

### TAI- E3161: FIELD ECOLOGY INTENSIVE:

**Situated Healing Practices & Resilience Strategies.** *(Co-devising methods for staying with the trouble without going under or running for the hills)*

Week Long Workshop. 31 May-4<sup>th</sup> June 2021

NB This course requires a motivation letter, see page 2



This Field Ecologies Intensive is a collaboration between: Visual Culture Curating and Contemporary Art, Contemporary Design, Architecture and Aalto University's initiative in Resilience-oriented Psychology and Contemplative Practices.

With Lucy Davis, Professor of Artistic Practice, ViCCA,  
Julia Lohmann, Professor of Practice Contemporary Design,  
Laura Arpiainen, Professor Health & Wellbeing Department of Architecture.  
& (facilitator) Sanni Sarimaki, Aalto University Psychologist, psychology of environmental and climate change related issues and "climate anxiety".

The spirit of this particular iteration of the Field Ecologies course is about a situated slowing down and seeking time out to reflect on collaborative practices of care and solidarity amongst humans and with non-humans.

The workshop will take place as an extended week in the Helsinki area. It is aimed as an intensive experimental encounter, bringing together a small group of students who are already working with ecological concerns and aspects of collaboration and self-care in their creative research/activist practices.

The objective of this experimental workshop is to place the urgencies on hold for a few days to draw together a community of practice to share threads and therapeutic skills that each of us may be

developing towards a compassionate, ecological practice. We seek space for community healing and humour while generating resiliencies for action.

The content of this workshop combines practices of psychology and psychotherapy, art and design and will involve a series of guest inputs. Readings, meditations and workshop exercises support our longer-term objective to co-devise collaborative multi-authored and open source methodologies.

#### **Specifications:**

##### **PLAN A (If we are not in total lockdown/remain on level 2)**

In practical terms this workshop will involve a retreat in Partiosaari/Kalvholmen/Vasikkaluoto an island of many names which is a row boat away from Lajasaalo 31 May-4<sup>th</sup> June 2021. There may be shared meals organised prepared by our group and there will be the option to stay over or to return home in the evening for those participants with human and more than human families to attend to. The workshop also requires a reflection to be submitted after the course in the form of an essay or a combination of an art or design and written work.

##### **PLAN B (If we are in total lockdown/ level 3/state of emergency)**

If the COVID situation does not improve, Lucy Davis and the group behind this course are committed to attempting to curate daily embodied experiences for you to participate in solo, or with partners, in the vicinity of your homes. **This of course will be far from an ideal situation.** But the course will continue regardless. We will not cancel the course again!

#### **IMPORTANT PARTICIPATION CRITERIA: MOTIVATION LETTER**

Places in this course are limited to 12 students, split between ViCCA, Design & Architecture. There is also priority given to students who were unable to take the course last year because of COVID cancellation. In order to participate, a motivation letter is required stating reasons why you are interested in participating and the ways that you feel you might contribute to a group process.

**Please send this letter (less than one page please) to: [lucy.davis@aalto.fi](mailto:lucy.davis@aalto.fi) before 31 March 2021.**

#### **About the workshop leader and facilitators:**

**Workshop Coordinator:** Lucy Davis is a visual artist, art writer and founder of The Migrant Ecologies Project [www.migrantecologies.org](http://www.migrantecologies.org). Her practice encircles ecologies, animal and plant studies, art and visual culture, materiality and memory. She is currently Professor of Artistic Practice in the Master's Degree Programme in Visual Cultures, Curating and Contemporary Art

**Workshop Co-Coordinator:** Julia Lohmann, designer and researcher, investigates and critiques the ethical and material value systems underpinning our relationship with flora and fauna. She combines participatory practices, processes of making and speculative design for transition and is currently Professor of Artistic Practices in Contemporary Design.

**Workshop Co-Coordinator:** Laura Arpiainen is the inaugural professor of Health and Wellbeing Architecture at Aalto. An architect by training, she is a long term healthcare specialist with an international track record in all areas of healthcare including strategic planning and operationalizing of systems, service design, clinical planning and of course architecture and facility planning. As an experienced yoga instructor and therapist, Laura also has interface in holistic practices of health.

**Course Facilitator:** Sanni Saarimäki a study counselling psychologist for students at Aalto University. From her educational background she is a psychologist, pedagogist and a mindfulness-coach. In Aalto, one of her interests has been pioneering mindfulness and other contemplative-based group-interventions for dealing with climate and eco anxiety.

