Big Trauma/Big Change
building tomorrow today

PROGRAM SCHEDULE

CLICK HERE TO REGISTER NOW
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

**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, Sudiipta Dowsett, Wanta Steve Patrick Jampijinpa, Mitch King & Marc Peckham
  
  1hr 30

*Program updated 20/2. Timing subject to change*
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.

<table>
<thead>
<tr>
<th>Start</th>
<th>Location</th>
<th>Session Details</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>9</td>
<td>Foyer</td>
<td>Registration</td>
<td>15 mins</td>
</tr>
<tr>
<td>9.15</td>
<td>Leighton Hall</td>
<td>Welcome, Introduction &amp; how to use the forum. Acknowledgement of Country with Fabri Blacklock, Associate Dean Indigenous, ADA</td>
<td>45 mins</td>
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<tr>
<td>10</td>
<td>Leighton Hall</td>
<td><em>Uti Kulintjaku</em>: Ngangkari (traditional healers) and artists from NPY Women's Council (APY Lands)</td>
<td>1 hr</td>
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<tr>
<td>11.15</td>
<td>The Peter Farrell Room</td>
<td><em>Changing Our Ways</em> film screening (running throughout the day)</td>
<td>Until 4pm</td>
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<tr>
<td>11.15</td>
<td>Leighton Hall</td>
<td><em>Decolonise and radicalise</em>: mapping and making prefigurative spaces with Jeffrey Ansloos, Mitch King, Marianne Wobcke, &amp; Caroline Lenette</td>
<td>1 hr</td>
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<tr>
<td>12.15</td>
<td>Foyer &amp; Lawn</td>
<td>Lunch &amp; Makeshift/bookshop sales</td>
<td>1 hr</td>
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<tr>
<td>1.15</td>
<td>Tyree room (upstairs)</td>
<td><em>Slice/Silence</em>: alternative approaches to self-harm with Indigo Daya</td>
<td>1 hr</td>
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<tr>
<td>1.15</td>
<td>Leighton Hall</td>
<td>Continuation of <em>Mapping Prefigurative Practice</em></td>
<td>1 hr</td>
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<tr>
<td>1.15</td>
<td>The Gonski room</td>
<td><em>Table discussion on Bodies, Movement, Dance &amp; Space for Older Adults</em> with Diane Busuttil, Gail Kenning, Tamara Borovica &amp; Lucinda Jarrett</td>
<td>1 hr</td>
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<tr>
<td>2.15</td>
<td>The Peter Farrell Room</td>
<td><em>What Media When</em>, pt.1 Discuss VR, AR, XR, 360 with Troy Rainbow, Alex Davies, Josh Harle and Volker Kuchelmeister</td>
<td>1 hr</td>
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<td>2.15</td>
<td>Leighton Hall</td>
<td><em>Yarning about long tables; Working in and within communities</em> with Cushla Reddington, Cynthia Hoffman, Marianne Wobcke &amp; Alinta McGrady</td>
<td>1 hr</td>
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<tr>
<td>3.30</td>
<td>Leighton Hall</td>
<td><em>Space for Action; Domestic Violence, Radical Love and Lawyers</em>: <em>Gaslighting</em> with Jess Hill in conversation with Kat Johnston and the creative team behind the VR production</td>
<td>1 hr</td>
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<tr>
<td>4.30</td>
<td>Leighton Hall</td>
<td><em>Decompression</em> with Tamara Borovica, Jo Brooke</td>
<td>30 mins</td>
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</table>
Forum Day 2 pursues the micropolitics of experience, exploring what is involved in being present to others and to experiences beyond our own.

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

Cree scholar and Professor of Indigenous Health and suicide research, Jeffrey Anlsloos 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 Busuttil, 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. Jenny 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. Jenny 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.
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.

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.

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

EXPERIENTIAL ENGAGEMENTS

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.

Refreshments provided by Mood Tea