a wild flower, a pet dog or a dead bird – he possesses the art to transform it into a striking thing of beauty that will move his audience.



Sarita Osei-Tutu

Deformed and Unfinished

Water and acrylic on canvas

Art is my passion, it's my love and expression, my honesty and words that aren't said. Art gives me life and makes me feel and see a beauty from forms of reality in so many variations of colour, texture, patterns and shapes.

My work explores abstract expression that dedicates itself to move through emotional and personal experiences, moreover it pays tribute to political events that I feel are close to home. Using this form of art has allowed me to openly share the black female experience with an audience to enable a sense of understanding and observation. Mental health has been the main drive to the pieces I have developed, using colour in particular has enabled me to draw out certain emotions and feelings I have towards myself in particular situations. My pieces cover abortion, the reconstruction of self-identify, depression and restoration of self-love.



Sally Cactus

Why Leave Me This Way Doctor?

Emulsion and oil

Art for me is therapy. It allows me to express my inner world in ways I struggle to verbalize. Art also allows other parts of me to express themselves too.

My name is Sally and I live with the ongoing effects of Trauma. These manifested over my lifetime as C-PTSD, Anxiety, OCD and since childhood Dissociative Identity Disorder (DID). My art has differing styles because they are created by different parts of me. We work individually yet sometimes My People will work together.

My work is shared in order to raise awareness of Mental Health, letting others know who struggle, that they are not alone and it is okay to express your Trauma, Your Truth!



Caroline Reed

Confusion

Mixed media

My work is a construction of my emotions and life experiences.

My aim is to reveal, but not to be put on display personally. My work tends to suggest a narrative to the viewer and is not intended to burden the viewer, but more to provoke thought.



Emma Louise Johns

Out of the Dark

Acrylic and charcoal on paper

My rollercoaster life; lurching from success to crisis amid frequent bouts of depression finally made some sense with a diagnosis of Attention Deficit Hyperactivity Disorder (ADHD), aged 44. I gained a place on a ten week 'art as therapy' course during a formal disciplinary for my inability to read social cues or curb my honesty with colleagues. Everything is black and white for my brain - with no off button. I struggle to control impulsivity, addictions and risk-taking tendencies. I have given paintings to thank those who stood by me while I lost my job and who love me for my non neurotypical brain. My work is less about the finished product and more about the process; the mixing, layering and colour. Now I can escape into art, to find a deep sense of calm and also celebrate being me and revel in the creativity that my ADHD brings.



David Phillips

Somewhere Lost in Space

Pencil on paper

I always commit 100% to my pictures because I like them so much. It brings joy into my life. I can imagine myself in those places – a different outlook to parts of the universe that may or may not be there. I see these places in my mind's eye. It is a bit of a mystery. It is all I have left to fulfil my dreams. They give me ambition to visit them in another time, another world.

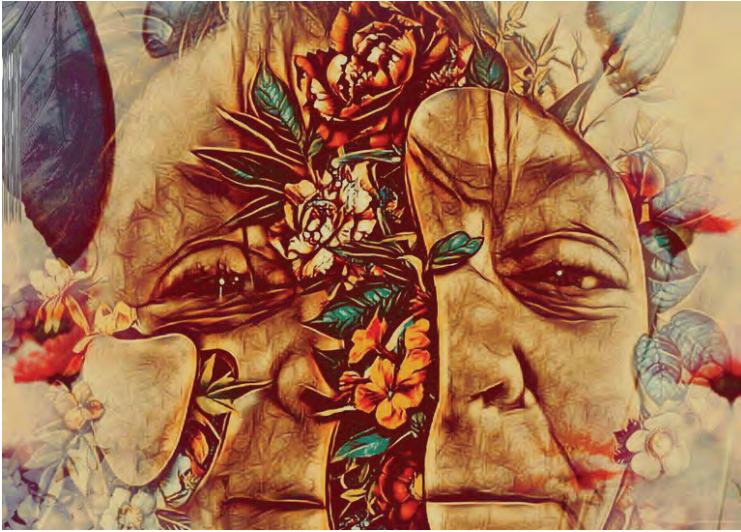
David is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.



Rosie Lawes

Scar/My Line
Photography

I am currently training on the Art Therapy Northern Programme in Sheffield. I did my undergraduate in Nottingham in Classical Civilisation which enabled me to develop my interest in mythology and the tradition of storytelling. After a year teaching English abroad, I completed an Art Foundation Course in Cornwall and made the decision to apply to train as an Art Psychotherapist.



Caroline Jane

There is Something Beautiful

Digital art

I am 51 years old and was given a diagnosis of Schizophrenia 17 years ago.

I am a warrior.

I have suffered with loneliness for the better part of 17 years as my illness causes me to withdraw from the world socially. This has led me to playing with my phone and becoming interested in digital art. Over the last couple of years, I have made several works that depict certain areas of my mental illness.



Angie Martin

Preservation

Acrylic

In 2015, I was traumatized due to life circumstances which resulted in complete mental and physical breakdown, leaving me in a hypervigilant state. I was so debilitated mentally, emotionally, psychologically and physically and was suicidal.

During this time I re-connected with myself and nature. I was 51yrs when I painted for the first time. I emptied thoughts and emotions through the paint.

I am now recovering from trauma, profound depression, dissociation and anxiety. I was fortunate to receive treatment at the Centre for Trauma, Resilience & Growth in Nottingham. I am now in a safe place. I paint daily and hope to inspire others.



Di Smith

Sickofit

Pen on paper

I am a 52 year old artist with lifelong mental health issues. For me art helps me to find significance in life, and to feel connected with all those who have ever tried to create.



Corinne Perry

Wallflower #10

Photography (C-Type Print Limited edition 2/6)

I am a self-portrait artist, based in the West Midlands. My distinctively dark and evocative self-depictions intimately reflect my ongoing struggle with mental health. My photographs manifest within the same four walls; my bedroom. The room I believe is the keeper of my trapped and repressed emotions. To bury this mental state deep within would allow it to thrive, but though my use of photography as therapy; I am offered a cathartic release. Since graduating from Birmingham City University in 2012 with a First Class (Hons) Degree in Photography, I have exhibited widely, most notably at the Beaney Museum of Art and Knowledge, TATE Liverpool, Croome Court National Trust and Oriel Davies Gallery. My work also forms part of the University of Kent's 'Artist's Books and the Medical Humanities Collection', held within the Universities Special Collections and Archives.



David Trippas

Sunny Sparkling Otters

Photograph and poem

Born on United Nations day 1950, I had a good childhood and took the camera my aunt gave me for a birthday present when I was 11, the beginning of a lifelong passion. In 1970 I brought the land and money together to create the free Glastonbury festival in 1971. Within two years of this festival I was sectioned, tortured and kept for a year in the bin and thrown out with no support. I joined WELD photography project in Handsworth and living on income support in a bedsit got sectioned again. I was treated so brutally, one nurse resigned and again I was thrown out with no support. I then started writing poetry and produced two websites:

beautiful-birmingham.com

sunshineonarainyday.netfirms.com

I now live with my wife in a terraced house in Birmingham.



Samantha Harvey

Caught Between a Rock and a Hard Place

Watercolour

I am a Nottinghamshire lass born and bred and trained as a nurse. As a child I had no interest in painting having been put off art by my teacher.

My art journey came about in my early forties when I was fighting my first episode of clinical depression. Encouragement and support from a good friend and later my study buddy kindled my passion for art.

I discovered the essence of how therapeutic the arts are in the recovery process. This revelation of how beneficial art can be, led me to further academic study.

I gained a Foundation Degree in Art Creative Practice from Leeds Met University in 2013. I help to run an art group. My preferred mediums are pencil and watercolour.

Negatively my ongoing battle with recurrent depression means I'm on medication for life. Positively it has given me a window of opportunity, to come alongside others who are struggling.



Allan Oliver

Electric Dreams

Acrylic on canvas

I've been diagnosed with paranoid schizophrenia but with medication I can handle it pretty well.

My art teacher at school in Loughborough was very enthusiastic and wanted me to pursue art. If I had gone to art school, I think they would have tried to mould me into something else and I wouldn't be producing the work I do now. My work is inspired by life experiences, both good and bad.

Painting gives me a lot of satisfaction, even though most of the time I have no idea what it all means. However I do feel good when people like what I do.



Patrick Gomersall

The Impossibility of Being Human
Oil and charcoal on canvas

I make figurative paintings and drawings on canvas, panel and paper. I am interested in exploring the human condition through my work, in particular themes of alienation, detachment, and loneliness in a digitally interconnected 21st century.

An expressive and direct approach to mark making is central to my process - drawing doesn't end once the painting starts but happens throughout, at times by way of scraping and scoring the surface with saw blades and old hand tools.

Jodie Beardmore

Escaping the Asylum

Photography

Jodie Beardmore is a photography student based in West Yorkshire, graduating with a BA in photography from the University of Huddersfield this year. Specialising in fashion and portraiture work, she found herself drawn to the world of fantasy in her final major project Labyrinth of the Mind, which she began creating after a diagnosis of depression in 2016. The series which is set in a world bordering between dream and nightmare, similar to what you would experience when you are mentally ill. The imagery follows a narrative of her recovery caught between the world of the imagination and reality.





Chris Bird

Music of the Streets

Ink on paper

I hope that the art I create speaks about the confusing and beautiful energy of city life and my own struggle against mental health issues.

My art stands squarely on the side of the marginalized and poor. I hope that the images inspire people to go on and create their own art and find their own voice.

I have had work published in The Big Issue, various underground punk zines and exhibited at Camden Mind, The Marx Memorial Library and Freedom Bookshop.

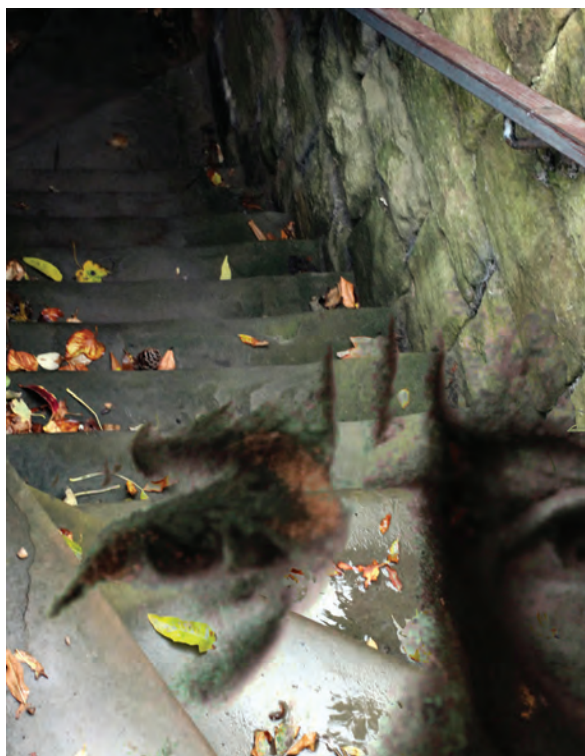
In 2015 I produced a book of photography and collages under the title Piecing it Together with artist Alexa Wright and in 2016 I exhibited at the St. Pancras Hospital gallery and gave a short talk about art therapy and mental health.

I drew many of the images whilst a day patient on an acute unit, Kings X and Portugal Prints' studio in Camden Town.

This year in conjunction with Tom Mallander I produced a paperback collection of short stories and drawings called, From Wapping and West Ham to Istanbul and Back Again.

You can see more of my artwork at:

www.outsidein.org.uk/Chris-Bird



John Wheat

Steps

Photography

I am a photographer and filmmaker. I have Asperger Syndrome and consequently struggle to navigate a neurotypical world. I enjoy taking photographs of statues and the natural world. Both of these elements are easy for me to make sense of. By combining the two I try to create landscapes that are an expression of my world.



Tracy Boness

Bertha Mason
Acrylic on canvas

Born in East London I studied for a BTEC in Art & Design at East Ham Community College, then went on to complete a degree in Fine Art at West Surrey Institute of Art & Design in Farnham.

Since graduating I have consistently exhibited my work, undertaking commissions and taken part in community based workshops. Painting and drawing are essential to my practice, my recent black and white drawings take inspiration from 18th Century engravings and botanical drawings of the era. I enjoy working with historical subject matter, and have illustrated book covers for historical groups such as the Thomas Layton Museum Trust. I like to experiment with new materials and sometimes sew and layer surfaces to create tactile pieces of work.



Mark Carr

Blurred & Broken
Print on paper

Born 1960 UK. Multimedia artist living and working in North East England. Has exhibited widely in the UK and abroad.



Christopher Robin Leyshon

The face of madness

I grew up in a poor family and started to draw at a very young age. With pure determination I got into a good grammar school and from there was accepted into private school. I then attained a degree in three dimensional visual effects. There were some negative factors that led me to have a psychosis at the age of 28. However despite drowning in a swamp of madness, I came out of it and continued to do my art, which I now consider to be my main priority.

Nicola Twamley

On The Edge

Collage (Medicine info leaflets, psychiatrists letters, packets)

Once upon a time I was a *normal person*, who coped with life's ups and downs and even managed to cope when the downs led to periods of depression. I got well again, one way or another, got back to normal. Then one day my world collapsed and I ceased to function. I didn't get back to normal.

Struggling to find a means to make life bearable again I was lucky enough to be found by some lovely occupational therapists while I was an inpatient on a psychiatric ward. Not having done anything remotely arty or crafty since leaving school (a long time ago!), and somewhat to my surprise, I found the creative activities they introduced me to enormously therapeutic and rewarding in managing my wellbeing.

Proceeds from the sale of my work will go to Nottingham Focus On Wellbeing.





Leonie Briggs

Our Diary of the War
Photo-montage

I am an artist/ illustrator based in West Yorkshire. After years of pursuing art as a hobby I am currently studying towards a degree in Art and Design as a mature student at Calderdale College and hope to make my hobby into a profession.

My current focus is on making meaningful pieces of artwork through illustration and photo-montage. Being especially interested in our perception of the elderly and how I can portray emotion in pieces of artwork. I have recently found photo-montage and an excellent way to communicate really emotive pieces that range from humour to depression. It is a way for me to unconsciously relay my inner feelings and confusion.

I really want to push myself to the extent of my emotional and mental capabilities to create really thought provoking pieces of artwork.



Chris Ellis

Wheelflake 3 Collage

I was diagnosed with Autism Spectrum Disorder aged 40 when a psychologist realised this was the underlying reason for the anxiety and depression I experience. I've learnt that to prepare for and recover from the trauma of sensory and social overload I need to retreat into nature and creativity. These activities provide a relaxing, peaceful solitude where I can express myself without the social anxiety that being with others can cause.

My art has developed from realistic images to colourful abstracts involving metallics and iridescence. Recently I have become fascinated with the shapes and symmetry of car wheel trims and alloy wheels, some of which are very beautiful, reminiscent of flowers and snowflakes, even though they are something we see every day. I painstakingly cut up photos of the wheels and create detailed collages.

www.facebook.com/ChrisEllisCreates

www.etsy.com/shop/ChrisEllisCreates



Paula De Sousa

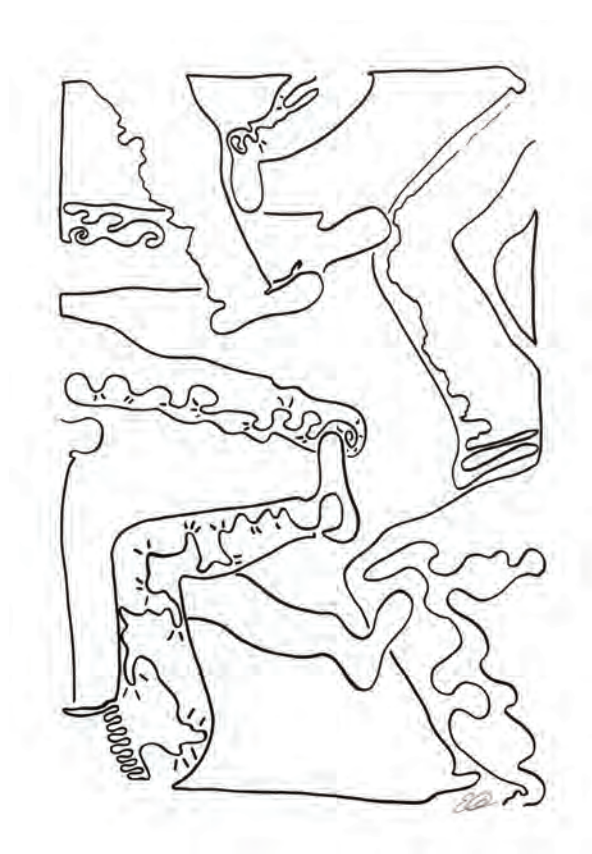
I'm Not Going to Listen to You Anymore
Acrylic and oil pastels on paper

Paula De Sousa is a visual artist working predominantly in a sgraffito style using acrylic and pastels on paper.

After graduating from University of Chester in 1997 with a BA Hons in Art with English, Paula began a long career working with vulnerable adults. The issues of vulnerability and marginalisation have become key themes she explores in her art work, informed by both personal and professional experiences.

Paula is influenced by outsider art and has a strong belief in the intrinsic creativity of each individual and healing benefits of art making.

Paula lives and works in Brighton & Hove, UK.

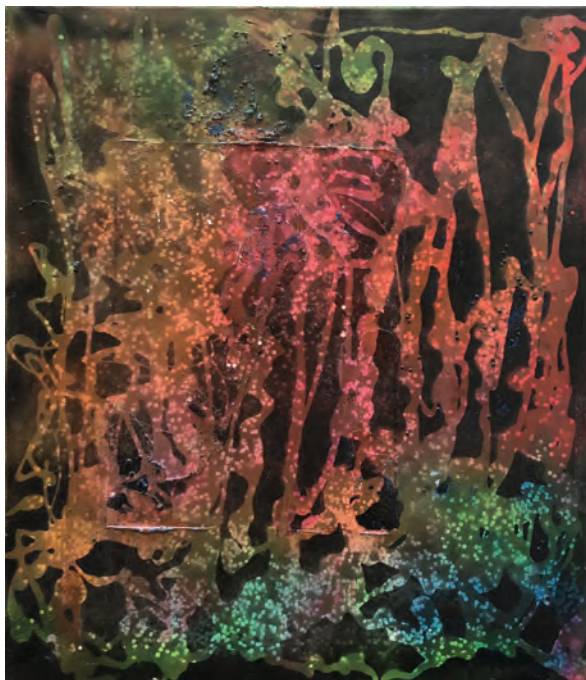


Eleanor Cowell

Kickin

Print

I have had problems with stress since I was young, and through my art career I have subconsciously documented its transformation into anxiety and major depression. I try to depict my view of the world through my art, in a playful manner that somewhat reinvents my emotional inspiration. I enjoy creating images that harbour a coalition of depicting my emotions whilst trying to ease viewers into the topic of mental health, as it is often stigmatised.



Mura Gesa

Hyper Maniac

Mura Pillai was born in Penang, Malaysia to an Indian family. After moving to London in the mid 1990's, Muru gained a BTEC Diploma in Art and Design at Central St Martin's.

Muru is primarily an abstract painter but his work also reflects a myriad of cultural contemporary themes. Coming from a complex, multi-cultural background he strives to depict transition, emotion and feelings. Employing paint, collage and found objects, he brings an original modern vision to traditional themes of nature, religion and the human condition.



Esther Ross

Formation

Acrylic

I grew up partly in France and am deeply family oriented. Somewhat intense about most things in life, I'm also a deep lover of people and especially of painting faces. Art has always been intensely meaningful to me, but for four years I felt unable to paint, enmeshed by university and exams, in a world that valued achievement and career over mental well-being. Hitting rock bottom while in my first job caused me to reach out to the old creative in me, in a bid to find freedom and relaxation through art. I'm in an ongoing process of restoration, just like my art. High-achievers like me can find rest and joy in the unfinished, and the unlovely parts of the process, using it as a means to work creatively around the difficulties, or indeed, to work with them.

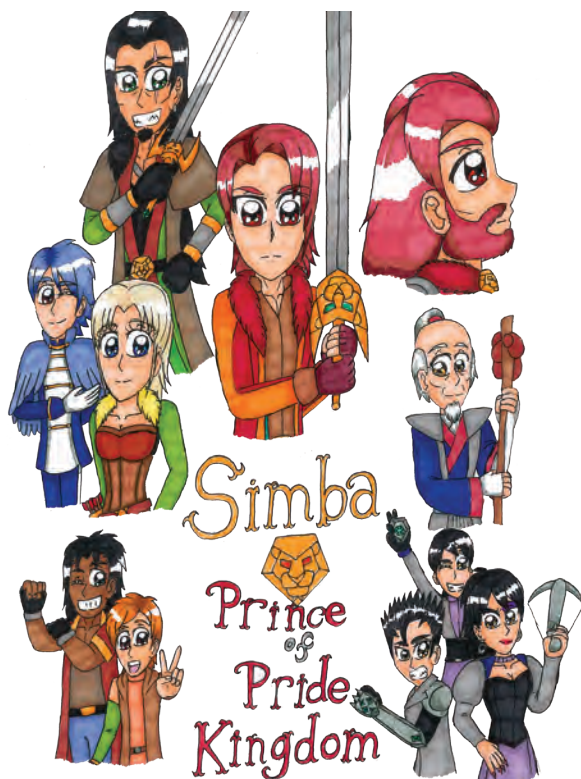


Naomi Tipping

One For Sorrow

Inks, print, 3D collage

Since graduating in Illustration from Loughborough University, I have worked for a wide variety of editorial and publishing clients. I live in Nottingham with my three young daughters, and enjoy the happy chaos of drawings and deadlines, school runs and swimming lessons, and cold cups of tea!



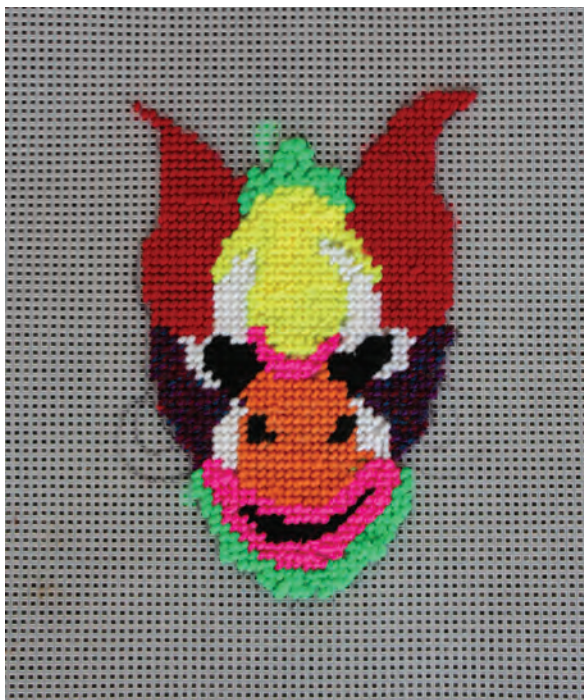
Zak Deakin

Simba – Prince of Pride Kingdom

Print – original in watercolour pens on paper

I like to create imaginary stories inspired by popular culture such as Disney stories and anime. In my work I relate to the super strength of the heroes depicted in my work and the fight against good and evil. They are stories that everyone of all ages can enjoy and be inspired by.

Zak is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.

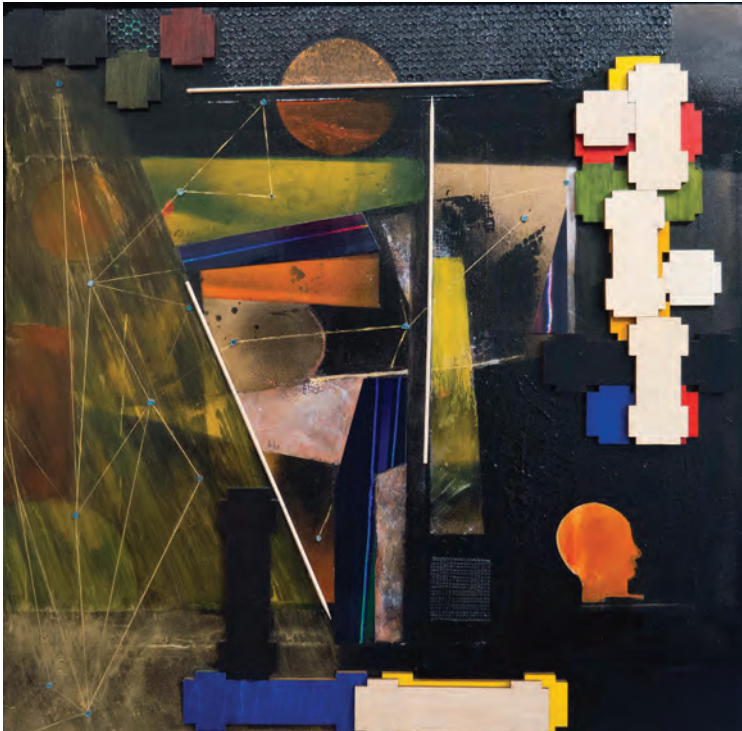


Kevin Delaney

*Dragon
Embroidery*

I have been attending the Friday Art Group at City Arts for a number of years. I do other things to keep myself busy, like Streetwise Opera, to stop me getting down. I enjoy art and I like to try new things. It makes me feel better.

Kevin is a participant of City Arts' Get Creative workshops. The therapeutic arts sessions take place every Friday. They aim to help with the reduction of social exclusion, stress and anxiety; and to promote positive health and wellbeing.



Mo Scott

It's all in My Head

Collage of found materials & acrylic paint

Mo Scott (MA Fine Art, NTU 2015. BA (Hons) Fine Art UoN 2013), has a background in nursery teaching. She often works across multiple disciplines, using found and hand crafted material, exploring the materiality, which has a meaning and a previous life with hidden depths. Mo is an Associate member of Backlit and in February was pleased to be involved with the community project, Production in Tate Exchange, Tate Modern, London. She has also exhibited her installation work in Breda, Netherlands and at Backlit Gallery in 2017. She has instigated and developed Kith an artist collective, and is secretary to the local Spotted Dog Art Group.



About City Arts

Founded in 1977, City Arts is a vibrant cultural hub, which produces art made collaboratively between the artists and communities of Nottingham and Nottinghamshire. Through its work in the visual arts, the performing arts and the written word, City Arts promotes inclusivity and access to great art as a basic human right.

City Arts is the East Midlands' leading organisation in the field of arts and health. It has a proud history of supporting people with mental health issues to express themselves creatively. This includes pioneering programmes such as Arts on Prescription, developed in partnership with the University of Nottingham.

 **CityArtsNotts**  **CityArts**

www.city-arts.org.uk



About the Institute of Mental Health

The Institute of Mental Health is the UK's prime location for inter-disciplinary research in the mental health field.

The Institute is a partnership between two highly respected organisations, Nottinghamshire Healthcare NHS Foundation Trust and the University of Nottingham, bringing together the healthcare and education sectors to achieve 'Research Excellence for Innovation'. Since our formation in 2006, the Institute has established a track record of success, with achievements in pioneering education provision and innovative service-facing research, taking the organisation from humble beginnings to the international stage in a short time.

 **InstituteMH**

www.institutemh.org.uk



Detail from *Nest* by Jodie Beardmore

Traumascapes & Landscapes of the Interior is the tenth open exhibition at the Institute of Mental Health, run in partnership with City Arts Nottingham.

The exhibition showcases the work of 42 artists from across the United Kingdom. They range from people with personal experience of mental health issues to artists inspired by the theme. This diverse selection of work captures some of the many different ways that trauma can be depicted, or worked through, using the visual arts.

With thanks to:

City Arts: *Kate Duncan, Joe Pick & Tim Challans*

Institute of Mental Health: *Gary Winship, Elvira Perez Vallejos, Lou Rudkin & Professor Martin Orrell*



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