



**Adriana Marchione:** Selfie as Self-Exploration: Unmasking Our Identity through Movement and Cell Phone Photography



Adriana is a filmmaker, dancer, photographer, movement-based expressive arts therapist and educator. Find out how to use the selfie creatively for self exploration and expression.

**TOP EMBODIMENT TIP:** Practice listening to yourself

Our Virtual Reality: **How To Use It As A Resource**

- Selfies can help us drop the layers and learn something about ourselves and about society.
- Taking selfies expresses our creativity.
- It helps us document our life experiences.
- It can help us reveal emotions in self exploration.

Art of Self Portraiture: **The Negative View**

- A way to manipulate perception.
- Taking away the ability to just be.

Why Selfies: **Documenting Life**

- To take a selfie with something that's meaningful can be a way of self care.
- To share oneself in transparency can help one's own process in sharing and encourage others to 'feel' as well.
- It can make someone's profession, such as a therapist, feel less distant and faceless.

Unmasking: **To Reveal Who We Are Today**

- What feels true and what feels false in a selfie?
- What title should the selfie have?
- How does a selfie change after a mindfulness exercise?
- What makes us move away from ourselves and what helps us to connect with ourselves?

Resources

- ❖ **Courses:** Art Cures Masterclass: [An Expressive Approach to Grief and Loss \(Live, 13 Nov 2020\)](#)
- ❖ **Website:** [www.adrianamarchione.com/schedule/](http://www.adrianamarchione.com/schedule/)
- ❖ **Social:** [www.facebook.com/adriana.marchione](https://www.facebook.com/adriana.marchione)
- ❖ **Documentary:** [www.whenthefallcomes.com](http://www.whenthefallcomes.com)



## Adriana Marchione





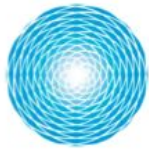
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