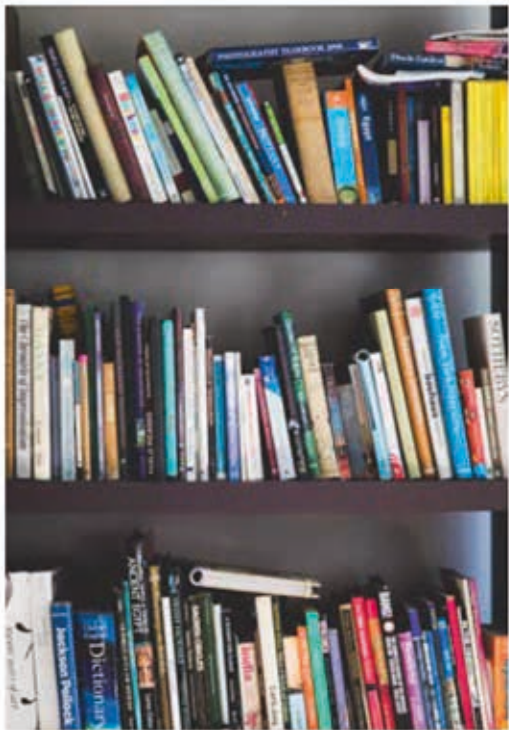


My first solo exhibition in 2009, ‘impasse-involution-emergence’ was an acutely personal exposé. Each piece a reflection of an inner world, layered chronologically, historically, mentally. The abstraction, unstructured, an uncensored translation of emotion through colour, evolved into awareness that these marks communicated a deep resilience. A creative dance between fluidity and structure reflecting the inner emotional landscape overlaid with thoughts of how it should be.

Woman, this complex emerging soul.
Tentative on guard alive stumbling forward
Reaching somewhere integrating
Alive leaving deadened behind
Stronger clearer
Speaking to be heard from her core
woman emerging 2009

As with artmaking, navigating trauma is the oddest state of waiting, working through, learning patience, seeking a calm knowing. What may be real for us in any given moment or present experience is made up of a million different influences colliding to inform, shape, reshape, illuminate a single momentary perspective. What is real, which layer, which influence? The seven year old stepped in to the realms of fantasy. The woman uses art and the observation of each mark as a template. How we perceive, what informs our perception of the outside world, the inner landscape and beyond. Artmaking for me is informed through personal exposure, impact, processing and recovery on all levels. Art has been fundamental to this both in its availability to me, offering creative space and the translation of my authentic self which in turn has empowered me as an advocate and an activist.

From a psychotherapeutic perspective we might think of creativity as offering a transitional space to facilitate recovery, reconnection with oneself, a piecing together of the lost or traumatised parts of self.



When the connection is made
It remains constant vibrant
A living thing of importance.
Back to Mas Pau

Reflections on this journey have brought me to a point of desire to merge art, written word, lived experience and advocacy to reach a wider audience. To this end the MAC provides me with a platform to showcase these broad themes of accessing Art and the Arts creatively in the navigation of trauma and towards building resilience. My aim is to bridge the fields of art, psychotherapy, and social policy by sharing my own truth and offering a space for others to open deeper levels of dialogue.

We each have a yellow ribbon, a symbolic triumph of the human spirit. Resilience speaks to the creative in all of us.●

Explore more at: www.geralynmulqueen.com



“ If we attend only to the text rather than the texture of the communication then much is lost. The underlying narrative is truth. ”