

Finding A Voice 2018

Exhibition & workshops for professionals

16th - 26th October 2018



Workshops Facilitated by Katherine
Gilmartin, Artist & Family Mental
Health Activist and Compass Staff.



What is FAV18?

FAV18 is an exhibition of art work from people who have experience of using services. It brings a unique opportunity for personal and professional development. To allow professionals to explore and reflect on their work with and facilitate their understanding of what it's like to experience different services.

About Katherine Gilmartin

I made it through some very difficult experiences and working with a range of professionals enabled me and my son to stay together. I hit a crisis point and was able to address issues in a way that was unconventional but worked for my family. Difficult times were met with robust therapeutic support that enabled lasting change for the good. Through that journey I have become passionate about improving services.

Previous Exhibitions & Information

In the summer of 2017, an exhibition, FAV17, displayed work celebrating coming out of the other side of therapy and no longer needing any involvement from services. FAV17 gave professionals an opportunity to have difficult conversations and the audience made connections from their own experiences. It enabled them to feel compassion and empathy. I have also co-facilitated a Domestic Abuse lecture for the UEA Doctoral Programme in Clinical Psychology which received excellent feedback.

Aims of FAV18

The FAV project is committed to making positive changes to mental health in Norfolk and Suffolk. FAV18 exhibition will be an environment that has versatile opportunities for teams. I am offering a workshop designed to explore specific themes in areas over a spectrum of professional practice; domestic abuse, sexual violence, childhood trauma, attachment and service user experience. It will offer rare insight into the client experience of different professional approaches.

Workshops include:

- Working with Domestic Abuse
- What is it like to be involved with services

Facilitated by Katherine Gilmartin & Compass staff

For more information and to book a space contact:

findingavoice@yahoo.com

Exhibition works:



Anteros Gallery
11-15 Fye Bridge St
Norwich NR3 1LJ

Online:
[@Findinga_Voice #FAV18](https://twitter.com/Findinga_Voice)
www.klgilmartin.com