

While we belong to ourselves, a little bit of us belongs to everyone.

Introduction

A participatory-art project led by artist Caitlin Griffiths that aims to improve well-being and tolerance through knowledge of how the brain works and increased understanding of ourselves and others. Caitlin will work with an exciting range of experts to draw on a diverse range of knowledge and experience of how we form our identities internally and how we perform them externally.



I Left As An Act Of Love, 2016. Video

Made with support from Homes for Waifs And Strays, Jerwood Charitable Foundation, Arts Council England and Reel Access

Being an expert

Caitlin is currently seeking experts across a number of fields:

- **SCIENCE:** Psychologists. Neuroscientists. Experts in how we 'think' - how we create ourselves through recognised and evidenced processes
- **EXPERIENCE:** Clairvoyants, [Tulpamancers](#), Writers. Those who manifest separate identities in their head
- **PERFORMANCE:** Impersonators. Impressionists. Those who use and imitate other people's identities to change the way they act externally.

What would an expert have to do?

As an expert you would be required to be respectful, curious, and open-hearted toward each other.

Experts would need to attend 2 days of activity in Autumn 2017 as outlined below, undertake a 1-1 interview conducted by either Andrew or Caitlin (via Skype or in person) and be available for some additional email communication.

Day #1 Friday 29th September 2017

Event: A facilitated day of discussions and conversations.

Time: 10.30 am - 3.30pm

Venue: London Borough of Camden, 5 Pancras Square, London N1C 4AG

The aim of this day is for each expert to share their own knowledge and personal experiences and to contribute to a collection of processes for understanding the self.

The project launch follows immediately after this session.

Time: 4.00pm - 6.00pm

Event: Project launch at “Maximising Community Resilience through Mutual Aid”
conference

Venue: Wellcome Collection, 183, Euston Road, London NW1 2BE

Experts would be part of a panel discussions / ‘in-conversation’ style event led by Andrew Light-heart and Caitlin Griffiths. The discussion would be framed around a single question or theme that would be decided on in the earlier part of the day.

Day #2 **Monday 23rd October**
Event: A facilitated day of discussions and conversations.
Time: **10.30 am - 3.30pm**
Venue: London Borough of Camden, 5 Pancras Square, London N1C 4AG

Following the Facilitated group day Caitlin and Andrew will design the workshop and creative activities to be delivered to the public and school groups during the exhibition. This day is a chance for us to trial-run these workshops with you, the experts.

15th February 2018 - Exhibition Private View, Swiss Cottage Gallery, London

Experts are warmly invited to attend the opening of *While we belong to ourselves, a little bit of us belongs to everyone*, an exhibition of new work by Caitlin Griffiths, which will run until mid April 2018.

What's in it for me?

We hope that this project is unique and exciting enough for you to commit to being involved. Arts Council funding has been secured meaning we can confirm project will take place in the form outlined above.

Fee: 2 x day rate at £300 - Total £600
Expenses 2 x return train travel (standard class) if live outside of London
 Lunch and refreshments will be provided on both days.

Further funding is currently being sought and decisions are expected at the end of October. If this additional funding is secured the day rate will be increased retrospectively to £500 per day. There may also be the opportunity for another full day of paid participation.

I'm in! What next?

Please contact Caitlin - info@caitlingriffiths.com. Let her know a little bit about yourself and why you would like to be involved. She's really looking forward to hearing from you.

www.caitlingriffiths.com

Full project details

The project is in three stages:

Stage 1: Research & Development	October 2017 - January 2018
Stage 2: Delivery (Exhibition and public engagement)	February - April 2018
Stage 3: Evaluation	April - May 2018

Stage 1: Research and Development

Working alongside leadership development specialist [Andrew Lightheart](#), Caitlin will bring together experts from three diverse fields:

A. SCIENCE: Experts in how we ‘think’ - how we create ourselves through recognised and evidenced processes.

- Confirmed experts: Dr Charlie Howard - Clinical Psychologist; Dr Andy Powell (Birmingham City University) and Dr Daniel Fulton, (University of Birmingham). Neuroscientist.
- We will draw from Dr Fulton’s expertise in learning and memory, Dr Powell’s interest in neuronal networks and behaviours and Dr Howard’s clinical experience of therapeutic practice with young people.

B. EXPERIENCE: Clairvoyants, [Tulpamancers](#), Writers. Those who manifest separate identities in their head.

- Confirmed experts: Grant Gillespie, Writer.
- Experts tbc: Clairvoyant, Tulpamancer
- Having previously worked with a Clairvoyant and leader in the Spiritualist Church Caitlin is interested in the exercises that may be used to prepare for spirits to ‘come-through’ and in the necessary self-care afterwards.
- Caitlin has also begun research into Tulpamancy, specifically through the work of [Dr Samuel Paul Louis Veissière](#),. Tulpamancy is a colloquial term for the practise of creating and interacting with autonomous, mentally constructed ‘friends’. It can be likened to mnemonics and mental practices used to improve memory and recall. Dr Veissière writes that ‘Tulpamancers reported overwhelmingly positive experiences, overall increased happiness, and more confidence in challenging social situations through the assistance of their Tulpa companions.’¹

¹ <https://www.psychologytoday.com/blog/culture-mind-and-brain/201604/daring-hear-voices>

C. PERFORMANCE: Impersonators. Impressionists. Those who use and imitate other people's identities to change the way they act externally.

- We will draw on the performer's techniques and processes for observing other people, capturing their external mannerisms and performing them.

Through facilitating group discussions, creating space for conversations and undertaking 1-1 interviews with the experts we will establish a bank of knowledge and practices for building and understanding the self. From this Caitlin will create new artistic work (video, performance, photography) and, together with Andrew, design workshops and creative activities.

Stage 2: Delivery (Exhibition and workshops)

For the new work, Caitlin plans to create a series of video and photographic portraits, using herself and the experts. Drawing from the research of Dr Andy Powell, Dr Daniel Fulton and the wider Neuroscience community, Caitlin intends to recreate internal structures of the brain as grotesque and beautiful prosthetics, to be worn on the face. By looking at scans and digital imaging of brains undertaking specific tasks, relating to the experience of the clairvoyant, writer and performer (eg, what happens when we hear internal voices, when we create fiction, when we speak in another's accent), she will make the invisible visible.

An exhibition of new artwork by Caitlin Griffiths will open at Swiss Cottage Gallery in February 2018. The exhibition will be free to visit and include a number of scheduled performances and workshops open to the public. Install 12th – 15th, with Private View on the 15th February 2018.

Stage 3: Evaluation & Legacy

In order to fully test and evaluate the premise (that **an increased understanding of how we build our identities will positively impact self confidence, well-being and our tolerance and compassion for others**) and the success of the method (creative workshops and exhibition) Caitlin will work with Dr Samuel Veissière. The closing of the exhibition will coincide with the presentation of their Evaluation findings.