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SIMULATING THE SUBJECTIVE EXPERIENCES OF PSYCHOSIS WITH ART AND TECHNOLOGY TOWARDS EDUCATIONAL TOOLS OF EMPATHY

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Learning Goal:

The aim of this presentation is to share insights into design principles that come with simulating psychosis for educational purposes. Presenting a practical guide on how to use technology to simulate particular subjective experiences of psychosis as well as provide insights into the value of an art perspective.

Abstract Text:

Understanding what it is like to experience psychotic phenomena is difficult. Those who have experience with it find it hard to describe, and those who do not have that experience find it hard to envision. Yet, the ability to understand is crucial to the interaction with a person struggling with psychotic experiences, and for this help is needed. In recent years several psychosis simulation projects have been developed as teaching and awareness tools for mental health workers, police, students and family members, so that they can better understand psychotic phenomena. These projects are aimed to improve an understanding of what a person in psychosis is going through.

During ISPS I would like to introduce my thesis that introduces a tool of analysis, as well as an important reference guide to anyone interested in communicating, expressing, representing, simulating and or imagining what it is like to experience psychotic phenomena. My thesis represents a journey into taking a closer look at their designs and comparing them to biographical and professional literature. In doing so I created a set of considerations and design challenges that need to be taken into account when simulating psychosis. After a series of artistic case studies, two final 'do-it-yourself-psychosis' projects have been created that have taken the aspects collected into account. Together these two projects form experiences that may be considered analogous to psychotic experiences.

The original contribution to knowledge of my thesis lies, on the one hand, within the function that both projects have on a person's ability to gain a better understanding of what it feels like to be in psychosis, and on the other hand within the background information provided on the context and urgency of psychosis simulation, how the existing simulations may be improved, and how labyrinthine installation art may contribute to these improvements.



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