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# ARTS IN MIND

*Festival 2018*

# #MagicCarpet:

## We sat on a mat and had a chat and made maps!

*#MagicCarpet: We sat on a mat and had a chat and made maps!* developed during King's Artist Dr Kai Syng Tan's residency in the Social, Genetic & Developmental Psychiatry Centre. By weaving together science and visual art, the project generated a creative space to explore the lines between 'normal' and 'abnormal' behaviours, imagination and pathology, art practice and scientific research.

*#MagicCarpet* drew upon emerging research on the universality of mind wandering and the ways in which this relates to visual art and attention deficit hyperactivity disorder (ADHD).

During the *Arts in Mind Festival*, Dr Kai Syng Tan exhibited her tapestry exploring research, narratives and questions around mind-wandering, *I Run and Run*, *Let Out an Earth-Shattering Roar and Turn Into a Giant Octopussy*, in the foyer of the IoPPN building. A discussion event at South London Gallery saw Kai joined by a panel of guests including academic lead Professor Philip Asherson; artist Daniel Oliver; clinician and consultant psychiatrist Dr Ulrich Müller; tutor in mental health nursing at King's Jane Sedgwick; and Head of Artist Development at Artsadmin, Dr Cecilia Wee. The audience was invited to participate in informal conversations about ADHD and mind-wandering. Kai also held a badge-making workshop for a group of school children from a primary school in Camberwell, to explore mind-wandering and notions of being 'different'.

### Project team:

Dr Kai Syng Tan, artist | Professor Philip Asherson, Social, Genetic & Developmental Psychiatry Centre | Alessandra Cianetti, arts producer | Philip Tan, music director | Michael Tebinka, film director

#MagicCarpet is a 2017 Unlimited commission

Photos (top right) by Alessandra Cianetti of pupils from Lyndhurst Primary School and (bottom right) by Alex Lloyd on behalf of King's College London

**'The Festival allowed us to extend the public conversation in new forms, and to work with new audiences we wouldn't have reached otherwise.'**

Dr Kai Syng Tan, artistic lead

*'[The Festival was] an exciting and innovative integration of art and science. It functioned as a wonderful platform for the clinical and scientific community to develop an interesting dialogue with Kai.'*

Professor Philip Asherson, academic lead

*'The net effect of the event was like finding my community – I felt like I'd come home.'*

Audience member

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*'The net effect of the event was finding my community like I'd come home.'*

member



## Festival Feedback

*'It is encouraging and important to see these links and collaborative practices with the arts – I didn't realise King's engaged in these activities and I think it should be developed.'*

*'What struck me was the involvement of art and how much that contributed to the research.'*

*'I had not heard of the IoPPN before but I think this Festival is a great opportunity to bring non-scientists to the Institute for knowledge exchange. Keep up the good work!'*

Audience feedback

The *Arts in Mind Festival 2018* brought together King's staff and students, artists, healthcare professionals, service users, local residents, students at other London universities, people living across the capital and beyond. It celebrated innovative collaborations between researchers at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN) and the creative and cultural sector, and showcased over 40 exhibitions, performances, screenings, panel discussions and workshops that aimed to enhance understanding of the mind, the brain and mental health. Feedback was overwhelmingly positive, with 84 per cent of respondents rating their experience as excellent or very good.

The Festival was programmed to coincide with the seventh annual Creativity & Wellbeing Week, 4-10 June 2018, a major event highlighting work going on around arts in health organised by London Arts in Health Forum (LAHF). Festival events were featured in a five-page spread in the Creativity & Wellbeing Week brochure as well as on their webpages, and many visitors to *Arts in Mind* events found out about events at the IoPPN through Creativity & Wellbeing Week publicity.

Many visitors said that their understanding of the human mind, brain and mental health had been enhanced, widening knowledge, raising awareness, and prompting further questions and conversations. The Festival also provided audiences with insights into the relationship between science and art, and in particular the power of art to navigate complex ideas, enhance public understanding, and act as a therapeutic tool.

Hearing about lived experience of mental ill-health had a particularly powerful impact on many visitors. The Festival provided insights into what it is like to live with a range of mental health challenges and boosted the confidence of those who had personal experience of the issues being addressed. Interestingly, those with lived experiences also talked about being able to sympathise more with



professionals having heard their personal accounts of working in this area.

The Festival clearly shifted visitors' perceptions of the work of the IoPPN. In particular, they expressed surprise at the creativity of the IoPPN's approach; the involvement of those with lived experience in research; how practical much of its work is – for example in developing progressive treatments and therapies – and how welcoming, informal and community-focused it is.

Health professionals and students said that the Festival had enabled them to have greater empathy with service users. Many have also been inspired to incorporate arts and creative practices into their own research or teaching. Artists similarly spoke of the impact on their creative practice, reflecting on how they might incorporate the ideas and approaches they had encountered into a range of art forms, including landscape architecture and theatrical practice. Audiences talked about the impact on their personal lives, reporting a desire to talk more openly about mental health, to be more empathetic with people experiencing mental health issues, to try to reduce stigma and to work with vulnerable groups. The majority of workshop participants, whether attending from professional or personal interest, expressed a desire to continue with the practices they had learned and explored for their own wellbeing.

There were over 7,000 visits to *Arts in Mind Festival* events at Denmark Hill. The installations and exhibits remaining in place for up to six months after the festival week. The approval ratings and positive comments from those who attended demonstrated that the Festival achieved its aims of enhancing understanding of the mind, the brain and mental health and of connecting the IoPPN with communities across the capital and beyond.

Arts in Mind Festival 2018  
Institute of Psychiatry, Psychology & Neuroscience, King's College London

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## Acknowledgments

Our thanks go to all of those who participated in the *Arts in Mind Festival*: staff, students, researchers, artists and to all our visitors who helped to make the week of events and exhibitions such a vibrant and inspiring festival of ideas.

We also gratefully acknowledge the essential support from many others who have worked to develop ideas and turn the Festival into reality over many months. It is, of course, always unwise to single out individuals when an event such as this has relied on so many. However, even so, we must thank Katherine Bond, Sophie Branscombe, Kate Dunton, Alison Duthie and Leanne Hammacott from the university's central Culture team, who provided vital support since the project's inception and shaped an early idea into reality. Anna Kolliakou, Knowledge Exchange Associate for Culture at IoPPN, was also instrumental in realising the initial vision. Jolanta Zanelli, Louise Pratt, Abigail Russell, Hannah Warren, Robin Maginn and Elliot Wright provided tireless support from within the IoPPN with financial and communications expertise, and Steve Shemilt and David Sherrin provided invaluable operations assistance. Finally, Ruth Garde brought vast knowledge, experience and creative energy to the project as Festival Producer. Of course, this is by no means an exhaustive list and to write one would not only be close to impossible, it would also perhaps detract from the sense in which the Festival was, undoubtedly, a truly collaborative venture.

Professor Patrick Leman  
Dean of Education, IoPPN

Professor Anthony David  
Vice-Dean, Academic Psychiatry, IoPPN

Photo (below) of the #MagicCarpet  
tapestry - Alex Lloyd on behalf of  
King's College London

Photo (right) of Chromotrope  
- Alex Lloyd on behalf of King's  
College London



# ARTS IN MIND

*Understanding mental  
health, the mind and the  
brain through the arts*

**4 – 10 June 2018**

The Arts in Mind Festival will be held at the  
Institute of Psychiatry, Psychology & Neuroscience,  
Denmark Hill Campus, King's College London.

For more details visit:

**[www.kcl.ac.uk/artsinmindfest](http://www.kcl.ac.uk/artsinmindfest)**

**#ArtsinMind**