

A PLACE Workshops Fall 2011: Syllabus

A PLACE OF HER OWN Social Service Initiative Exploratory Phase Workshop Series

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Art Instructors

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Description

In 2011, the San Francisco Arts Commission awarded the Asian American Women Artists Association (AAWAA) an Arts and Communities Innovative Partnerships (ACIP) Exploratory Grant, commissioning us to research and cultivate potential partnerships between AAWAA and San Francisco non-arts organizations serving Asian American women. AAWAA has seen the creative process behind A PLACE change the lives of our participating artists. We plan to take our creative process and insightful journey for personal growth and healing beyond arts exhibitions into the social service field.

Goals for the Workshop Series

Participants will be guided through a series of exercises and activities developed from previous A PLACE OF HER OWN exhibitions. This will include:

- Learn to intuitively answer the question, "If you had a place of your own what would it be?"
- imagining a creative arts proposal in response to that question
- guided exploration to bring your proposal to life

We will provide creative materials, a small stipend, as well as visual and literary instruction.

The Exploratory Phase Workshops will determine the potential for developing creative therapies from the A PLACE model for a social service context. The Workshops will conclude with an Open House, allowing participants to share their work and reflect on their process. Following the Open House, participants will evaluate the workshops and provide recommendations for continuance.

Workshop Schedule

Friday, September 9, 2011	6-8PM	Workshop 1: (Ponder) Introductions and Orientation	Overview and history of the project. Review syllabus and schedule. Project goals. Discuss creative proposals and possibilities. Ground rules and privacy. Belief system exercise. Introduction to online collaborative tools.
Friday, September 23, 2011	6-8PM	Workshop 2: (Gather) Formulating Your Place	Share proposals. Guided studio instruction. Experimenting with design alternatives. Explore possible media through creative activities. Intuitive collage. Take home kits.
Friday, October 7, 2011	6-8PM	Workshop 3: (Glue) Studio Instruction	Work on creative projects with support from teaching artists.
Friday, October 14, 2011	6-8PM	Workshop 4: Continued Studio Instruction (OPTIONAL)	Additional studio time to work on creative projects with support from teaching artists to prepare for Open House.
Friday, October 21, 2011	6-8PM	Open House	Presentation of creative projects. Invite friends and family.
TBD	TBD	Feedback	Evaluation of workshops. Considerations for future implementation.

Syllabus

Pre-Workshop 1: Preparation

1. Stream of consciousness, tapping your intuition

- i. Find a comfortable place to sit and write.
- ii. "If you had a place of your own, what would it be?"
- iii. Write a stream of consciousness, five minutes or more - words, descriptions, colors, or general thoughts
- iv. You are in your ideal place.
- v. Do you know what this place is? Is it real or a dream?
- vi. What is familiar? What do you see, hear, smell, feel, or taste?
- vii. What surprises you?

Workshop 1: (Ponder) Introductions and Orientation

1. Personal Introductions

2. Overview: Project Goals

- i. Brief History: A Place of Her Own
- ii. What to Expect
- iii. Healing and Privacy

3. How to arrive at a Place of Your Own... "If you had a place of your own, what would it be?"

i. Various ways to access your intuition

a. Examining your beliefs

- List your beliefs, rules, regulations and traditions you live by. Include the good, bad and the ugly. (E.g. My house must be clean and orderly, I am responsible for my spouse's happiness....).
- Place names next to every one of those beliefs. Family, society, friends, media, etc. Whose voice is it?
- Circle beliefs that you aspire to.
- Focus your beliefs down to three of the most important.

b. I Have To/I Want To:

- Left column: write "I have to..." List the things that you have to do in the next hour, week, or lifetime.
- Middle column: reference your "have to's", list why you have to do those things.
- Right column: List what you want to do. Do some of the items from the Left and Right line up? Why not or why yes?

c. Examining your Inheritance

- List your parents and/or the primary caregivers from your childhood.

- For each of the individuals listed, list the behaviors and beliefs that you have consciously and unconsciously inherited from them (e.g. generosity, addiction, anger, sexism, compassion, fear of new things, courage, entrepreneurship).
 - Cross out the behaviors and beliefs that you do not want. Circle the behaviors you want to keep and cultivate.
 - Consider how those behaviors you would like to keep can be included in your place.
- 4. Wiki: Introduction to Online Journaling and Collaboration**
- i. History and purpose of the online wiki.
 - ii. Invitations and logging-in.
 - a. user settings
 - iii. Finding your page.
 - iv. Adding content
 - a. "blogging"
 - b. images
 - c. comments
- 5. Conclusions and preparation for next time.**
- i. Drafting a proposal of your place.
 - ii. Ponder and Gather
 - a. What is inside YOUR PLACE? (Materials)
 - Magazines, photos, internet images, color papers/copies, newspapers, paints, fabric, candy wrappers, written word, sheet music, dirt, shells, pieces of string, bottle caps, etc.
 - Resources: SCRAP, East Bay depot for Creative Re-use, SF Hobby Co., Flax, Blick
 - a. Foundation/Structure
 - Decide on a structure, form or medium for creating your place.
 - It can be any size. 2-D, 3-D, written or performed.
 - Your place can be one or many colors, print, plain, smooth, textured. Nothing needs to be to scale. What are your 3 favorite colors?
 - Perhaps, it is a psychological place you visit.
 - Suggestions for Boxes: Match Box, Bank Check Box, Shoe Box, Moving box, a room or closet in your house, the garage, an outdoor area.

Workshop 2: (Gather) Formulating Your Place

- 1. Show and Tell: Share your foundation and materials**
 - i. Go around and share.
 - a. What did you bring and why?
 - b. What do you want to portray and how?
- 2. Experimenting with Your Place (Guided Studio Instruction)**
 - i. Play with your materials.
 - ii. Consider at least three possible layouts.
 - iii. Step back from your structure.
 - a. Ask yourself: How does it look? Does it work? What makes it yours?
 - b. What would it sound, smell, look, feel like? What would it mean in your life? Consider it from all angles.
 - c. Give and get feedback from others.
 - d. Your project is not only about a finished work of art, but a journey through your thought process, emotional discoveries and revelations. If you had A Place of Your Own what would it contain?
- 3. Conclusions and preparation for next time.**
 - i. Document each each version of your place (drawing, photo,...)
 - ii. Let it go and let your subconscious take over.
 - iii. If you had a place of your own what would it be?
 - iv. Is this really YOUR place?
 - v. Are the most important things to you represented?
 - vi. Use the wiki to journal your ideas and receive feedback.
 - vii. Call any of the teaching artists for advice.
 - viii. Keep imagining.

Workshop 3: (Glue) Guided Studio Instruction

1. Making It Stick

- i. An evening dedicated to guided studio instruction on individual projects.
 - a. Participants will return to and continue with their works-in-progress.
 - b. This is when we will begin to put it all together.
 - c. All of manner of adhesives available with instruction including: Mod Podge, Golden Soft Gel Medium or Liquitex gloss varnish, a hot glue gun or "5 min 2 part epoxy", Elmer's glue, a needle and thread, safety pins, clothespins and bulldog clips, a hammer, nails and screws.

2. Conclusions and preparation for next time.

- i. Reflect on your progress.
- ii. Begin to communicate with your trusted friends, family, and community members about your project and consider inviting them to the Open House.
- iii. Prepare for installation and Open House
 - a. Begin to write a brief description of your project, including title, media, and dimensions.
 - b. Consider how your project should be arranged in the space. How it is presented will shape how others perceive and interact with your work.

Workshop 4: Continued Studio Instruction (OPTIONAL)

1. Continuation of Workshop 3 as needed.

- i. Editing and revision is an exciting and sometimes essential part of the creative process.
- ii. This time is available to those who feel like they would benefit from an additional session of studio time with teaching artists.

2. Conclusions and preparation for next time.

- i. Reflect on your progress.
- ii. Begin to communicate with your trusted friends, family, and community members about your project and consider inviting them to the Open House.
- iii. Prepare for installation and Open House
 - a. Review, revise, and submit a brief description of your project, including title, media, and dimensions.
 - b. Consider how your project should be arranged in the space. How it is presented will shape how others perceive and interact with your work.

Open House: AAWAA Studios 1890 Bryant St. #302

1. We invite you and share your work and process with close friends, family, and community members.

- i. Sharing our work with others is a significant conclusion to our creative journey.
- ii. Allowing other to see and experience what you have created completes your place.
- iii. We celebrate our community of artist creators

2. Conclusions and preparation for next time.

- i. Following the Open House, again reflect on your progress.
 - a. What was it like to share with others?
 - b. What kind of feedback did you receive.
- ii. Prepare for evaluation.
 - a. As you reflect on your own experience, how might this type of workshop series support the personal development of the women in the communities you serve?

Evaluation for Implementation

1. Concluding the Exploratory Phase

- i. Following the Open House, participants will meet on last time to evaluate the overall Workshop Series and begin to explore and discuss the possibilities for these workshops in particular organizations.

Useful References

- [Bryant-Davis, Thema. *Thriving in the Wake of Trauma: A Multicultural Guide*. Lanham, MD: Alta Mira Press, 2008.](#)
- [Asian American Women Artist Association, "Instructions: How to arrive at a Place of Your Own." 2008.http://www.aplaceofherown.org/Instructions.html \(accessed July 19, 2011\).](http://www.aplaceofherown.org/Instructions.html)