

MARCH 21-23 **2024**

 UNSW Sydney

Big Trauma/ Big Change

building tomorrow today

PROGRAM SCHEDULE

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Big Anxiety
Research Centre

**THE BIG
ANXIETY**

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The 3-day **Big Trauma/Big Change** event commences with a full day of workshops. Explore the offerings and immerse yourself in these hands-on learning experiences with internationally recognized facilitators.

The two streams will be run across two locations on the UNSW Kensington upper Campus; Care in Practice John Goodsell Lvl 2, room 221/223 & Indigenous-led practice in the John Goodsell building Lvl 1, room 102/103. See the attached map for full location details.

Care in Practice

 John Goodsell Building Lvl 2 221/223

9am Registration & Welcome

9.30

The Embodiment of Power — How Experiences of Agency and Appeasement Affect Posture, Gesture and Action

with Molly Tipping

1hr

11

Everyday steps to address everyday harm with Prof Karen Fisher, Sally Robinson, Jan Idle, Raffaella Cresciani, Jung Yoon, Hannah Ogden, Tyra Buteux, Emma Woods

1hr

12

Lunch 1hr 30

1.15

Makeshift (Caitlin Marshall and Lizzie Rose) introduce their new book, Creative First Aid

10 mins

1.30

Self Care for Practitioners

with Daniel Regan & Creative Australia

2hrs

Indigenous-led Practice

 John Goodsell building Lvl 1, 102/103

9am Registration & Welcome

9.30

Perinatal Dreaming Screening

with Marianne Wobcke

1hr 30

11

Perinatal Dreaming Visual Matrix

with Marianne Wobcke & Lynn Froggett

2hrs

12.25

Lunch 1hr

1.30

Collaboration and Creating Together

with poet Anne-Marie Te Whiu

1hr

3

Hip Hop as Survivance

with Jennifer Biddle, Sudipta Dowsett, Wanta Steve Patrick Jampijinpa, Mitch King & Marc Peckham

1hr 30

What do decolonising spaces feel like and how can we create them right now? In the revolutionary spirit of prefigurative practice—creating tomorrow today—we explore actions for reconfiguring 'mental health' and 'trauma' in hospitable cultural spaces.

The curated forum will be held in the [*John Niland Scientia Building*](#) on UNSW Kensington Campus. See the attached map for all location details.

Start	Location	Session Details	Duration
9	Foyer	Registration	15 mins
9.15	Leighton Hall	Welcome, Introduction & how to use the forum. Acknowledgement of Country with Fabri Blacklock, Associate Dean Indigenous, ADA	45 mins
10	Leighton Hall	<i>Uti Kulintjaku</i> : Ngangkari (traditional healers) and artists from NPY Women's Council (APY Lands)	1hr
11.15	The Peter Farrell Room	<i>Changing Our Ways</i> film screening (running throughout the day)	Until 4pm
11.15	Leighton Hall	<i>Decolonise and radicalise: mapping and making prefigurative spaces</i> with Jeffrey Ansloos, Mitch King, Marianne Wobcke, & Caroline Lenette	1hr
12.15	Foyer & Lawn	Lunch & Makeshift/bookshop sales	1hr
1.15	Tyree room (upstairs)	<i>Slice/Silence: alternative approaches to self-harm</i> with Indigo Daya	1hr
1.15	Leighton Hall	Continuation of <i>Mapping Prefigurative Practice</i>	1hr
1.15	The Gonski room	<i>Table discussion on Bodies, Movement, Dance & Space for Older Adults</i> with Diane Busuttill, Gail Kenning, Tamara Borovica & Lucinda Jarrett	1hr
2.15	The Peter Farrell Room	<i>What Media When, pt.1</i> Discuss VR, AR, XR, 360 with Troy Rainbow, Alex Davies, Josh Harle and Volker Kuchelmeister	1hr
2.15	Leighton Hall	<i>Yarning about long tables; Working in and within communities</i> with Cushla Reddington, Cynthia Hoffman, Marianne Wobcke & Alinta McGrady	1hr
3.30	Leighton Hall	<i>Space for Action; Domestic Violence, Radical Love and Lawyers: Gaslighting</i> with Jess Hill in conversation with Kat Johnston and the creative team behind the VR production	1hr
4.30	Leighton Hall	<i>Decompression</i> with Tamara Borovica, Jo Brooke	30 mins

Forum Day 2 pursues the micropolitics of experience, exploring what is involved in being present to others and to experiences beyond our own.

The curated forum will be held in the *John Niland Scientia Building* on UNSW Kensington Campus. See the attached map for all location details.

Start	Location	Session Details	Duration
8.45	Foyer	Registration	15 mins
9	Leighton Hall	The opening session presents a range of inter-personal face-to-face experiences including VR & AI, curated to promote reflection on being present/seen/heard. A rolling discussion will follow from 10-11.30 facilitated by Noreen Giffney and Lynn Froggett.	2hr 30
9	Gonski Room	As a part of the opening session, Sherre De Lys restages her 1:1 encounter, <i>The Listening Room</i> , which will be discussed at the end of the rolling discussion	1hr 30
10	Tyree room	<i>MAD Poetry workshop</i> with Tim Heffernan and Alise Blayney	1hr
11.30	Lawn	<i>Transforming Refugee Trauma with Garden Therapy</i> with Lydia Gitau, Angela Ngiam & Caroline Hochstetter	1hr
11.30	Tyree Room	<i>Mother and daughter collide at inner voice, their stories are wild</i> performance with Jenny Hickinbotham & Laura Altman	50 mins
11.30	The Peter Farrell Room	<i>Table discussion: Thinking creatively about phenomenology of Covid, breath, crip time</i> with Poppy de Souza, Laura Osweiler & Mary Zournazi	1hr
12.30	Foyer	Lunch	1hr
1.30	Leighton Hall	<i>Media clinic</i> open for drop-in's; Discuss VR, AR, XR, 360 with the BARC team, Volker Kuchelmeister, Josh Harle & Alex Davies	1hr 30
1.30	Gonski Room	<i>Table discussion: Space, place and design</i> with Katherine Bond, Cheryl Wittingslow & Eloise Reddy	1hr
1.30	Tyree room	<i>The Reflective Practitioner</i> : a workshop facilitated by Noreen Giffney and Lynn Froggett	1hr 30
3	Leighton Hall	<i>Mapping the lived experiencing of trauma: Maternal Holding Table</i> Discussion with Dr Emma Van Daal and Dr Ariel Moy	30 mins
3	The Peter Farrell Room	<i>Ageing, trauma and institutionisation</i> with Rebecca Moran	30 mins
3.30	Leighton Hall	<i>Introduction to the World, from fear to Dreaming</i> : Alinta McGrady and Marianne Wobcke combine Indigenous knowledge and creative techniques for moving through fear to dreaming the future.	1hr
4.30	Leighton Hall	Close with Jo Brooke	30 mins



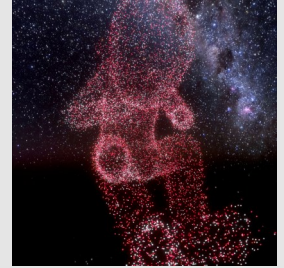
The Embodiment of Power — How Experiences of Agency and Appeasement Affect Posture, Gesture and Action with Molly Tipping

Embark a hands-on workshop, delving into power imbalances and self-awareness. Using experiential methods, explore how agency and appeasement can shape posture and action. Reflect and engage in experimental frameworks, unraveling the intricacies of power dynamics and enhance your understanding of community co-regulation skills.

Perinatal Dreaming and visual matrix evaluation with Marianne Wobcke

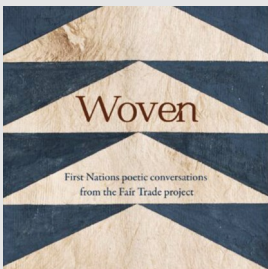
Immerse yourself in a ground-breaking virtual reality project by led by Indigenous midwife and artist Marianne Wobcke. In the first 2-hour session, we demonstrate how Perinatal Dreaming may be experienced and shared to support deep engagement with early life processes.

In the second 2-hour session, Lynn Froggett will lead a visual matrix evaluation, reflecting on the previous engagement, demonstrating how this psychosocial research method captures unconscious, felt responses and associative meaning-making.



Everyday steps to address everyday harm with Prof Karen Fisher Sally Robinson, Jan Idle, Raffaella Cresciani, Jung Yoon, Hannah Ogden, Tyra Buteux, Emma Woods

Led by academics and community researchers with intellectual disability, this workshop explores strategies derived from empirical research and co-design to disrupt every day harm. Learn about the small steps you can take to mitigate cumulative trauma and gain a better understanding of how everyday harm manifests and affects individuals, particularly those living with intellectual disabilities.



Collaboration and creating together with poet Anne-Marie Te Whiu

Inspired by her groundbreaking anthology "Woven", Australian-born Māori wāhine, Anne-Marie Te Whiu, explores the power of collaboration in rewriting narratives and reclaiming strength. Seed new worlds through poetic storytelling, and embrace Indigenous knowledge as a means of collective healing from Big Traumas.

Self Care for Practitioners with Daniel Regan

Join our special presentation with Creative Australia on self-care for artists and arts workers. Explore 7 key themes including embracing wonder, navigating minefields of practice, and letting go rituals, and discover strategies to build your support framework and nurture your well-being in your creative journey.

Hip-Hop as Survivance

This panel features Wanta Jampijinpa Patrick in conversation with producer Monkey Marc in discussing how Hip Hop takes shape in the bilingual, bicultural, Warlpiri ceremony Milpirri to engage young people with tradition and (re)produce what Jampijinpa calls 'ngurra-kurlu', feelings of collective wellbeing, belonging and being. Yaegl Bundjalung multimodal artist Mitch King joins the discussion through his own experiences using Hip Hop to engage with and connect to oral history and Ancestral knowledge.



What do decolonising spaces feel like and how can we create them right now? In the revolutionary spirit of prefigurative practice—creating tomorrow today—we explore actions for reconfiguring 'mental health' and 'trauma' in hospitable cultural spaces.

Uti Kulintjaku (Ngaanyatjarra Pitjantjatjara Yankunytjatjara NPY Women's Council)

Ngangkari (traditional healers) and artists from the Uti Kulintjaku collective (APY Lands) invite us to experience Anangu ways of thinking about wellbeing, care and how to break cycles of trauma in remote communities. After partnering with The Big Anxiety on Waumananyi, a VR experience about entrapment, they are now working on the VR version of *Tjulpu and Walpa*, the story of two Anangu children who travel different paths. They discuss how they use traditional story-telling, art and technology to realise different pathways.



Decolonise and radicalise: mapping and making prefigurative spaces with Jeffrey Ansloos

Cree scholar and Professor of Indigenous Health and suicide research, Jeffrey Ansloos leads a session on prefigurative practice, exploring how we can realise revolutionary new approaches to social and emotional wellbeing in the here and now. From conversations with inspirational First Nations practitioners, Jeffrey and Caroline Lenette will guide a mapping session.



Slice/Silence with Indigo Daya

A survivor-led project about self-injury, and the silencing, trauma and injustice that often hides behind our scars. Slice/Silence is an offering to the survivor community, rooted in the collective history of the psychiatric survivor movement, mad studies and abolition. Beyond being a 'mental health' project, this work is an intentional, mad alternative: political, creative and collective.

Bodies, Movement, Dance & Space for Older Adults: Table Discussion with Diane Busuttill, Gail Kenning, Tamara Borovica & Lucinda Jarrett

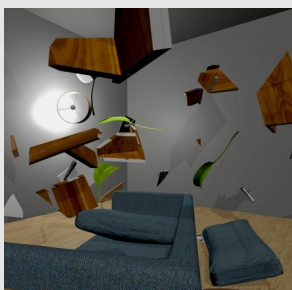
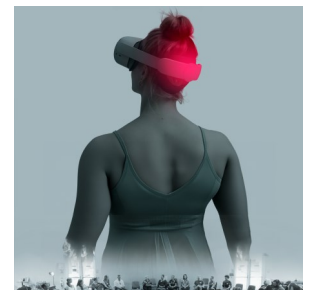
Refer to abstracts for discussion details and topics

What Media When? with Volker Kuchelmeister, Josh Harle and Troy Rainbow

Discuss VR, AR, XR, 360 projects addressing the lived experience of psychosis, trauma and suicide

Yarning about long tables; Working in and within communities

In 2022-3, community members came together in Warwick QLD to confront the ongoing trauma of youth suicide and loss. It began with a Long Table, now documented in the 1 hour documentary Changing Our Ways (screening throughout). Community leaders now take seats at a Long Table to discuss the process of making changing from the ground up—and how creativity is key to transformation.



Space for Action with Jess Hill in conversation with Kat Johnston and the creative team

Join us for the launch of a new VR experience, created by survivors of DV in collaboration with FEEL lab. Author and activist, Jess Hill discusses the project with Kat Johnston, one of the script authors, and the wider creative team. Explore how VR can immerse us in a world of gaslighting and love-bombing that turns to violence in a flash – and how this may be a useful learning tool for those in positions of power.

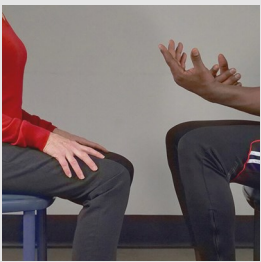
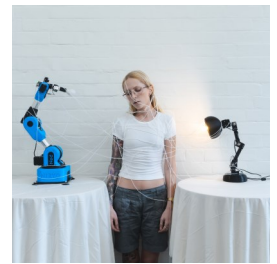
Forum Day 2 pursues the micropolitics of experience, exploring what is involved in being present to others and to experiences beyond our own.



In the opening session we invite you to engage with a specific range of inter-personal/ face-to-face experiences, curated to stimulate reflection on being present/seen/heard. The selection includes meetings with AI characters, purpose-created VR experiences, the Listening Room (see below) and Uti Kulintjaku's VR meditation that promotes connection to Country.

Being Heard, Being Seen, Being Present with Noreen Giffney and Lynn Froggett

Join a **rolling discussion** reflecting on the experiential encounters you have had in the previous hour with a curated selection of VR and AI technologies and face-to-face encounters. What happens to us emotionally, cognitively, and physiologically in these immersive and absorbing environments, and how can sitting and talking together as a group might help us to become aware of aspects of our experience that might otherwise elude us?

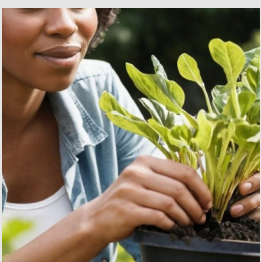


The Listening Room by Sherre De Lys

A performative project piloted in The Big Anxiety Festival, 2019, *The Listening Room* invites participants to speak, and to be heard in contemplative silence, without judgment. Visit Sherre from 9-10.30. She will join the Rolling Discussion from 10.30 .

MAD Poetry workshop with Tim Heffernan and Alise Blayney

Engage in a series of short creative exercises with the aim of processing, healing and expressing trauma. Explore emotions, reflect on experiences, and reframe narratives, culminating in a live poetry performance where voices converge to validate, connect, and heal.



Transforming Refugee Trauma with Garden Therapy with Lydia Gitau, Angela Ngiam & Caroline Hochstetter

Meet outside to participate in a series of sensory exercises in a simulated garden experience to demonstrate how a group of people from refugee background are transforming trauma.

Mother and daughter collide at inner voice, their stories are wild with Jenni Hickinbotham

Through wildly wonderful experimental sound and audio-visual story-telling, artist Jenni Hickinbotham's songs evoke the experience of voice-hearing, describing how she has lived with her mother's voice in her head, encountering her mother's vascular dementia, paranoia and delusions. Jenni challenges the medical model's tendency to locate the problem with the voice hearer, exploring how voices are generated and how 'health' might be found in a creative process of dialogue between hearer and generator. Jenni will perform with acclaimed improv clarinetist, Laura Altman.



Media clinic with Volker Kuchelmeister, Josh Harle & Alex Davies

Join the BARC and fEEL lab teams onsite to discuss and engage with VR and AI projects

***The Reflective Practitioner* with Noreen Giffney & Lynn Froggett**

A focused discussion about the place of self-awareness and self-reflectivity in practice, and how we might utilise our felt experience in our work. We will begin by discussing Stephen Grosz's 'On Being a Patient' from *The Examined Life: How We Lose and Find Ourselves*, which focuses on how insight emerges slowly as the cumulative effect of expanding our capacity to register aspects of our experience that we might previously have dismissed as insignificant. How might we bring these bits around the edges of our work to conscious awareness, and what theories or techniques might we use to assist us in this endeavour? How might what we learn from other practitioners inform and enhance our own practice? For practitioners in all fields where reflective practice is valued.

***Introduction to the world, from fear to Dreaming* with Marianne Wobcke and Alinta McGrady**

Indigenous midwife and artist, Marianne Wobcke, guides us in making use of Indigenous knowledge and creative techniques to move from fear to dreaming and to the radical act of creating the future. Githabul and Migunberri-Yugumbeh woman, artist, singer and writer, Alinta McGrady ('Decolonise and Moisturise') demonstrates techniques such as written streaming for integrating the work of the forum into everyday life. Marianne will also draw together the themes dadirri (deep listening), connection to Country, being seen/heard and facilitating and holding space for working with trauma and emotion.



Table Discussions: Refer to abstracts for speaker details and topics

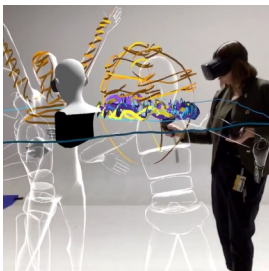
Space, place and design with BARC experience designer, Katherine Bond joined by Cheryl Wittingslow & Eloise Reddy who discuss the role of trauma informed spatial design in promoting mental health.

Ageing, trauma and institutionisation with Rebecca Moran

Thinking creatively about phenomenology of Covid, breath, crip time with Poppy de Souza, Laura Osweiler & Mary Zournazi

Mapping the lived experiencing of trauma: Maternal Holding with Emma Van Daal and Ariel Moy

A range of immersive media experiences including:

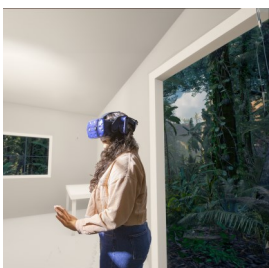


Embodimap

EmbodiMap is a Virtual Reality therapeutic/research tool that enables users to engage with their feelings, thoughts and emotions and how these are experienced within the body. Drawing on insights from somatic and sensori-motor psychotherapy, EmbodiMap invites participants to engage with a virtual facsimile of the body, entering this form and using the tool to paint sensations as they are experienced.

Electronic containment?

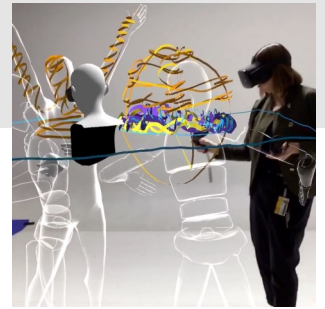
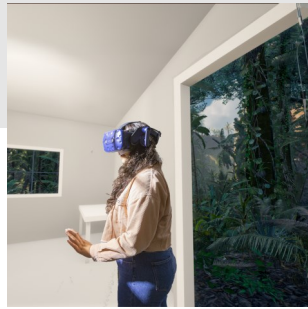
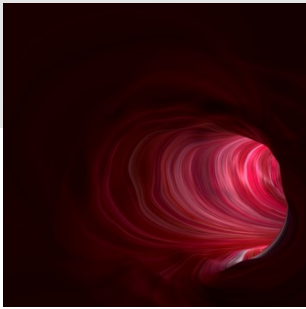
The felt Experience & Empathy Lab [fEEL] has developed a suite of artificially intelligent [AI] digital companions using innovative 'bottom up' participatory design approaches. These include Lou who is being "trained" as a therapist – and Viv, an AI version of our award-winning digital companion, cocreated with women with dementia. We ask to what extent an AI companion can support a therapeutic process or emotional relationship.



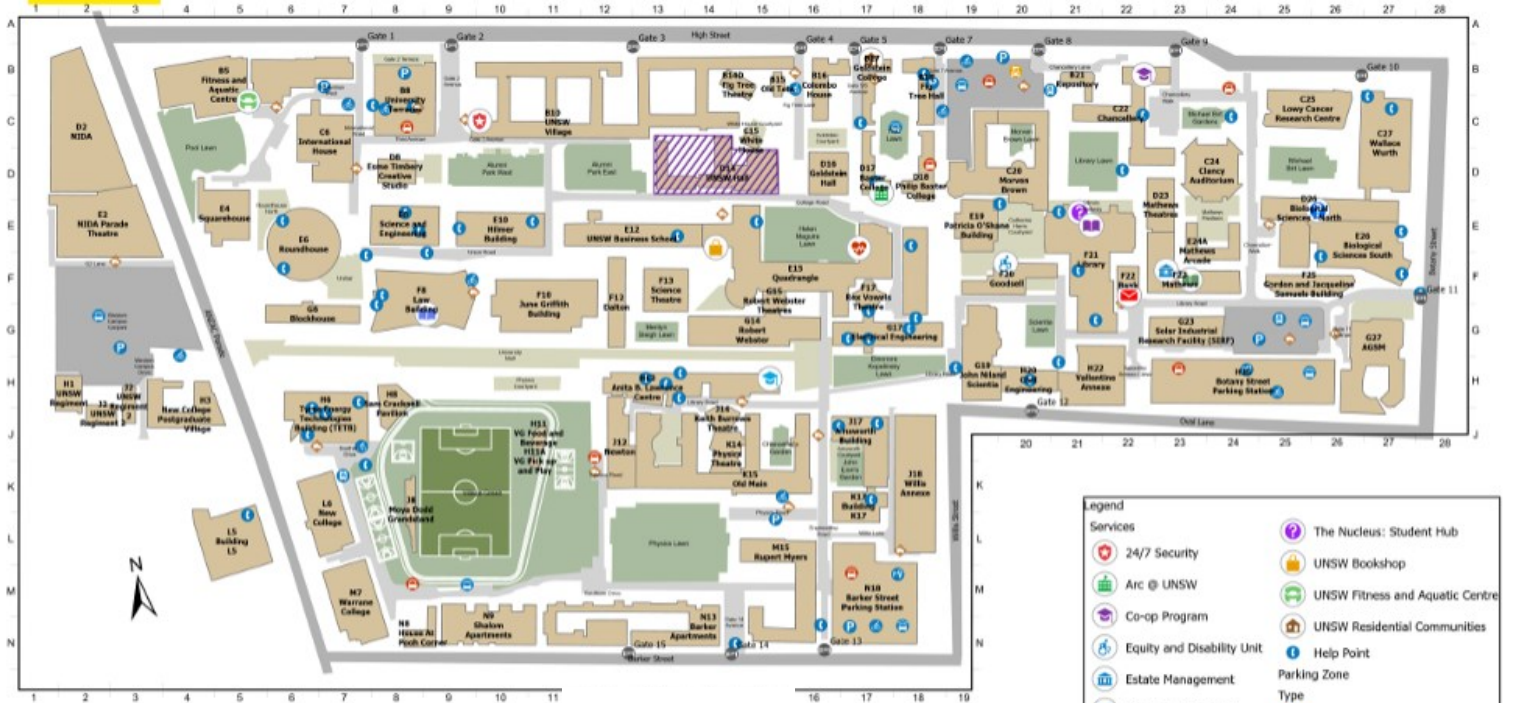
Edge of the Present

Experience the latest version of our 'mixed reality', created with survivors with lived experience of suicidal ideation. Now adapted to VR/AR with a magic portal/pink door to the future, this compelling immersive experience invites us to 'invent the next ten minutes' – something that is a challenge when we find ourselves inhabiting the 'edge of the present'. Edge of the Present is currently used by You Turn/ Headspace in QLD; studies show that it improves mood/lessens hopelessness in under ten minutes.

Immerse yourself in the Big Anxiety Research Centre's suite of VR works and interactive AI characters on display throughout the two forum days.



Kensington Campus Map



E18 UNSW Village	D14 UNSW Hall	D6 Roundhouse	J18 John Avenue
E16D Pig Tree Theatre	D16 Gableton Hall	D8 Science and Engineering	J2 JWSW Regrment 2
E15 Old Tale	D17 Baxter College	F30 June Griffith Building	J2 JWSW Regrment 2
E11 Columbo House	D18 Philip Spector College	F12 Dalton	J6 Maya Dadi Grandstand
E17 Gableton College	D2 NIDA	F13 Science Theatre	K14 Physics Theatre
E14 Pig Tree Hall	D23 Mathews Theatres	F17 Rex Vowles Theatre	K15 Old Main
E20 Repertory	D26 Biological Sciences - North	F30 Goodell	K17 Building K17
E6 Fitness and Aquatic Centre	D85 Stone Tertiary Creative Studio	F21 Bank	L5 Building L5
B8 University Terrace	E10 Himer Building	F22 Mathews	L6 New College
C11 White House	E12 UNSW Business School	F25 Gordon and Jacqueline Sennels Bld	M7 Warrene College
C28 Marlene Brown	E33 Quadrangle	F8 Law Building	M8 House At Post Corner
C22 Chancellery	E39 Patricia O'Shane Building	G04 Robert Webster	M13 Barker Apartments
C24 Clancy Auditorium	E2 NIDA Parade Theatre	G05 Robert Webster Theatres	M15 Rupert Myers
C25 Lowy Cancer Research Centre	E24A Mathews Arcade	G07 Robert Webster Theatres	M16 Barker Street Parking Station
C27 Wallace Worth	E26 Biological Sciences - South	G07 Electrical Engineering	M6 House At Post Corner
D5 International House	E4 Squarhouse	G09 John Nield Centre	M8 Shaken Apartments

Legend	
	24/7 Security
	Arc @ UNSW
	Co-op Program
	Equity and Disability Unit
	Estate Management
	Froehlich Law Library
	Future Students
	IT Walk-in Service Centre
	Library
	Medical Centre
	Post Office
	Print Centre
	The Nucleus: Student Hub
	UNSW Bookshop
	UNSW Fitness and Aquatic Centre
	UNSW Residential Communities
	Help Point
Parking Zone	
	Bus Bay
	Accessible
	Go Get
	Loading Zone
	Meter/Permit
	Meters
	Motorbike
	Permit
	Reserve
	Construction Zone

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Refreshments provided by Mood Tea