



**Art as Medicine Panel: The Healing, and “Whole-ing” Powers of Creative Practice**



Join an intimate conversation amongst four friends to explore what art as medicine can mean, and how to cultivate your unique, medicinal creative languages.

**TOP EMBODIMENT TIPS:** Rachel Blackman - Undoing might be a way into art being medicine; Jamie Catto - Turn toward uncomfortable feelings, instead of away from them; Dave Rock - Ask your body to hang out with you; Brooke McNamara - Find friends & allies with whom you can be creative and to whom you can be accountable

**Rachel Blackman: Artistic Director of Stillpoint Theatre, actress, body worker**

- Interested in the medicine of art not necessarily as something that requires a lot of training, work, and discipline, but as being in the everyday, and yet as something that can help us transcend the smallness of ourselves.
- Different characters and voices can help us face things in our dark places. Asking the art itself, the creation itself, to hold that darkness, can help us move through it without getting stuck there.

**Jamie Catto: Creative catalyst, musician, mischief maker and author of *Insanely Gifted***

- The medicine of art comes from devoting oneself to the work, and in turn, creating a channel whereby we can be filled up by spirit with the inspiration to do that work.
- Having an experience of the channel opening and closing; being in it and falling out of it; it's not bad - it's human.
- Creative process requires downtime, and it also requires collaborators who can hold us accountable to our practice.

**Dave Rock: Freestyle spoken word artist, teacher of Flow Speaking and Conscious Creativity**

- Finds the medicine of art in connection with others or elements of the natural world, like trees or rivers; the medicine is in “remembering that we've always been a part of everything.”
- The angel note appears above all of the other notes being sung; created through the harmony of everyone's voices.
- Finds importance in the remembrance that life WANTS US to live - we don't need to wait for another invitation.

**Brooke McNamara: Poet, performer, teacher, and ordained Zen Monk**

- The medicine of art is in the courage to express something uncensored or vulnerable, and reconnecting with self and others in doing so. “Creative practice breaks down the walls that I've built or that have calcified through life.”
- “Whole-ing”: a concept whereby the thing that needs to be healed is put into the concept of the whole self.
- We find our languages of creative expression through exploration of what happens naturally; what charges us.

❖ **Books:** [\*Insanely Gifted\*, by Jamie Catto \(2016\)](#)

❖ **Courses:** Art as Medicine Monthly Group (no information yet but check artists' websites for details)

❖ **References:** [\*Becoming Nobody\*, a film by Jamie Catto \(2019\)](#)



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Rafe's work has been featured in TEDx, the Journal of Ancestral Health, Paleo Fx, the Ancestral Health Symposium, The Embodiment Conference, multiple health and well-being podcasts, and he even organized the first international parkour events in the United States.



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