

## TAI- E3161: FIELD ECOLOGY INTENSIVE:

### Situated Healing Practices & Resilience Strategies in Art, Design, Ecology & Psychology

*(Co-devising methods for staying with the trouble without going under or running for the hills)*

Week Long Workshop. 30 May-5<sup>th</sup> June 2022

**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,  
& (Sanni Sarimaki, facilitator) Aalto University Psychologist, psychology of environmental and climate change related issues and "climate anxiety".

#### Course Process:

This course has as primary objective, 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 a 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.**

An aim of this experimental workshop is to begin to create a community of practice to share art, design methods and therapeutic skills that each of us may be developing in a context of ecological crisis, where learning from each other, human and non human, is key.

#### Course Outcomes:

From this we hope collectively to inspire new proposals and projects and collaborations that seek in different ways to generate resiliencies informed by practices of psychology, art and design.

A longer-term objective would be co-devised collaborative multi-authored and open source series of methodologies for how art, design & psychology can contribute to resilience strategies and healing practices together with more than human partners.

#### Specifications:

In practical terms this workshop will involve a retreat which we very much hope like last year will be on Partiosaari/Kalvholmen/Vasikkaluoto (an island of many names) which is a row boat away from

Lajasaalo 30 May-4<sup>th</sup> June 2022

There will be shared meals organised prepared by our group and there will be the option to camp over (in tents or on mattresses in the wooden house structures) or to return home in the evening for those participants with families to attend to.

The workshop 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.

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

Places in this course are limited to 18 students, split between ViCCA, Design Creative Sustainability. 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 2022.

### **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.

**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.



Guest Artist Mari Keski-Korsu's workshop with plants and healing practices

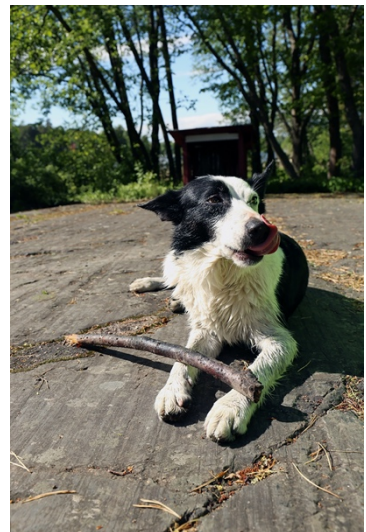




Right Julia Lohman's workshop on values  
Left Curator Joss Allen workshop on The Stories Seed the Garden Partiosaari 2021



Left Curator Joshua Finch workshop on Agroecology & Soil Partiosaari 2021



All Photographs by Tuula Vehanen 2021