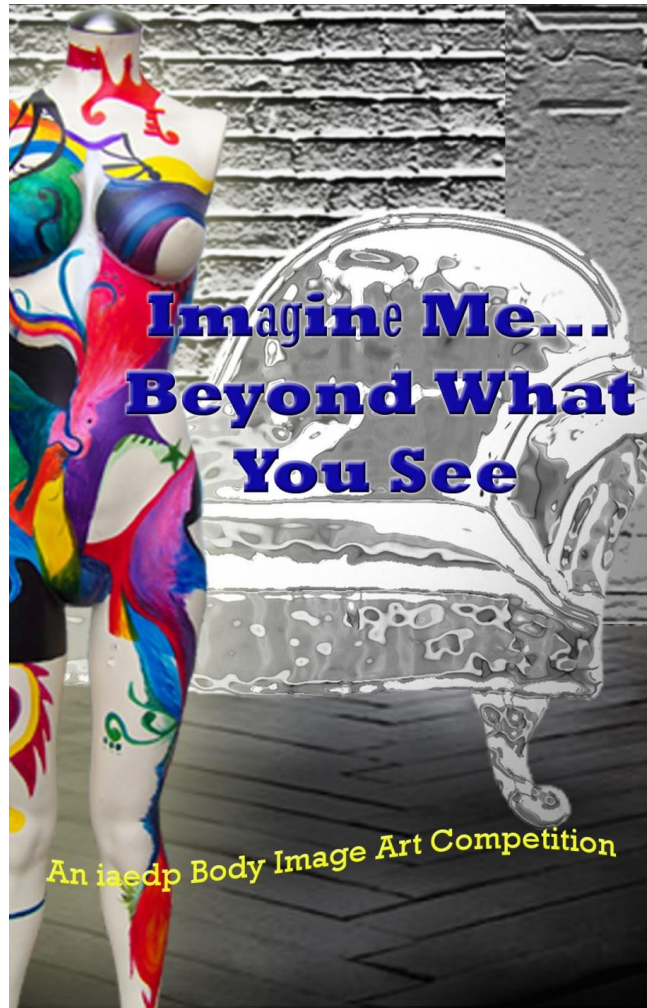


2018



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 winners receive a beautiful award along with the image of their mannequin used in "Imagine Me Beyond What You See" promotions throughout the coming year.

2018 JUDGES



Michelle Dean



Rebecca Tishman



Sara Burchfiel



Jen Foote



Peter Thaddeus

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

“Greater Than the Sum of Our Parts (Ophelia)”

Artist/Treatment Center

**Kaiser Permanente Art therapy group of Dr. Laura Riss, PsyD
Atlanta, GA**





Materials:

Fiberglass mannequin, piano wire, chicken wire, PVC pipe, lace, fabric, window blinds, metal and paper gears, film reel, windshield wiper, sheet music, maps, feathers, bullet casings, twine, zip ties, twill strapping, paper, paint, hot glue, faucet, buttons, wood, manila folders, tacs, varied hardware, mod podge, mesh tubing, sharpies.

Description/Inspiration:

Steampunk is a movement defined by its ability to blend the past with the possible. Its strength is repurposing and reusing, deconstructing and adding replacement parts to create a harmonious and functional whole. Such is the way we remake our lives through therapy, breaking ourselves apart then rebuilding. We discard the portions of our lives that keep us tied to ill health. We reclaim the parts of us that have been lost or damaged and add new skills that will help us thrive.

Hamlet's Ophelia is the prototypical emotional abuse victim, just as we are abused by our eating disorder. Our Ophelia chooses to refuse despair. Like the girls in Mary Pipher's *Reviving Ophelia*, she works towards living a healthy meaningful life.

Our Ophelia reimagines herself. With her ribcage open she is vulnerable, her organs exposed. Though she has been gutted, she is stronger for the ordeal. She prepares to reinsert her heart. The bullet casings indicate the hits it has suffered, and it is wrapped with twine to hold it together while it continues to heal from its wounds.

Her head is likewise opened, displaying the black percolating sludge of negative thoughts that keeps the gears in our brains either bogged down in suffering or churning uselessly. A faucet drains these away, revealing untapped reservoirs of strength.

Her clothing expresses her individuality. While the style of dress references the past, she looks to the future with added gears titled with tools and coping skills. The maps of her skirt symbolize the journey of discovery we all take during our recovery. While the maps may be mismatched and the route uncertain, we trust that there is a path even though we cannot see it. Never an end, but a way of life, living mindfully and well.

Artists/Group Bio:

The women who worked on this project are part of Dr. Riss' Inner Journey group for women with eating disorders. While the project evolved over several months, we have been part of her therapy groups in the past, so that some of us have known each other for several years. This history gave us a deeper understanding of each other and let us work intuitively and comfortably together on this project.

ENTRY # 2

Title

“Blooming Inflorescence”

Artist/Treatment Center

La Ventana Treatment Program PHP
Westlake Village, CA





Materials:

Mannequin with lights, paint, silk flowers, plastic branches & berries, seeds, glitter glue.

Description/Inspiration:

This verdant mannequin, brought to life through the work of our clients, represents the seeds of a vibrant life that lie in wait, even during the coldest of winters. Each of the four seasons are represented by a different cluster of flowers. Festive poinsettias are balanced with springtime tulips; summer blossoms juxtapose autumn berries. The deep red heart at the center of the piece displays an intricate pattern made of different seeds. Though seeds aren't flashy as flowers, they contain the potential for all that surrounds them, making them the vital core of the artwork.

Like people, every type of flower has its own unique traits. Some flowers bloom better in summer than in fall. Similarly, a person's favorite season might be indicative of their personality: some feel best when it's hot enough to hit the beach, and some feel best in sweater weather, preferring to get cozy with a cup of hot cocoa and a book. Yet, people are capable of change – we don't live just one short life cycle, like an annual. We are far more like perennials, blooming at different points in time, sometimes losing our petals and going back into hibernation. It is important that during those times, we don't lose hope. Instead, we keep the flame within burning and glow, like our mannequin, from the inside out.

Eating disorder recovery is a long, complicated process. It's unlikely that during the process, we will feel evergreen. It requires facing our fears, growing in unexpected ways, and learning to show up for ourselves one day at a time. We get stuck when we forget our connection to other living things: people, animals, even plants. What we can learn from the seasons is that all life is dynamic; even during the days, weeks, years we felt defined by our illness, our hearts were still potent, waiting for the right season to bloom.

Artists/Group Bio:

This artwork was created by a group of six diverse women in eating disorder recovery who are clients at La Ventana's PHP in Westlake Village, CA. They were assisted and supervised by therapists Natalie Weisman, Joanne Kjartanson, and Brittany Smith, as well as office manager Brittany Scheffler.

ENTRY # 3

Title

“Silent Scream”

Artist/Treatment Center

**Eating Disorders Treatment Center (EDTC)
Albuquerque, NM**





Materials:

Mannequin, acrylic paint and nail polish

Our artistic medium of choice was acrylic paint and nail polish, which allowed us the opportunity to exercise creativity, work with the fluidity of the paint. In our medium choice, we wanted to keep it simple to express that beauty isn't as complicated as the world makes it seem.

Description:

Much like the universe is in constant expansion, recovery is an expansion of awareness and understanding of oneself. Our mannequin draws inspiration from Van Gogh's "Starry Night," which was painted in a time of adversity while he was

in a mental hospital. In his painting, the sky is not photorealistic, but still captivating and expressive in its uniqueness.

Our piece also features our take of Edvard Munch's "The Scream," which we used to symbolize breaking out of the perfect porcelain mask and choosing instead to allow ourselves emotions, even if they're not sparkling smiles. We also explored the silent scream of Eating Disorders-a scream for help and scream to silence the critical voice inside.

On the back side of the mannequin, we explored the concept of space to challenge perspective. In recovery, we learn the truth that we are so much more than a thin, flimsy mannequin. The world is much bigger than the body/food focus world we have lived in within our heads. Our lives/our world contain a whole universe that's just waiting to be explored!

Our artistic medium of choice was acrylic paint and nail polish, which allowed us the opportunity to exercise creativity, work with the fluidity of the paint. In our medium choice, we wanted to keep it simple to express that beauty isn't as complicated as the world makes it seem. The variety of colors symbolizes the many things we go through in life--the dull moments and the bright ones, the losses, the victories, and the hope. Imagining beyond what you can see requires breaking rigid norms and learning to live without the cage of expectation and perfection, allowing yourself the space to be yourself, and affirming the multifaceted, imperfect beauty of your own unique humanity.

Artists/Group Bio:

I started working with eating disorders as an art therapist/counselor graduate internship student. After receiving my master's degree from Southwestern College in Santa Fe, New Mexico in 2016, I accepted a position with the Eating Disorders Treatment Center in Albuquerque (EDTC). I recently co-authored the chapter Art Therapy: Visual Images of Recovery it will appear in the book Trauma-informed Approaches to Eating Disorders: Fractured, Not Broken to be published later in 2018. At EDTC, on a weekly basis, I work in the Partial Hospitalization Program, Intensive Outpatient Program as well as seeing individual clients. In the art studio, I let healing imagination guide the way by connecting together the creative mystery and meaning making that appear in images. The creative process of art making can be a way for the client to express their internal struggles. My focus is not on the aesthetic merits of the art, but the client's therapeutic need to express self in their healing journey.

ENTRY # 4

Title

“Breaking Barriers”

Artist/Treatment Center
Liberation Center
Phoenix, AZ





Materials:

Mannequin, paint, mirrors, ceramic plates, artificial flowers, magazines, hot glue, caulking, plastic butterflies.

Description/Inspiration:

What is it that defines a woman? This is one of the crucial questions we grappled with during the construction of our mannequin, which is entitled Breaking Barriers. It is also an inquiry that has impacted countless individuals worldwide. Unfortunately, value is frequently associated with materialism or physical beauty. Breaking Barriers is designed to evoke reflection on what constitutes identity. In doing so, it challenges the societal notion that worth is aligned with appearance.

Broken plates and thought-provoking magazine cutouts adorn the figure of our mannequin. The former challenges misguided eating disorder stereotypes while serving as a reminder that something seemingly broken can be used as a part of creation. In essence, it is an implication that nothing is damaged beyond repair. Meanwhile, the reflective shards littering the torso of our mannequin are pieces of a broken mirror. We want to convey that the essence of a person is important above all else. Physical beauty does not take precedence over the intrinsic values and complexities that constitute individuality.

A bouquet of wild flowers was assembled to substitute the mannequin's head. The colorful blooms symbolize the beauty of the human mind and personal growth associated with change. These themes are specifically applicable to the individuals who contributed to the project. The pursuit of recovery enables one to bloom beyond maladaptive coping strategies and therefore establish a balanced lifestyle. Ultimately, Breaking Barriers promotes freedom from the insidious restraints posed by eating disorders.

Artists/Group Bio:

This mannequin is the product of a collaborative effort by clients at the Liberation Center, an eating disorder treatment facility located in Phoenix, Arizona. Participants are engaging in a comprehensive recovery program that emphasizes the importance of the mind-body connection. The art piece was created during weekly creative expression groups facilitated by therapists Jenny Scheid, LPC, M.A. and Danielle Maffetone-Veri, LPC, MSC, NCC, CTRS. Special thanks is to Amanda Bruening, M.A. for recommending participation in this year's contest.

ENTRY # 5

Title

“Tammy, the Artist Formerly Known as Mother Nature”

**Artist/Treatment Center
La Ventana Treatment Program
Santa Barbara, CA**





Materials:

Fabric, Paint, Paper, Plastic, Artificial Moss, Sequins, Fake Leis, Pen, Artificial Flowers

Description/Inspiration:

Tammy represents Mother Nature and the natural beauty that every soul holds, both inside and out. She is a culmination of many elements of nature brought together to make us who we are, and without them we would fail to be the best we can be. Tammy brings together all sides of nature, from her peaceful waters to her raging volcano. She teaches us to embrace all aspects of ourselves without judgment, and to learn to love the body we inhabit. Our mannequin exemplifies our need to accept and care for our bodies and ourselves. As Mother Nature, she represents the harm we can do to ourselves, but also that repair and restoration are possible. Each of us has our own nature, balance, and core self. We integrate all aspects—"good" and "bad," celebration and suffering—into our identities. She shows us that there is, in fact, no "bad" and that the aspects we may consider negative have a place in our lives.

Artist/Group Bio

The artists of this piece, ages 15-38, struggle with disordered eating and other mental health issues. Through this collaborative process, some have demonstrated strengths in their artistry, and others in their creative writing. Their theme selection was a direct reflection of their communal efforts to support each other in times of challenge and strength.

ENTRY # 6

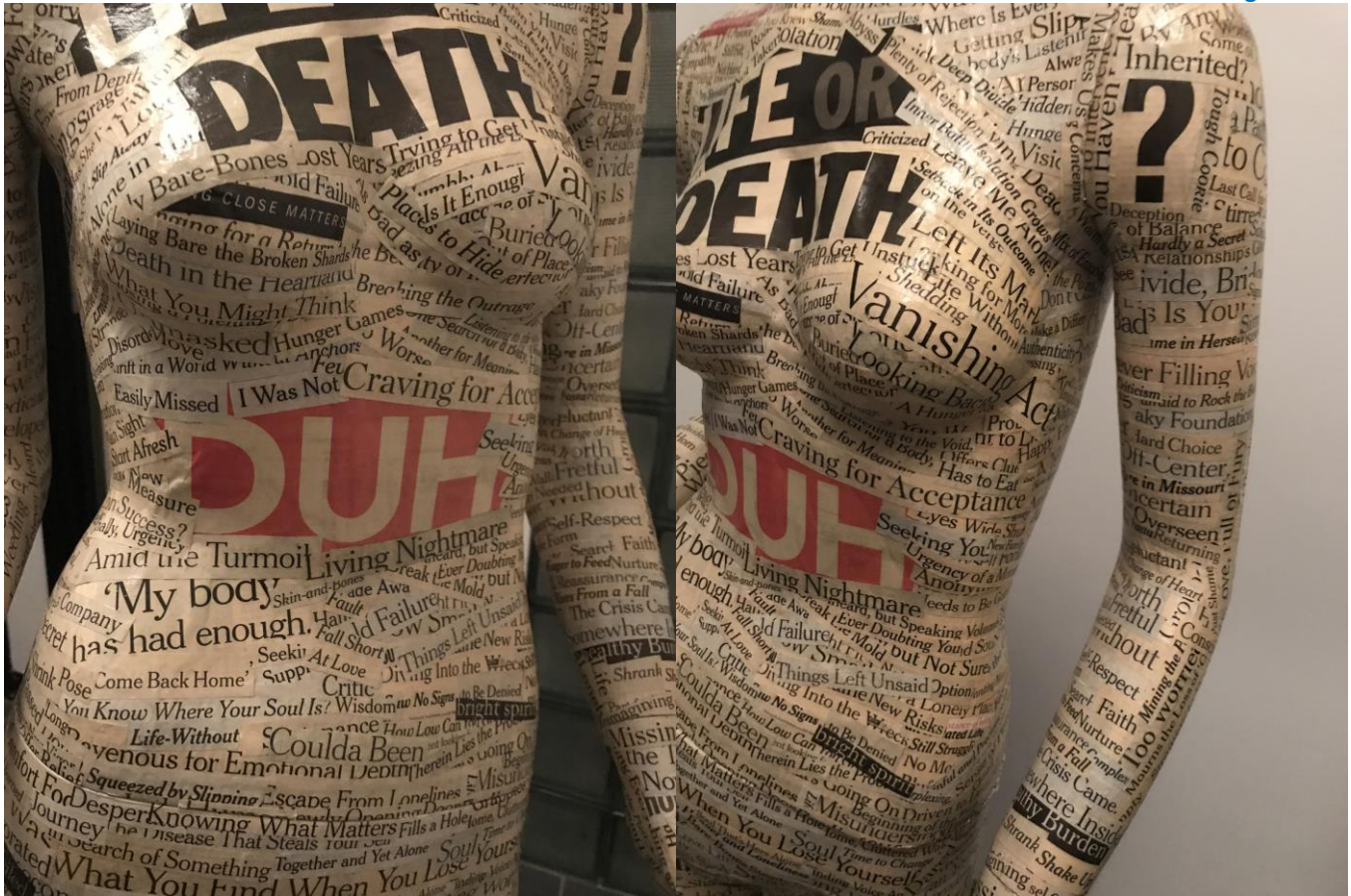
Title

“Headlines”

Artist/Treatment Center

Judith Shaw
St. Louis, MO





Materials:

Mannequin, newsprint, decoupage glue

Description/Inspiration:

The mannequin I am submitting for the iaedp Imagine Me Beyond What You See Body Image Competition is called 'Headlines.' It is created from newspaper article headlines applied using decoupage. Collected during the ten years since I was in treatment, the phrasing in the titles resonated with me in the course of reading daily news stories. Not only were the messages describing current events, but the phrasing also was relevant to physical and emotional issues surfacing as part of my therapeutic and personal growth work. I played with the juxtaposition of the words to give them new context and meaning. The composition alludes to the media's influence on our culture's obsession with thinness, body image and perfection. I did not know how I would use the cutout words and phrases in my artwork, most of which is made from found materials and common objects, but then the idea came to me to cover this mannequin with them. Interestingly, she is headless. This aspect explores the interplay of mind and body as they relate to eating disorders. Anorexia wreaked havoc on my body, while, invisibly, it consumed oppressive mental activity. My hope is to make people aware of the devastating mental and emotional subtext of eating disorders as well as the surface narrative. Many of the thoughts and feelings expressed on the mannequin expose how an eating disorder gives voice to stories, memories, insights and judgements that are often too difficult to face. It is as if the body, despite being what might appear as an ideal form, is sending out urgent news flashes broadcasting a dire need for help.

Artist Bio

My name is Judith Shaw. Originally from NYC, I came to St. Louis eleven years ago at age 53 for treatment for anorexia. I knew no one, including my Self. My life at the time was in transition as a 35-year marriage ended abruptly while living overseas. It was while living in London that I finally admitted I needed help for my eating disorder, an illness that began in midlife and continued to grip me for fifteen years before I sought help. It took falling several times and breaking numerous bones for me to finally admit I was anorexic. There was not a lot left of me. I was brittle, skeletal and unsteady. Once open to the idea of treatment, I investigated facilities in London but ended up returning to the states where I was in a residential program for two months, followed by step-down levels of care. Not only did treatment save my life, it brought me back to life as an artist and yoga teacher. As in the movie title, 'Meet Me in St. Louis,' I met myself in St. Louis! In fact, as part of my healing journey, I created "My Body of Work: The Art of Eating Disorder Recovery." It is a sculptural diary of life with an eating disorder that has been shown on college campuses and in numerous art venues around the country. The project became a way to distill the emotional and mental bondage of my illness as well as a valuable opportunity to help others understand the complexity of often misunderstood eating disorders. It is used to spark a dialogue and raise awareness of the issues underlying these deadly diseases as well as explore the rewards and challenges of recovery. For further information visit www.judithshaw.com. I am the mother of two grown sons. Now in my 60's and in recovery from an eating disorder, I am living a joyful and fulfilling life las my real Self for the first time in my life.

ENTRY # 7

Title

“Incomplete: A Duality”

Artist/Treatment Center

**La Ventana Treatment Programs’ Residential Eating Disorder Treatment Center
Thousand Oaks, CA**





Materials:

Mannequin, black and white paint, black and white feathers, paint markers, sequins, glitter, acrylic paint, glue

Description:

Incomplete: A Duality represents the dual nature of an eating disorder. The dark half represents the desire to continue eating disorder behaviors, staying broken and deprived and adversely wanting to change, and trying to become whole and accept one's self. The light half represents the ability to discontinue the disordered eating behaviors, healing, accepting change, and becoming a whole and the ability to accept one's self as the beautiful human being they are. The lack of the head, arms, and legs represents how a person is incomplete when he/she/they continue engaging in damaging behaviors. The wings represent the opportunity to fly, either descending more deeply into the disease or rising above it.

Artist/Group Bio:

This mannequin was created by a group of clients in eating disorder recovery at La Ventana Treatment Programs' Residential Eating Disorder Treatment Center in Thousand Oaks, CA, as part of an immersive art therapy experiential.

ENTRY # 8

Title

“Coraline: The Process of Transformation”

Artist/Treatment Center

**La Ventana Treatment Programs’ Residential Eating Disorder Treatment Center
Thousand Oaks, CA**





Materials

Mannequin, black and white paint, black and white feathers, paint markers, sequins, glitter, acrylic paint, glue

Description:

Coraline: The Process of Transformation is not an easy canvas. She is in the process of transformation as she sits stoically. Her body fights against her own silver skin, exposing bristle marks that represent her discomfort in her own body. She is sprouting wings, just like the hope that grows during eating disorder treatment.

Coraline struggles with the blessing/curse of femininity. Her heart contains the pain and the chaos of the eating disorder's turmoil. She feels hollow inside, unable to embrace the connection of her mind and body.

Her feathers represent the hope that grows within Coraline. Her feathered wings guide her scars to the surface of her silver skin, and she begins to realize growth and acceptance are possible. Coraline is able to see her beauty within and realizes that recovery is possible.

Artist/Group Bio:

This mannequin was created by a group of clients in eating disorder recovery at La Ventana Treatment Programs' Residential Eating Disorder Treatment Center in Thousand Oaks, CA, as part of an immersive art therapy experiential.

ENTRY # 9

Title

“Split Reflections”

**Artist/Treatment Center
Dominion Hospital/Reflections Unit
Falls Church, VA**





Materials:

A bendable mannequin with a metal stand, collage materials, acrylic paint, tissue paper, construction paper, pipe cleaners, band aids, tape, modge podge, hot glue, card board, markers, packaging tape, wood, beads and stretchy string.

Description/Inspiration:

"Split Reflections" addresses the guilt, shame, and conflicting thoughts that can occur when breaking free from the chains of an eating disorder. A consistent feeling in the group was the idea of not knowing whether one wants to be in recovery or not, as well as the difficulty on a daily basis to cope with intrusive thoughts, represented by the burst of pipe cleaners, crowning the head of the mannequin. The group who worked on this mannequin wanted to show the constant

negative body image messages found in everyday magazines, which was then constructed into a jacket with two different sized sleeves. On a loose sleeve were body-positive, healthy phrases, reminding this figure to not let size define them. Opposite, a constricted sleeve held messages as well as photos of the unrealistic beauty standards perpetuated by the media. The torso of the figure displays a fire, symbolic of the fight within to keep moving forward through recovery, with the skirt below reminding her of the many health risks associated with an eating disorder. The hands adorning the wings, traced by each patient, contain validating messages heard from peers and loved ones which have lifted them through their toughest days. In the hand of the figure is a picture of beauty, held up as a perfect mask to hide the suffering and shame often hidden, yet consistently felt, with this misunderstood “invisible illness”.

One patient wrote of hope in response to working on this art piece as they continue their journey through recovery, giving a clear voice to the artwork:

“I am so much stronger than I appear to you. Right now, silently, I am working to move a mountain comprised of doubts and fear and self-hate. And I believe that I am moving that mountain right out of my mind.”

Artists/Group Bio:

The piece was created by the adolescents and adults of the Reflections Unit for Eating Disorders at Dominion Hospital in Falls Church, Virginia. They were supported in this endeavor by Diana Morrow ATR-BC and Katherine Tucker MA AT.

ENTRY # 10

Title

“Life Intertwined”

Artist/Treatment Center

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





Materials:

Female mannequin, acrylic paint, model magic in various colors, ribbons, sharpie marker

Description/inspiration:

The Life Intertwined mannequin created over several weeks in the PHP Art Therapy group was inspired by the group members' discussion about the complexity of body image thoughts while navigating the eating disorder recovery process. Group members wrote negative body image thoughts and challenged each thought with a positive body image affirmation. These sentences were written on ribbons in contrasting colors and wrapped around the mannequin. Group members created a brain with model magic and explored how thoughts that originate from the brain impact systems within the body. The mannequin is painted red to represent the eating disorder with swirls of blue paint to represent healing through positive body image thoughts. The ribbons are knotted and intertwined to represent the difficulty of

untangling negative body image thoughts. As a definitive salute to recovery, the lips are painted with a symbol to represent the mannequin conquering her eating disorder with each bite of food and through using her voice to speak positive body image affirmations.

Artist/Group Bio:

Veritas Collaborative is a specialty hospital system for the treatment of eating disorders. The Child and Adolescent Hospital in Durham, NC provides a range of services for individuals ages 8-18, 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 # 11

Title

“Brick by Brick”

Artist/Treatment Center

**Rogers Behavioral Health FOCUS Adult Residential Program
Oconomowoc, WI**





Materials:

Foam brick, Mod Podge, spray paint, grout, sealant, foil origami paper

Description/inspiration:

Brick by Brick was inspired by street art and its desire to target a public audience with a message of social movement. The street artists Banksy and Paige Smith-Urban Geode were our main sources of admiration in obtaining creative energy.

Over a lifetime of hurdles and facing societal demands and expectations, we build walls brick by brick around our emotional selves to survive. However, by “Sweeping it Under the Carpet” (the Banksy inspired stencil), we also sweep away our healthy means of coping with reality, thus preventing us from allowing ourselves to form genuine emotional connections. This pain at times may be visible to the outside world through detrimental behaviors such as self-harm.

Through treatment and practicing the skill of willingness, we start allowing our walls to come down brick by brick, and begin to acknowledge our true value and potential. This value is demonstrated by the reflective gold crystalline arrangement. Within the geode, there are over 100 self-affirmations written by young women on the path to self-love and acceptance.

Artist/Group Bio:

Lacie Timm, MA/AT is the Art Therapist for the FOCUS Adult residential program at Rogers Behavioral Health in Oconomowoc, WI. Lacie collaborated with two FOCUS residents working on strengthening their self-worth and building their identities outside of their diagnoses. The FOCUS program is not only designed to treat anxiety and depression, but also treats individuals struggling with eating disorders, cluster B traits, addiction, and obsessive-compulsive disorder.

ENTRY # 12

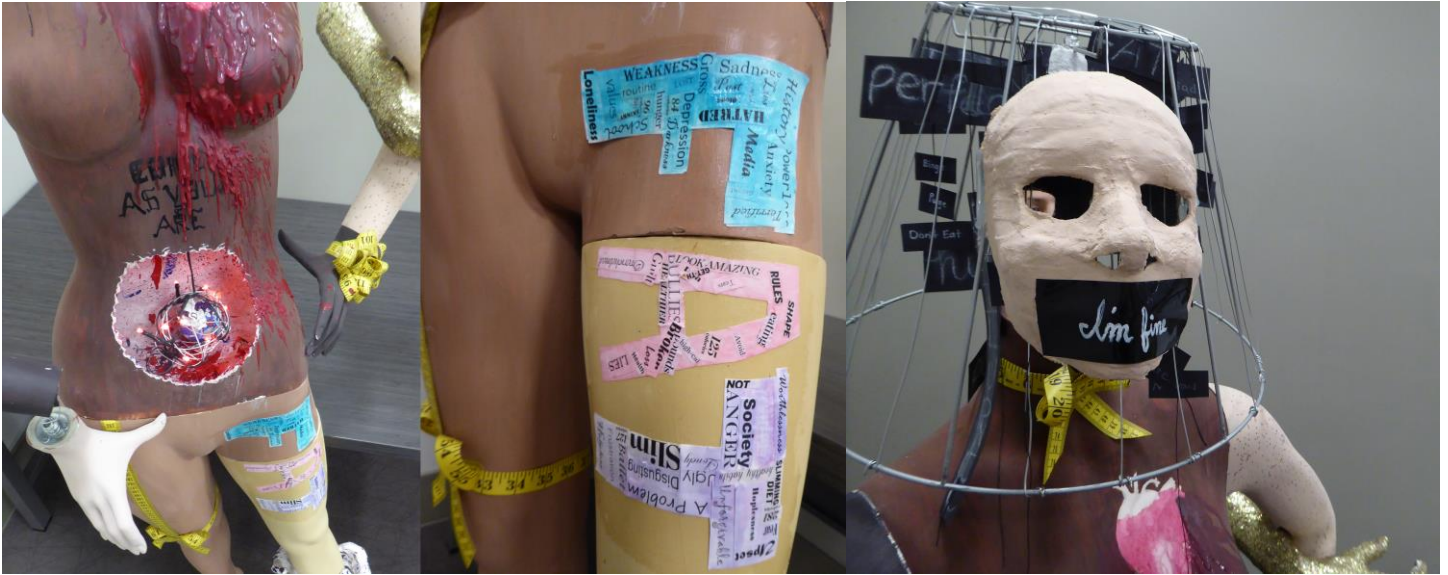
Title

“My Brain as a Body”

Artist/Treatment Center

Veritas Collaborative - Child and Adolescent Program
Richmond, VA





Materials:

Mannequin, acrylic paint, mod podge, plaster, wooden dowels, measuring tape, wire, LED lights, aluminum foil, tissue paper, red wax crayon, hot glue, black card stock, black duct tape

Description/Inspiration:

Meet Mae. Look into her mirrored eyes and see your own. Eating disorders are serious mental illnesses that do not discriminate. A mask over a cage filled with tormenting thoughts and self-loathing comments, portrays the girl's mind. A prison, practically consuming her. The self-hatred serves as motivation for the eating disorder. She says, "I'm fine," but her heart melts into bone, hardened as she longs for personal gain (or loss), and her arm along with it. The core desire for her is to get as close to the bone as possible. An empty hole in her stomach is filled with an eternal knot. Size is no longer a number, it is an identity, a piece of jewelry to be adorned. Inside the word "FAT," scrolled on her thigh, are terms that give that word meaning and power. Ominous hands slither up the leg, viciously grabbing as if body checking. Crawling up from the deepest layers of brokenness, these hands represent other forces such as media, society, or bullying and the deep impact these things have on our core is visually evident. She gives voice to the many people who have searched for worth in incorrect places, instead finding pain, misery, and deep rooted worthlessness. Linking on her left arm, a supportive hand represents recovery and someone who does not see the darkness in her, but focus on the inner light of her soul. They hope for her to accept her body as a home, rather than a battleground, prison, or cage. The sign beside the mannequin reads, "Ask for help, it gets better;" Our greatest hope is for this mannequin to pull the viewer into the mind of an eating disorder yet leave with a sense of hope, knowing that recovery is possible.

Artist/Group Bio:

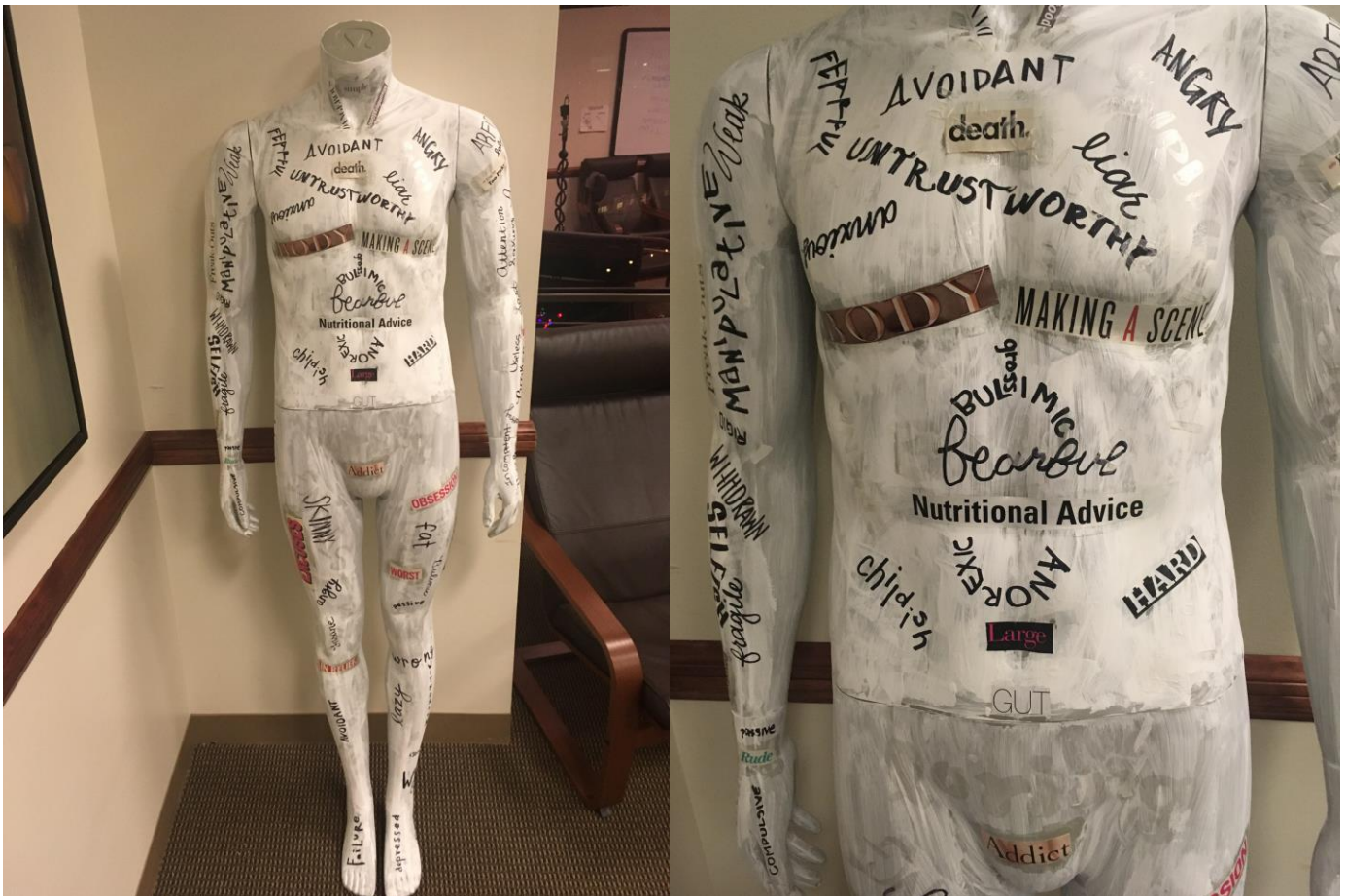
Veritas Collaborative is a Specialty Hospital System for the Treatment of Eating Disorders. Accredited by The Joint Commission, Veritas delivers multidisciplinary, evidence-based care for patients and their families in a warm, inviting, and gender inclusive environment. Veritas Collaborative provides Inpatient, Acute Residential, Partial Hospitalization, and Intensive Outpatient levels of care for individuals with eating disorder diagnoses (ages 10+). Patients in the Child and Adolescent Program at the Richmond, VA facility collaborated to create this artwork.

ENTRY # 13

Title

“Art, the Black Light Mannequin”

Artist/Treatment Center
Center for Discovery IOP/PHP
Beverly Hills, CA



ENTRY # 14

Title

“Fragments to Making a Stepping Stone”

Artist/Treatment Center
Under The Umbrella, LLC
Bloomington, IN





Materials:

Glass and stone tile, Tissue paper, Magazine collage, Acrylic paint, Fabric

Description/Inspiration:

Inspired by Amanda Lovelace's poem from her book *The Princess Saves Herself in This One*:

if you ever
look at
your reflection
& feel the desire
to tell yourself
you're not
good enough,
beautiful enough,
skinny enough,
curvy enough,
then i think
it's about time
you smashed that mirror to bits,
don't you?

- use those fragments to make stepping-stones to your own self-love.

Seated in a pose of confidence and strength; fragments of tile, stone, mirror, and paper join to show she is more than her reflection. She is more than a singular material but pieces of many. Fragments within fragments and details within details, reflect the complexity of the self-discovery. Only those willing to get close enough to see the details within the whole understand this journey. Shattering the mirror exposed the myriad of the self, challenging the misconception that we are one single story, one material, and one experience.

Lovelace, A. (2017). The princess saves herself in this one. Kansas City: Missouri, Andrews McMeel Publishing

Artist/Group Bio:

Eileen Misluk, ATR-BC, LPC, LMHC is the art therapist at Under the Umbrella, LLC. which provides multidisciplinary treatment for eating disorders and eating related concerns. The five-week group consisted of 4 women who worked collaboratively to explore the concept of shattering the mirror and what would result from that process.

A huge thank you for a generous donation from the Eating Disorder Task Force of Indiana that was used to purchase the supplies, as well as the photographs were donated by Heidi Moffatt, ATR, LMHC.

ENTRY # 15

Title

“The stories I write”

Artist/Treatment Center

**Eating Recovery Center - Inpatient Unit
Denver, CO**





Materials:

Mode podge, book pages, liquid watercolors

Description/Inspiration:

“My body has a story and only I get to decide what that story means” - Anonymous

This colorful mannequin was inspired by the quote 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 exploring not only the stories that they have identified with but the new stories they have yet to write. 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 stories and the expression of their true self shine. Through curiosity and self-compassion, patients work to explore the stories that they carry around about their bodies and find space to challenge.... Is that story a thought or a fact. Often the stories that we have identified are thoughts that we have no longer challenged. With bravery and courage; patients in Eating Disorder treatment dare to not only ask these hard questions but to create new stories of strength, survival and resiliency in recovery.

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.