

2017



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IMAGINE ME BEYOND WHAT YOU SEE™

Annual Body Image Mannequin Art Competition & Awareness Project

Created in 2010, this mannequin art competition is designed to promote healthy awareness and acceptance of body image. iaedp invites national art therapists from treatment centers and private practice, students and the public to artistically create mannequins that reflect their perception of beauty and body image.

Judging Criteria

Mannequin entries are judged on clarity of theme, creativity and originality, quality of composition and design, and the overall impression and presentation of the artwork. The competition encourages treatment centers and private practices with art therapists to work with clients to provide entries but is open to everyone.

Each year poster images of the mannequin entries are displayed gallery-style at iaedp's Annual Symposium. The Winner, Runner-Up, Honorable Mention and Professional's Choice are awarded during a special ceremony. The winner receives a beautiful award, a financial gift along with the image of their mannequin used in "Imagine Me Beyond What You See" promotions throughout the coming year. All category winners also receive an award.

2017 JUDGES



Michelle Dean



Leigh Cohn



Fritz Liedtke

The Annual competition begins every October 1 and ends on January 15 of the following year.

"Imagine Me Beyond What You See" Coordinator - Blanche A. Williams, M.S. - blanche@iaedp.com

Details at www.iaedp.com/ImagineMe.htm

ENTRY # 1

Title

“Hurtle”

Artist/Treatment Center

Eating Recovery Center’s Partial Hospitalization Program – Denver, CO





Materials: The mannequins were constructed using paper, fabric, felt, acrylic paint, glue, tulle, cardboard, aluminum and pipe cleaners.

Description/Inspiration:

Based on Aesop's Fable, "The Tortoise and The Hare," and the teachings of Dr. Craig Johnson, "Hurtle" provides a whimsical exploration of "temperament." The children and adolescents of Eating Recovery Center (Denver) used imagery and metaphor to breathe new life into this age-old fable. As participants learned about "innate and in-born traits of the personality," they made connections between their own temperaments and their eating disorder presentation. The tortoise and hare became symbols to represent different sets of temperamental traits. In this project, the tortoise is cautious, persistent, and internally driven; while the hare is impulsive, novelty seeking, and has a drive for external validation. The turtle is small in stature, has a protective shell, is surrounded by "caution" cones and is pictured in front of a black and white background (symbolizing concrete thinking). The hare is larger in size and is placed in front of a mirror with a trophy beside him (both symbolizing external validation). Each personality set was explored in the context of eating disorder symptoms such as restriction, bingeing, over-eating and compulsive exercise. During this process, the question arose, "Are you a hare, a turtle, or a "hurtle"(a combination of both sets of traits)?" As

participants began to develop a language (both verbal and artistic) to express their own temperamental traits, they began to deepen their understanding of the relationship between their internal wiring and their eating disorder presentation. The power of story and metaphor were instrumental in teaching a very complex topic to young patients about their recovery journey. The metaphors embedded in this fable allowed for discussions about challenges faced and how to overcome them. “Hurtle” is a reminder that accepting all parts of the self (even our in-born traits), can bring about lasting recovery and healing.

Artists/Group Bio:

The children and adolescents (ages 11-17) of Eating Recovery Center’s Partial Hospitalization Program in Denver, CO. They were supported in the creation of this project by expressive arts therapists Sarah Lustig MAAT, LPCC and Kristen Mennona, LPC, BC-DMT, CEDS.

ENTRY # 2

Title

“Embarking on a Lifelong Journey”

Artist/Treatment Center

Under the Umbrella, LLC– Bloomington, IN





Materials: Acrylic paint, dirt, mulch, leaves, and moss, glitter and gems, glitter leaves.

Description/Inspiration:

Through the exploration of mind, body, and soul to examine the personal and collective experiences of self in the world, the transformation of the mannequin began. With the simple words, OR and AND, the dialogue around individual notions of self began to morph into an integrated view of how bodies and minds interact with the world. The lines and ideas that once seemed separate and different became the lines that intertwine to form a cohesive statement of discovery and acceptance.

With this integration, the mannequin is filled with different lines, colors, layers, and textures that tell her story, a story where she once felt bound. She begins to acknowledge her ability to move forward, coming together where she had been divided for so long. Through the recognition of the strength that she has always possessed, she breaks away from the societal expectations that try to keep her still; these binds cannot compare to her internal power. It is her strength that motivates her to take her first step, taking with her the lessons that she has learned.

As she leaves the darkness of the woods behind her, searching for something more promising, she does not try to deny the existence of her struggles, but rather weaves them into her being. She embraces the harmony of how all of these different colors, textures, and patterns work together to create her unique truth and beauty, telling her story of acceptance to the world.

For moss cannot grow on the rolling stone, she continues to move forward, carrying with her the leaves of experience, wisdom, lessons, and strength that she has gathered; embarking on a lifelong journey that began with a single step.

Artist/Group Bio:

Eileen Misluk is an art therapist at Under the Umbrella, LLC. which provides multidisciplinary treatment for eating disorders and eating related concerns. The five-week group designed to explore body image and awareness through metaphor and journaling consisted of 4 women.

ENTRY # 3

Title

“Lost in the Galaxy of Society”

Artist/Treatment Center

Veritas Collaborative Child and Adolescent Program- Partial Hospitalization– Durham, NC





Materials: male mannequin parts, female mannequin parts, gesso, synthetic hair, gems, twine, air dry clay, duct tape, tempera paint, flower ribbon, tree branches, papier mache mask

Description/Inspiration:

The Lost in the Galaxy of Society mannequin created over several weeks in Art Therapy and Body Image groups depicts the contrast between the devastating impact of words on adolescent body image development and the redeeming power of positive statements. Group members assembled a combination of male and female mannequin parts to create a new body that integrates a variety of gender expressions and gender identities. They chose to represent the layers of discomfort and shame through mask making, wrapping the body with twine, and covering the mouth with duct tape. The gem stones placed on the back and chest symbolize a person revealing their true self similar to a geode being broken open revealing the healing crystals hidden inside.

Patients described the process of making the mannequin in their own words:

“Society tries to make us fit into an unattainable mold of perfection. The media’s definition of perfect is someone who is popular, fits into a perfect size, and wears nice clothes. The real definition of PERFECT is a synonym for complete; whole. We forget how beautiful we are because society has created its own version of what we “should” be and makes us want to change our bodies in order to be liked and accepted. The zipper being unzipped on the mannequin represents that your body is just a shell encasing your true self. Our mannequin is tilting as sometimes we feel unsteady and become afraid to ask for help. With this mannequin, we are trying to show that society has twisted our brains into believing something that is not true. We are not only our thoughts; we are not just our bodies. We are human beings.”

Artist/Group Bio:

Veritas Collaborative is a specialty hospital system for the treatment of eating disorders. With locations in Durham, NC, and Richmond, VA, Veritas provides a range of services for individuals ages 8 and older, including inpatient, acute residential, partial hospitalization, and intensive outpatient levels of care. Accredited by The Joint Commission, Veritas Collaborative delivers individualized, evidence-based care in a gender-diverse and inclusive environment. Multidisciplinary treatment teams – made up of physicians, psychiatrists, dietitians, culinary professionals, therapists, nurses, and skilled therapeutic assistants – aim to equip individuals and families with skills to continue recovery in the home environment. At every turn, Veritas Collaborative’s focus is on ensuring that each patient’s plan of care is cohesive, attainable, sustainable, and geared toward long-term recovery.

ENTRY # 4

Title

“Through Their Eyes”

Artist/Treatment Center

Center for Discovery, Edmonds – Edmonds, WA





Materials:

Mannequin, magazines, Scissors, photos of eyes printed from internet, Glue, black acrylic paint

Description/Inspiration:

This is Collette, who graced us with her presences a few months ago. Collette is unable to see herself through her own eyes. She sees herself through the eyes and judgments of others. Her eyes are painted black to represent that she relies on the opinions of others and cannot see herself clearly. She is covered in many eyes to symbolize all the judgments she perceives from others. She struggles to accept herself because she can only see the judgments of her in the world. However, Collette is not completely covered in eyes because she is slowly learning to peel away the layers of judgment and see herself for who she truly is...through her own eyes. Through her own eyes she is beginning to realize the way to self-acceptance is not through the judgment of others, but through her own individuality. Often times in our society the media and our culture promote an unrealistic standard for how we are supposed to look and act. Once you begin seeing through your own eyes, you learn that self-acceptance cannot be based on society's unrealistic views. Our own eyes are often our worst critics. We tend to use the judgment and stigma of society, combined with our insecurities, to criticize ourselves more severely than any outside view could. Even though we can be our own worst critics, we have the power to retrain our brains and see ourselves in a more positive light. In doing so, we can discover that self-worth and self-acceptance do not come from external forces, but from within. Collette shows how societal standards do not have to

define who we are. They promote unrealistic expectations of beauty, which are achievable by only a select few. In order to accept ourselves we must learn to find our beauty within.

Artist/Group Bio:

“Through Their Eyes” was created by the clients from Center for Discovery in Edmonds, WA. This is an adolescent eating disorder program focused on helping clients learn to accept themselves and live life beyond their eating disorders.

ENTRY # 5

Title

“Back to Basics”

Treatment Center

Rogers Memorial Hospital – FOCUS Adult Residential Program – Oconomowoc, WI





Materials: Rebar, concrete, chicken wire, foam, soil, newspaper, moss, fishing line. Various herbs: lavender, basil, cilantro, sage, sweet marjoram, lemon balm, rosemary, purple lead basil, thyme, mint.

Description/Inspiration:

Back to Basics was designed with the intent of showcasing the potential of life itself. Just like individuals seeking treatment, when the herbs needs were met such as being regularly watered and receiving adequate sun, they flourished. When conditions grew harsh, such as enduring a dry spell or a week of pouring rain, the herbs suffered. With learning proper care, team-work, and communication the herbs were always able to continue growing. Through Back to Basics, the concepts of practicing self-care, utilizing support, and implementing skills/resources in times of stress are highlighted.

The hope for the sculpture was to remain gender neutral. We meet many residents who identify as transgender and wanted to ensure the validity of their experience in witnessing the progression of the sculpture. The sculpture began construction in January 2016 and was a work in progress for the following 10+ months. The first steps were welding the

rebar skeleton and planting the herb seeds. Next, the geometric concrete feet were poured, then the chicken wire body parts were wired together and put in place, and finally foam was used to fill in some of the space within the body parts. Residents were then able to start working in the green house with adding soil, newspaper, and moss around the body. Next, they collectively began planting the herbs throughout the sculpture.

Artist/Group Bio:

Lacie West, MA/AT and Mary Sireno, BS CTRS are the Art Therapist and Recreation Therapists for the FOCUS Adult residential program at Rogers Memorial Hospital in Oconomowoc, WI. Lacie and Mary collaborated with the campus gardener, Yvonne Bleck to bring a horticultural therapy experience to their residents working on strengthening their sense of identity, awareness, and connection. The FOCUS program is not only designed to treat anxiety and depression, but also treats individuals struggling with an eating disorder, addiction, and obsessive-compulsive disorder.

ENTRY # 6

Title

“Reaching forward with Vulnerability”

Artist/Treatment Center

Eating Recovery Center -Inpatient/Res Unit- Denver, CO





Materials: mode podge, magazine cut outs, paint, yarn, string, buttons, hot glue, glitter

Description/Inspiration:

"You can't get to courage without walking through vulnerability. Period." – Brene Brown

"Authenticity is freedom from the illusion of fear and alignment to the reality of love" – Anonymous

This colorful mannequin was inspired by the quotes above. During the making of this mannequin, time and space were utilized in which to honor and celebrate the vulnerability that each patient experiences when reaching forward in treatment and finding their authentic self. Patients, who identified as a person who has experienced an eating disorder, spoke about the importance of breaking away from self-criticism in order to let their beauty be seen. Eating Disorders often take relationships and connection away; forcing those who struggle to isolate and hide who they really are, what they really think and who they want to be. Throughout this process, Pt's spoke about their difficulty being vulnerable whether it be for fear of rejection or fear of the unknown. 'Reaching forward' became a mantra of believing in one's self, breaking away from the silence and being open to a new world of possibilities.

Artist/Group Bio:

The art piece was created by men and women in the Inpatient Unit at Eating Recovery Center in Denver, CO during weekly art therapy groups facilitated by Art Therapist Emerald Smith, MAAT, ATR, LPC, CEDSC.

ENTRY # 7

Title

“Am I Perfect Yet?”

Artist/Treatment Center

Center for Discovery, Lakewood (Adolescent Residential Eating Disorder Treatment) – Lakewood, CA





Materials: Child Mannequin, Adult XS waist trainer, Training Bra, Measuring tape, Scale, Magazines, Chains, Wig, Brick Ankle Weights, Body Fat calibrator, Sign: "Am I Perfect Yet?"

Description/Inspiration:

This piece was inspired by our adolescent clients' experience of struggling with an eating disorder and their journey towards recovery. For many of our clients, their journey started at a young age and was influenced by society's view of the "perfect body." We chose to display society's unrealistic body messages on a child mannequin to highlight the unattainable and damaging expectations that are placed upon us at a very young age. The child is bound to a scale with chains and encircled with measuring tape with the words "fat," "not good enough," and "worthless" written on it. Magazines found front row at the supermarket checkout were included; images that all young children are shown while waiting with their parents in line. Heavy make-up, plastic surgery lines drawn on the face, waist trainer, and altered bust all depict the ways in which we are encouraged to change our bodies to meet the societal standard of beauty. Our clients chose to add a single tear to this "perfect" appearing child to symbolize the sadness that accompanies trying to fit this standard of beauty while asking the question "Am I Perfect Yet?"

Artist/Group Bio:

Center for Discovery Lakewood (Adolescent Residential Eating Disorder Treatment)- At Center for Discovery, we are dedicated to providing successful residential treatment for children, adolescents and adult women as well as intensive

outpatient treatment. For over 18 years, we have been committed to helping our clients along their path to long-term recovery. We have demonstrated a legacy of success and have developed a proprietary treatment model based on experience and research. The focus of our treatment programs is the specialized and personalized treatment we provide for each client. Each of our treatment locations focuses on one of our core programs. Our adolescent eating disorder programs treat children and adolescents, ages 10 to 18, who are struggling with an eating disorder as a primary diagnosis. We provide therapeutic treatment that addresses the eating disorder behavior as well as the underlying emotional issues that contributed to the development of the eating disorder. We educate on nutrition and practical kitchen and food skills to help support recovery.

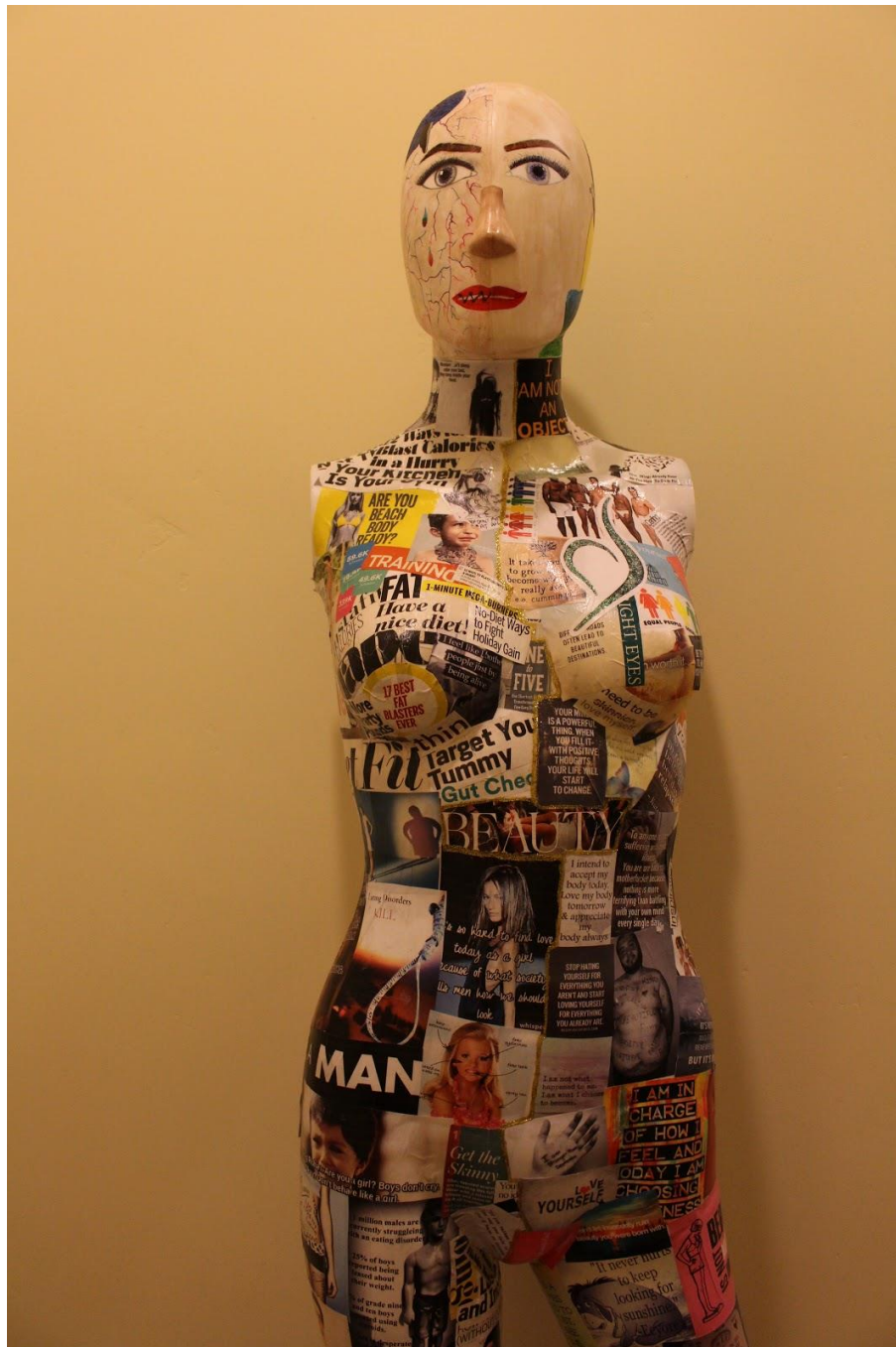
ENTRY # 8

Title

“Imperfect Fit”

Artist/Treatment Center

Center for Discovery Adolescent Residential Treatment Center – Danville, CA





Materials: sharpies, paint pens, glitter glue, plaster, pictures from the internet, magazines, modge podge, nail polish and paper.

Description/Inspiration:

Our project represents society and the effects it has on eating disorders and recovery. On half of the head we showed the inner critic and eating disorder as well as how it controls you and your thoughts. The mouth is sewn shut representing how eating disorders take away voice, personality, and who you are. The other half is the recovery side, showing breaking free from a cage and the positivity of recovery. There is also a rose left inside the cage to depict leaving the eating disorder behind. The rose represents the attractive but harmful quality of mental illnesses.

The left side of the body is the eating disorder, and the right is recovery. On the eating disorder side using quotes, magazine clippings, ads, and inner thoughts we showed negative societal messages and how powerful it can be. We included depictions of other mental illnesses as well because they may co-exist with eating disorders.

On the recovery side we wanted to convey body positive messages using ads, quotes, images, and affirmations. We wanted to represent everyone including men, women and the LGBTQ community. We placed the recovery symbol over

the heart. A golden imperfect line splits the sides to convey the message that recovery is not perfect. The word beauty is outlined because it is a part of both sides – external for eating disorders and internal for recovery.

A powerful message of eating disorders is the scale on the bottom. We wrote a positive affirmation where the numbers usually are that reads “you are worth more than a number.” The recovery foot is stepping off the scale while the eating disorder foot is on the scale. Nail polish is on her toes – black for mental illness, and purple for recovery.

Start the conversation on mental illness to bring awareness. You are worthy.

Artist/Group Bio:

The group consisted of many different adolescents who all come from different backgrounds yet shared one thing in common – they were all at Center for Discovery Adolescent Residential Treatment Center in Danville, CA. We all came together to create our “imagine me beyond what you see” mannequin to express our personal journeys and to bring awareness and empowerment to others. Throughout this project many of us came and went demonstrating that recovery is not a linear process; and each journey is different.

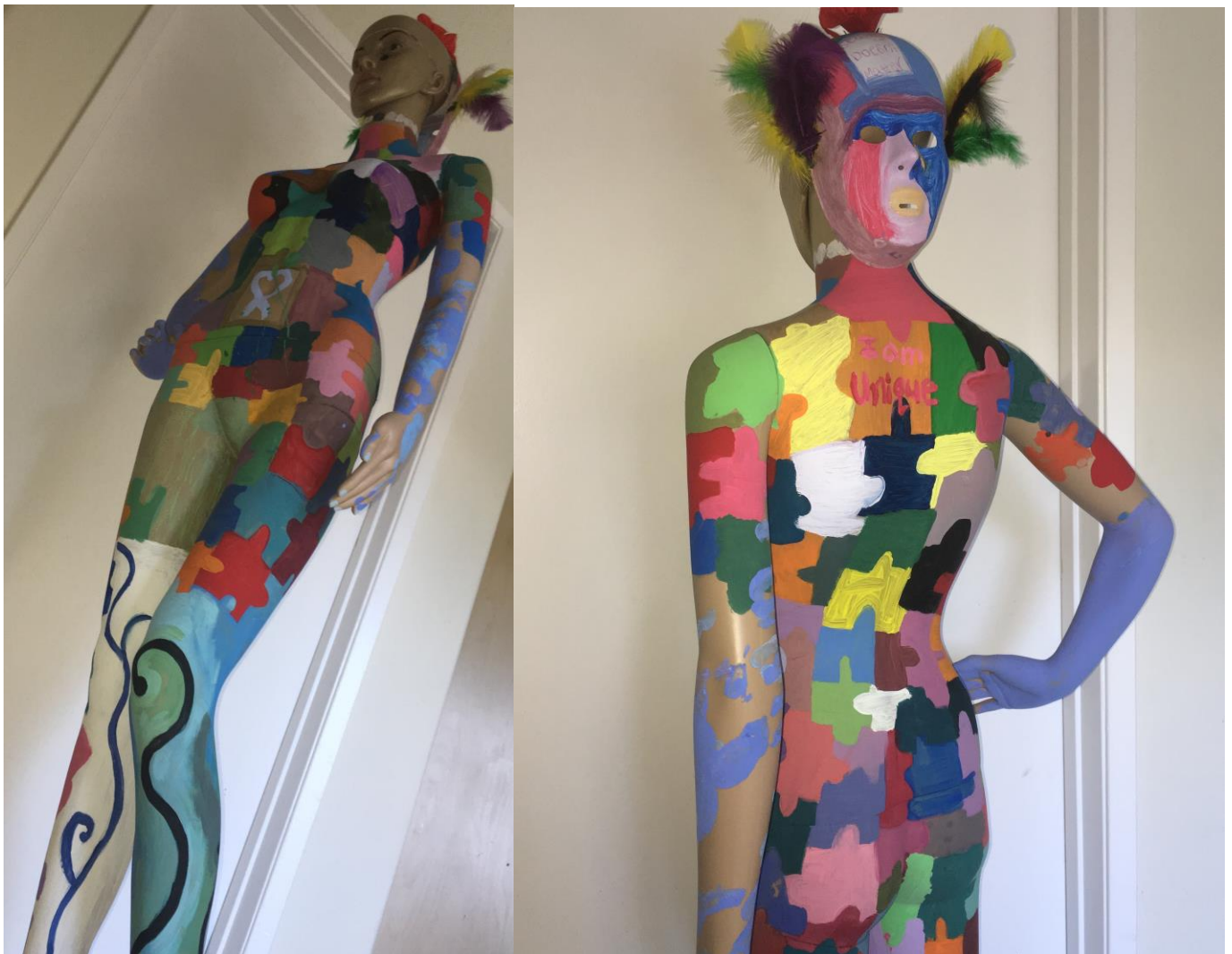
ENTRY # 9

Title

“Edna The Mannequin”

Treatment Center

Center for Discovery, La Habra – La Habra Heights, CA





Materials: Mannequin, paint, feathers, plastic flower, plastic mask.

Description/Inspiration:

The La Habra house we has an amazing group of girls. We are all so strong and unique in our own ways. Each of us has our own story, views, and ideas about what "Imagine Me Beyond What You See" means and represents in our own lives.

This is Edna and together we painted her in how we interpret "Imagine Me Beyond What You See". The overall image of Edna shows many pieces to this person- not just appearance. Edna feels multiple feelings on the inside under what she chooses to show to the world. The right leg represents keeping it all together but also falling apart. The left leg represents the many different types of depression and sadness. The swirls on both legs represent having a lot of twisting and mixed feelings about ED. The mask represents the mask that we put on for the outside world. When you start to see past the outside judgments you see that she is actually a sparkling beautiful goddess. The tear represents the sadness Edna feels because of all the judgment she gets both from society and from ED. The handprints on her left arm represent society trying to pull Edna in so many different ways to believe lies. The colorful puzzle pieces represent how

different and unique we all are. The flower on top of Edna's head is a very important representation of how Edna is starting to bloom into a new and stronger version of herself. She is starting to block out all of the judgment and kick ED out of her life and is starting to learn that she is beautiful in her own way. We are all beautiful and full of life. We are so much more than what is shown to the outside world. Edna, is beautiful.

Artist/Group Bio:

Center for Discovery, La Habra is a residential adolescent eating disorder facility in La Habra, CA. Our clients here created this piece of art over the past couple of months. Each member of the milieu during this time added to this creative work.

ENTRY # 10

Title

“Healing the shadow of self I used to be”

Treatment Center

Rebecca's House Eating Disorder Treatment Programs- Lake Forest, CA





Materials: feathers, rocks, pipe cleaners, aluminum foil, tea lights, napkins, paint and fabric.

Description/Inspiration:

On her head are two crosswords - signifying dualism between negative judgments and positive affirmations to combat low self-worth. The barbed wire crown denotes the trap of insidious thoughts inside her mind. Her mask represents the facade of outward appearance, eyes reflecting society's standards that we must overcome. Near her ear, a tattoo symbolizes commitment to restoration of healthy body image. On the ground, traveling up the feet and legs portrays earthiness; the desire to allow the healing powers of nature to secure connection with the universe. A trail of stones ascending to crystals represents the nonlinear journey of recovery. She wears wings to pronounce the courage and faith that she cultivates, which carry her in moments that she encounters significant trials. Her breasts artistically represent female objectification and uphill battles she faces: to embrace her feminine power and the life-sustaining forces she embodies, revealed in the infant resting close. On her abdomen, legs, and lower back are stretch marks that become flowers, showing the metamorphic process of the female body to be admired, opposed to conceal. Her skirt is made from surrendered "trophy" jeans of a recovering client, refurbished to signify that we no longer fit our body to our clothes, but fit our clothes to our body. On her heart chakra are virtues that cast out any darkness from her past and illuminate a vibrant connection to her higher power. She has scars on her wrists that drift to a rose in the palm of her hand, representative of the gifts such as compassion, empathy and gratitude that can take root out of the insurmountable pain that once identified her. She carries a blanket, characteristic of her learned ability to self-soothe and nurture with kindness, love and self-respect.

Artist/Group Bio:

Anonymous group of clients at 21st Century Wellness Rebecca's House Eating Disorder Treatment Programs, California. At Rebecca's House Eating Disorder Treatment Programs, we recognize there is no single description or manifestation of an eating disorder. We know that eating disorders are debilitating mental illnesses that not only affect the person suffering, but also impact loved ones. It is not uncommon to see clients who are intelligent, high-achieving, often times

accomplished and talented, with a tendency toward perfectionism. This combination can make it very hard for them to find a recovery path on their own. In fact, failed attempts to recover on their own can further their shame and guilt. Grief, loss, trauma and depression increase negative feelings and stress. We understand and treat these complexities through our multi-disciplinary eating disorder treatment programs and levels of care, including Extended Care Treatment; Partial Day Treatment; Intensive Outpatient Treatment and Recovery Living. The exemplary treatment team at Rebecca's House Eating Disorder Treatment Programs combines excellence in treatment with the understanding that each individual will face unique challenges as they move through our phases to create a life free of the all-consuming focus that eating disorders demand.

ENTRY # 11

Title

“Returning to our roots”

Artist/Treatment Group

Center for Discovery, Menlo Park– Menlo Park, CA





Materials: Sticks, Fake flowers, Paint & paint brushes, Sharpie, Wig, Ribbon

Description/Inspiration:

Our mannequin represents how societal views of beauty affect us and disconnect us from our natural beauty. One side of the mannequin is black and white while the other side is colorful. This illustrates rigid or black and white thinking. It is only black and white – either perfect body or terrible body, there is no in between and we are no longer able to see the color in the world. We wrote down the numbers for measurements because that's what society feels is a perfect, beautiful body. This is followed by words of pain, numbness, and depression. These words help us explain how we feel. It depicts the challenges associated with unrealistic expectations and pressures from these societal values.

On the other side, we illustrated natural beauty through scenery and nature. It starts at the galaxy all the way down to the roots in the ground. We believe our natural beauty is more important than what society thinks is beautiful. The flowers represent the growth we can make within ourselves and within our communities.

Artist/Group Bio:

Center for Discovery Menlo Park is a residential treatment facility treatment adolescent males and females with eating disorders. The clients who worked on this project are courageous, inspired, and strong. They were grateful to have this opportunity to share their pain and their joy in recovery to increase awareness and strength in our community.

ENTRY # 12

Title

“Georgina”

Treatment Center

Center for Discovery, La Jolla – La Jolla, CA





Materials: Sticky Notes, Elmer's glue, Colored tissue paper, netting, and glitter glue.

Description/Inspiration:

We decided to integrate our mannequin, Georgina, into our body image work with clients. We placed the mannequin in the milieu and provided the written prompt:

We invite you to express a 'healthy body thought' and/or 'positive body memory' on this body. A healthy body thought is a positive replacement thought to thank the body for its value in your life. A positive body memory is a connection to a specific body part that was a happy memory and that you are grateful for. Do this by placing a Post-it with the thought or memory on the body part it talks about.

We encouraged clients to start small, such as "My throat helps me sing." Staff modeled positive body thoughts and memories on Georgina as well, such as "I have a big heart" and "My nipples fed my babies." We invited visitors to contribute to her. One 19-year-old recovery speaker visited the house to speak about her newfound strength and happiness in recovery that has led to being sponsored for surfing. She talked with the residents about the shift in her thinking about her amazing muscular legs since she has fallen in love with big wave surfing. She added to Georgina, "My thighs help me shred."

Georgina is no longer an unwelcome, intimidating, and triggering entity. But, rather, part of our home. Clients and staff have effectively “made space” for her and the positivity and healing she demands. Georgina has become the visible ‘elephant in the room’. She’s bold, and is currently proudly wearing a boa. Putting a body out there, so that we have to walk around it and face it and relate with it, is truly the catalyst for change and greater acceptance.

Artist/Group Bio:

The staff & clients at Center for Discovery, La Jolla. We are an adolescent residential eating disorder facility and we treat ages 10 to 18 male and female. Our program consists of over 30 groups per week and seven individual sessions per week with an in-house pediatrician, registered dietician, psychiatrist, and psychologist.

ENTRY # 13

Title

“Breaking Free from E.D. Using the Key Inside Me”

Treatment Center

Center for Discovery, Hamptons – East Quogue, NY





Materials: Paper mache mask painted with acrylic paint. Positive body image words printed on white paper and modge podged to full length mirror. Plaster of Paris and Alginate molding powder used to make mold of hand holding faux key. Mannequin wearing prisoner dress with wig and hair from wig glued to mask. Plastic chains and plastic pad lock. Paper tags with negative body image words written on them with black sharpie and zip tied to chains.

Description/Inspiration:

Our mannequin represents a woman who has become a prisoner to her eating disorder. She is trapped in the chains of negative body image and has been searching for a way to break free. The clients at our facility came up with words that represent negative thoughts and feelings they have had while struggling with their own eating disorders and these words are labeled on the chains. There is a large padlock hanging from the chains and the woman represented in our project has been searching for the key to break free as she embarks on her recovery. She appears gazing into a mirror, in which she sees the reflection of her true self. The reflection in the mirror is covered with positive body image feelings and affirmations that represent her "escape." Our clients came up with these words when they were asked to reflect upon what it might feel like to be free from their eating disorder. When the woman who has been suffering is able to see herself for who she really is, she realizes that she holds the key to unlock these chains. The reflection of her true self is reaching out to give her the key to break free from the negative thoughts and feelings that have been keeping her trapped. Now she can let her true self shine through and no longer be a prisoner to her disorder. The project is meant to

remind us that transformation comes from within. Through recovery, a person can work on shifting their mind, which includes the attitudes, thought patterns, and beliefs that have been keeping them trapped, so that they may begin to see themselves for who they really are and let their beauty shine from the inside out.

Artist/Group Bio:

Center For Discovery Hamptons is a residential eating disorder facility for adolescent males and females 12 to 18-years-old. The facility is located in a private home in East Quogue, New York with a small intimate group setting in which each adolescent receives individualized care. Center For Discovery's treatment approach includes specialized therapies, family programming, and real world exposures that incorporate an "all foods fit" philosophy.

ENTRY # 14

Title

"Taking Off The Mask"

Treatment Center

La Ventana Treatment Programs RTC and PHP – Santa Monica, CA





Materials: paint, feathers, sequins, beads, paper, ribbon, stickers, decorative petals, felt stuffed hearts, embroidery thread, artificial snow, tape

Description/Inspiration:

Created by clients in ED recovery at both residential and partial levels of care, this mannequin represents the journey towards becoming a more authentic, vulnerable person. She stands confidently, holding a mask in her hand. This mask is donned with sequins and paint, originally meant to divert attention away from her real, imperfect self. But through recovery, she has found the strength to show her true face to the world. The hearts across her body symbolize the love and support of others she's grown close to on her journey, with the large heart on her chest representing self-love.

On the back of our mannequin, we have a stencil of two birds. Birds are commonly associated with freedom, and the two birds facing each other are complimentary. They symbolize the integration of our shadow sides with our light sides. Perhaps, before the recovery process began, she didn't feel whole – she felt like she needed an “other” to complete her and ended up in unhealthy relationships as a result. Now, she has found that she is complete on her own. The feathers emphasize the fun parts of recovery. She has the confidence to “shake a tail feather” and show off what makes her unique.

Everyone who worked on the project put a little bit of themselves into it. On the way to the art supply store, one of our clients asked, “What colors symbolize recovery for you?” We all agreed that a rainbow best summed up the process of recovery, because no parts of life are left out – every color, every emotion, every experience is allowed space. This client ended up making a rainbow friendship bracelet as her contribution to the project (see close up). Such a tiny detail added with care goes to show the importance of appreciating the little things!

Artist/Group Bio:

This mannequin was decorated by an anonymous group of clients from La Ventana Treatment Programs' Westlake and Thousand Oaks locations. The clients were assisted by Kelsey Smith, (program director), Brittany Scheffler (office manager), and other La Ventana staff. It was a fun, therapeutic experience for both staff and clients!

ENTRY # 15

Title

"Balancing Act"

Artist

Ali Flukes, MSW, LSW – Philadelphia, PA





Materials: Mannequin figure, Chalkboard paint, Gel pens, Magnets

Description/Inspiration:

Most days I feel as if I am going forward and backward along the continuum of doubt in my mind that exists between the desire for recovery and the familiarity of relapse, and it is this balancing act that forms the essence of my mannequin. One foot steps forward onto a foundation of recovery, and the left side of her body is emblazoned with words and phrases that are indicative of growth and a commitment to recovery. Behind her lies a separate base- that of the anorexia- and her back foot lingers upon it as the right side of her body bears words and phrases that restrain and threaten to ensnare her in the eating disorder once again. The trunk of her body displays her struggle to come to terms with her body image, and wrapped around her core is a constrictive belt of doubt. Her palms are turned upward in a gesture of surrender, and while her entire body is covered with chalkboard paint, her head is left deliberately plain; it is a literal blank slate, waiting to be filled with new ways of thinking and being. Finally, my girl is small in stature, which is entirely representative of my impression of myself as being dwarfed by the daunting process of full recovery. And yet despite this, there is a tenacity that underlies the mannequin in her ability to hold so many competing truths at the same time (disgust and acceptance, fear and safety, etc.) which indicates her trust that she will someday reconcile her sense of self through a synthesis of her conflicting core beliefs. In many ways, she is me.

Artist/Group Bio:

Ali Flukes, MSW, LSW - "I'm licensed social worker and work as a therapist with some awesome children and adolescents on the autism spectrum. I'm recovering from an eating disorder, and creating images and pieces through the use of various art materials has been essential in helping me find ways to express my internal experience whenever I am struggling to find the words to do so."