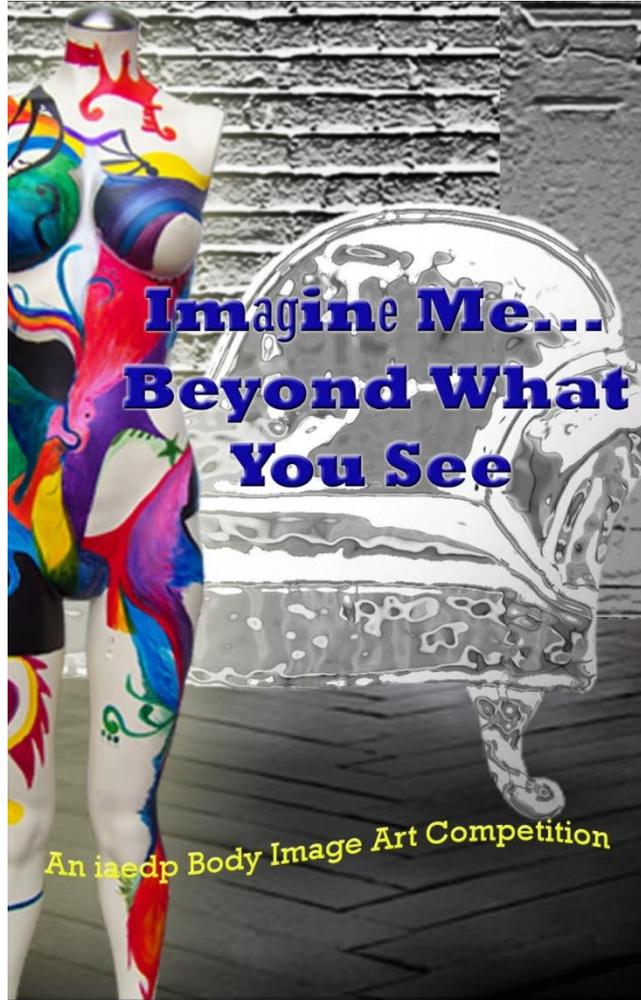




Imagine Me 2020

2020



IMAGINE ME BEYOND WHAT YOU SEE™
10th Annual Body Image Art Competition & Awareness Project

Originally created in 2010 to promote healthy awareness and acceptance of body using mannequins to artistically reflect their perception of beauty and body image. Beginning in 2020 we expanded to include visual, three-dimensional, mixed media, poetry/spoken word, music and dance/performance art. iaedp™ especially national and international art therapists from eating disorders treatment centers, private practice, as well as all artists.

Judging Criteria

Entries are judged based on clarity of theme, creativity and originality, quality of composition/design/choreography/performance, overall impression and presentation. Poster images of the entries are displayed gallery-style at Annual Symposium and the Winner, Runner-Up and Professional's Choice awarded during a special ceremony.

2020 JUDGES



Michelle Dean



Rebecca Tishman



Carlus Houston

2020 Judges include *Michelle Dean*, MA, AR-BC, LPC, CGP, HLM (DVATA)/ Board Certified Art Therapist, Licensed Professional Counselor and Certified Group Psychotherapist; *Rebecca Cerra Tishman* Interdisciplinary Artist, 2011 Imagine Me Winner & 2014 Imagine Me Runner Up; *Carlus Houston*, iaedp™ Member, Mental Health Professional and Spoken Word Artist.

Imagine Me Beyond What You See Coordinator/Curator - Blanche@iaedp.com

ENTRY # 1

Title

“Reaching Within”

Artist/Treatment Center

PHP Art Therapy Group, Veritas Collaborative’s Adult Hospital

Durham, NC





Materials: Acrylic paint, magazines, clay, pipe cleaners, wire.

Description: The mannequin is a visual representation of imprisonment, in a skin-tight orange jump suit, and the transitional moment of hope that is supported by those around us and the true power within us. The mannequin's body is wrapped in barbed wire and her mouth is plastered shut, representing the temporary hold the eating disorder has over our voice; it can be difficult to discern when the eating disorder speaks, and when it is *me*. An eating disorder is a false sense of control. Over time it grows more and more consuming, trapping us. The hair represents the images and expectations that are constantly absorbed into one's mind; images



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from society that encourage poisonous comparison, images of the ideal body, and images representing the demands of an eating disorder. The media feeds the Eating Disorder. The hand that extends up to the mannequin represents the hope that she will some day break the chains that bind her. The hand is also the mannequin's own, literally, as we must be the ones to heal ourselves, but the words of encouragement written on the arm show that we are not alone; we are supported. Freedom and recovery come when we speak and listen to those who love us; they help pull us out of the wire, they help show us the media lies. The scale on which the mannequin stands proves that "we are more" than a number, we are enough, we are worthy. Most importantly, Recovery is pushing ourselves to break the chains and wire despite the initial pain of the eating disorder's firm grip. Recovery is learning to trust your body and yourself, and to be okay with asking for help.

Artist/Group Profile: Veritas Collaborative is a specialty healthcare system for the treatment of eating disorders. Providing a range of services for individuals of all ages, Veritas offers inpatient, acute residential, partial hospitalization, intensive outpatient, and outpatient levels of care. Multidisciplinary treatment teams – made up of physicians, psychiatrists, dietitians, culinary professionals, therapists, nurses, and skilled therapeutic assistants – aim to equip individuals, families, and communities with the skills necessary to continue recovery in the home environment. Our multidisciplinary treatment teams in North Carolina, Virginia, and Georgia share a passion and a mission inspired by a collaborative community of care and are committed to providing individualized, evidence-based treatment in a gender-diverse and inclusive environment

ENTRY # 2

Title

“Journey to Our Authentic Selves (Lettie)”

Artist/Treatment Center
Kaiser Permanente/Laura M Riss, PsyD
Atlanta, GA





Materials: Mannequin, paint, foam sheets, paper, Modpodge, artificial flowers, keys, wire, glitter vinyl, tape, fairy lights, transparency films, Sharpie, hot glue

Description: Lettie is inspired by the bearded lady in the movie *The Greatest Showman*. She mirrors our journey to our true self.

Painted with a working labyrinth, her heart shines at the center. A labyrinth differs from a maze in that there are no dead ends. What seems to be an obstruction can be overcome by a turn, a change in perspective. If you follow the path you WILL reach the central goal, your authentic self. You will realize "this is me."

Metaphors symbolic of the journey cover Lettie. A cobblestone path of hearts shows us the way with building blocks of what we have learned. Paper dolls represent the friends and family that



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support us. Her head is filled with the negative and positive statements that we tell ourselves. Butterflies symbolize transformation. The small flower emerging from the crack at her base exhibits resilience. The key to finding what she needs is in her hand the whole time.

A collage of ourselves as children and young adults has our younger Ed-free selves in color and the duration of Ed's ascendance in black and white. This culminates in the flowering color of our current selves.

Scenes recall our connectedness to nature and her cycles -- sometimes warm and vibrant, sometimes quiet and still. In winter, the landscape may seem dead and withered, but there is growth happening below the surface.

Lettie also forced us to challenge perfectionism. Midway through the process her paint began to peel. As the peeling spread, we realized this also was symbolic. Sometimes things need to be allowed to be "good enough." Perfection is both impossible to achieve and an unworthy goal; continually searching inhibits our ability to be kind and forgiving. So, Lettie is presented scars and all, just as we present ourselves to the world.

Artist/Group Bio:

The women who worked on this project are part of Dr. Riss' Inner Journey group for women with eating disorders. While the project evolved over several months, we have been part of her therapy groups in the past and have known each other for several years. This history gave us a deeper understanding of each other and let us work intuitively and comfortably together on this project.

ENTRY # 3

Title

“Home Sweet Home”

Artist/Treatment Center
Rogers Behavioral Health
Oconomowoc, WI





Materials: Cardboard, paper, acrylic paint, hot glue, raffia

Description: What is the most consistent force in our lives? Ourselves. Within ourselves, we strive to build a sense of personal safety, self-compassion, self-care, and strength. “Home Sweet Home” demonstrates that we are our own sense of constant regardless of where life takes us both literally and figuratively. Trusting in ourselves is our power. Within ourselves, we have to ability to adapt, nourish, set boundaries, and find stability. When discussing goals for treatment, residents identified striving for persistence and rebuilding a life worth living. We decided to build homes representative of regions around the world. For example, an Ndebele house to honor South Africa, a gunyah hut to honor Australian Aboriginals, a fachwerk home to represent Europe, navelas for South America, etc. while the homes come together to stand collectively on the world map. We wanted to pay homage to people with different cultural norms having a universal value of love. Loving ourselves enough to build and rebuild when necessary with planning, patience, and treating ourselves and others nonjudgmentally.

Artist Profile:

Lacie Timm, MA/AT is the art therapist for the FOCUS adult residential program at Rogers Behavioral Health in Oconomowoc, WI. Lacie leads art therapy groups that are not only designed to treat anxiety and depression, but also treat individuals addressing eating disorders, cluster B traits, addiction, and obsessive-compulsive disorder.

ENTRY # 4

Title

“Resurgam (I shall rise again.)”

Artist

Jeanine Cyze

Celebration, Florida





Materials: Plastic female mannequin torso, fashion and health magazines, wooden rod, ribbon, permanent marker, collage adhesive, clear glue, sand, foam board

Description: “Resurgam” is a Latin word meaning “I shall rise again.”

This mannequin depicts the many forces that are at play during the battle against an eating disorder. The eating disorder can feel like a pit of quicksand slowly pulling you under — the more you struggle, the harder it tugs at you; the deeper you sink, the harder it is to get out. But it is not only the disorder that desperately grasps onto you. It is also the many images and messages



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of today's "wellness" culture that attach themselves, becoming a part of your identity and pushing you deeper into the quicksand through the weight of their presence.

It is easy to let yourself sink, but that is not your only option. You can choose to reach out and grab hold of the lifeline in front of you. It is from this contact point that you begin to strip away the lies the disorder covers you in and uncover whom you truly are underneath.

"Resurgam (I shall rise again.)" is the embodiment of this reality. The mannequin sits in the quicksand of the eating disorder, covered in a collage of health and wellness magazine clippings. It is from the point at which the mannequin holds onto the purple and periwinkle rod — colors that represent eating disorder recovery and a symbol of one's treatment team and support system — that we start to see the truth that has been covered up. It is from this contact point that healing can begin.

Recovery requires the help and support of others, but it also requires the active decision to recover for oneself. You cannot be pulled from the quicksand if you do not first grab hold of the help in front of you. The first step to any recovery is the choice to rise again.

Resurgam. I shall rise again.

And I have.

Artist Bio: Jeanine Cyze (22) is a strongly-recovered eating disorder survivor. She used art and writing as important tools in her recovery journey and continues to write about her recovery in hopes of inspiring others to seek treatment and heal. Jeanine is pursuing a career in eating disorder outreach, education, and advocacy and is currently working on publishing a memoir detailing her recovery journey.

ENTRY # 5

Title

“The illusion of an Eating Disorder”

Artist/Treatment Center

Emerald Smith, Hidden River eating disorder residential program

Chester, NJ





Materials: Materials: acrylic paint, handheld mirror, hot glue, sharpies

Description: “The illusion of an Eating Disorder” was inspired by the concept of how eating disorders can deceive one into believing or seeing something that is not really there... similar to an optical illusion. In the same way that eating disorders are misleading away from the true underlying issues; optical illusions can use color, light and patterns to create images that can be deceptive or misleading to the brain.

There are often times where the disorder tricks the mind into seeing the body, and all its various parts, as not good enough. This idea of constantly trying to obtain the unattainable can be a vicious cycle that sucks people in with lures of feeling better about oneself. This deception is all encompassing and does the actual opposite of what it advertises. Living in a body an eating disorder tells you will never be good enough is exhausting. After listening to these constant cycles of criticism; the eating disorder convinces individuals to feel stuck and confused of what is true and what is not.

Throughout the recovery of an eating disorder this illusion, around the body, is challenged and explored. It is important for the individual to feel more confident in their ability to identify what is their healthy self verses what is the eating disorder. It is through this willingness to challenge, that a healthy connection between the mind and body is restored. This connection is grounded in being curiosity of what the body is trying to communicate and how we can positively communicate back to the body.

Artist Facility Bio: Emerald Smith, registered art therapist and licensed therapist, leads weekly art therapy groups for patients to explore their emotions in creative art making. This manikin was created and conceptualized by the young women and staff at Hidden River eating disorder residential program in Chester, NJ.

ENTRY # 6

Title

“Desert Rose”

Artist/Treatment Center

Rebecca Brown

Brooklyn NY



[Desert Rose Video Submission](https://youtu.be/UexugWBuCGY)

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The song is "Desert Rose" by Cheb Mami and Sting

Description: “Desert Rose” was created by two artists from different cultures during a time of political opposition between the two. Though there was resistance with promoting the song, it



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later became very popular and is the only one of its kind. It also strengthened the popularity of “Belly Dance” (Raqs Sharqui in Arabic meaning Dance of the East) amongst many Western societies.

Raqs Sharqui stems from folk dances throughout the Middle East, Africa and The Mediterranean. These movements celebrate and embrace all women’s bodies, despite shape, size, color and ability. In our society however, smaller and lighter skinned bodies are celebrated while marginalizing darker, larger and “other” bodies.

Someone once said “for every time you don’t perform, there’s one less beautiful Black dancer.” As a woman of color, my journey has been bitter sweet, in a body that’s not often celebrated or considered desirable by mainstream American society. When there wasn’t space for me, I had to make my own. Dance and music can be mediums for social activism. As a dancer, social worker and woman of color, I am here. Embodying the essence of this song, I hope to inspire others who don’t see themselves represented to look inside, draw from that inner light and unapologetically embrace and show off their unique selves.

The musicality of the song informed my movements, as I imagined a glistening spirit with robust confidence and finesse. While recording this video, very young ballerinas watched, later shouting how beautiful and mystical I looked and how they want to dance like me. I thanked them, told them how beautiful they each were and to keep dancing to look like THEMSELVES. It can be difficult to see and value your own beauty in a world where everyone is telling you to be someone else.

Artist Bio: Rebecca Brown is a Clinical Social Worker and a dancer. She works with women/womyn identified individuals dealing with disordered eating, self-esteem and body image concerns. Rebecca also designed a mindfully crafted recreational dance series where womyn/ women are able to rediscover and explore their bodies in a way that fosters body acceptance.

ENTRY # 7

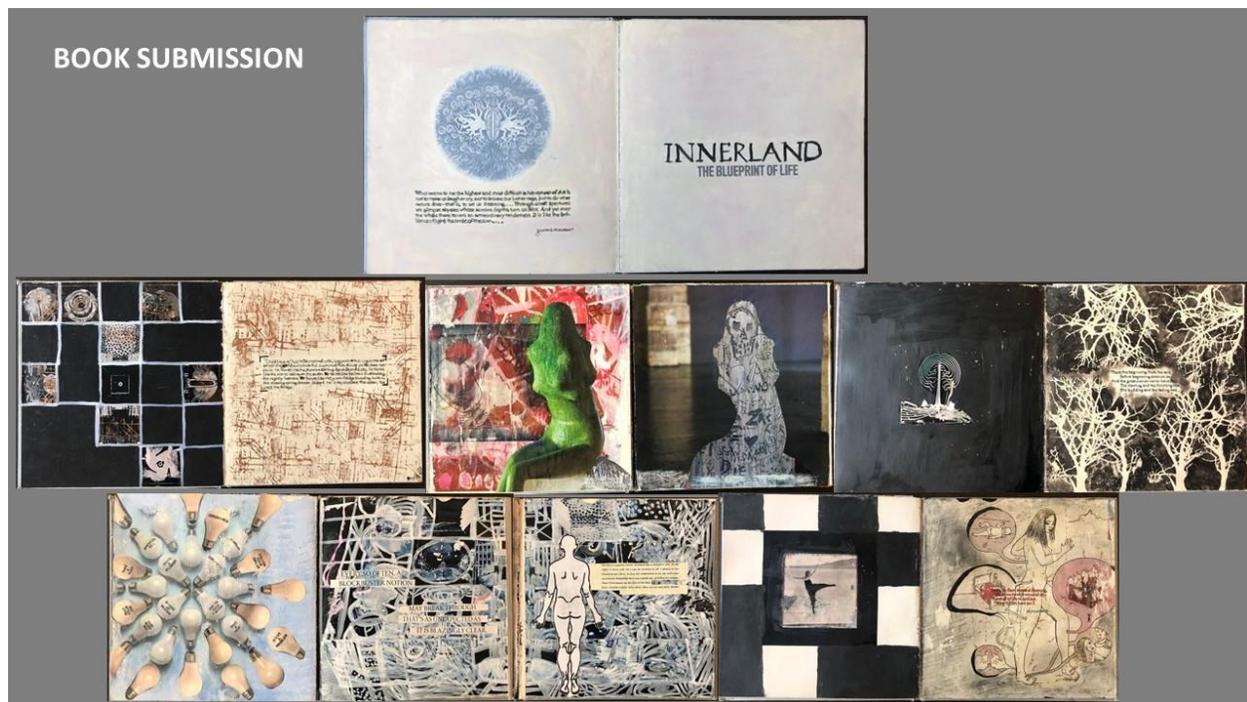
Title

“Innerland: The Blueprint of Life”

Artist/Treatment Center

Madeleine Bowman with Shannon Bradley ATR-BC, LCAT

New York, NY



Materials: Used book, paint, markers, tape, gel medium, found images

Description: This year my submission takes a very different form than the mannequin I submitted in 2013. One of my favorite forms of mixed to create is altered books. I feel as though it is an apt metaphor for eating disorder recovery as I am taking something that exists in a raw form and building on it by both subtracting the parts that don't suit me and adding things of value. As it has been many years my work does not tend to directly reference eating disorder recovery but I chose “Innerland” to represent the things that are now “beyond” that identity. This book is a very



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abstract representation of how my eating disorder has morphed and the parts that I am still exploring.

Artist Bio: Madeleine Bowman first entered Imagine Me in 2013. She is now recovered from anorexia and has a certificate in creative arts and health from The New School in NYC. She has been creating art with support from Shannon since 2012.

Shannon Bradley, ATR-BC, LCAT is an artist and Licensed Creative Arts Therapist living and working in NYC. As an art therapist it is her desire to support clients in finding greater awareness and self-acceptance, as well as more meaningful, authentic connections in the world. Her belief is that each of us has the capacity to be creative and thus to create a life that is more fully in alignment with our True Self. Shannon has a private practice, and also teaches in the graduate creative arts therapy department at Pratt Institute. She specializes in working with anxiety, depression, trauma, life transitions, loss, substance abuse and eating disorders.