



Trust the difficult

A tribute to the work of Paolo Knill (1932–2020)



33rd Expressive Arts Symposium (ONLINE) From Wednesday April 7th to Sunday 11th 2021

Organized by Inartes Institute, Helsinki, Finland
and the International Network of Expressive Arts Training

‘Trust the difficult’, wrote **Rainer Maria Rilke**, beloved poet of the early 20th century. Rilke survived the Spanish flu pandemic, we are surviving the Covid-19 pandemic. How? And what can the expressive arts contribute to our psychic wellbeing in a time of uncertainty, when nothing is the same as before?

As our rational mind comes to a dead end, the creative mind wakes up and has us imagine. We can tell stories, we can listen to myths. Like the one from the dragon who transformed into a princess. Through the arts we can change roles, change poetically the perspective. As Rilke puts it:

*“Perhaps all the dragons in our lives are princesses
who are only waiting to see us act,
just once, with beauty and courage.
Perhaps everything that frightens us is,
in its deepest essence,
something helpless that wants our love.”*

Rainer Maria Rilke, Letters to a Young Poet.

WORKSHOPS

Expressive arts educators and therapists from **the International Network for Expressive Arts Training** will lead experiential workshops searching the theme of Trust the Difficult. Workshops are led by:

- **Markus Scott-Alexander** (*World Arts, Edmonton*)
& **Varvara Sidorova** (*Moscow State University*):
The Art of Weaving Threads: Creating connections within us and between us with creativity and care in the midst of difficulty.
- **Margareta Wärja** (*Expressive Arts Stockholm*)
& **Beliz Demircioglu** (*Istanbul*):
Adversities – Beauty – Healing: Exploring the tension of soft and hard times in present life through sound and movement.
- **Melinda Ashley Meyer** (*NIKUT, Oslo*)
& **Jose Miguel Calderon** (*TAE Peru/Barcelona*):
Playing with the questions in times of Covid 19. Intermodal workshop.

The participants will be divided into three groups, and with their group they will participate in all three workshops. As a member of the group you will also be part of the group process. Workshops are on Zoom. See technical requirements bellow.

IN ADDITION:

Community Art, a Tribute to the work of Paolo Knill, Lectures, Networking and Panel discussion both live and also as recordings on Howspace platform.

PRACTICAL INFORMATION

Start: Wednesday April 7th 2021. Welcome lecture at 4 pm CET

End: Sunday April 11th 2021, at 7 pm CET

Headquarters: Former Lapinlahti psychiatric hospital, Helsinki

Place: Online / Zoom and Howspace

Language: English

Tuition fee: 350 €

TECHNICAL REQUIREMENTS

Make sure that you have a stable internet connection. Your computer needs to have speakers, a microphone and a camera. Smart phones as participatory devise are not recommended.

ONLINE WORKING HOURS (Central European time)

CET	WEDNESDAY 7.4.	THURSDAY 8.4.	FRIDAY 9.4.	SATURDAY 10.4.	SUNDAY 11.4.
14.00–15.00		Workshop 1	Workshop 2	Workshop 3	
15.00–16.00					
16.00–17.00	OPENING CEREMONY All together	BREAK	BREAK	BREAK	CELEBRATION & TRIBUTE TO THE WORK OF PAOLO KNILL All together
17.00–18.00		Workshop 1	Workshop 2	Workshop 3	
18.00–19.00					
19.00–20.00		BREAK	BREAK	BREAK	
20.00–21.00	Lectures and networking will be both live and recorded and shared on Howspace-platform. Participants can watch them on their own time if they do not attend the live sessions.				
21.00–22.00					

Timezones

	Edmonton, Canada	Dublin, Ireland	Barcelona / Zürich	Helsinki, Finland	Moskow	Hong Kong
	-8	-1	CET	+1	+2	+7
WORKSHOPS PART 1	6.00–8.00	13.00–15.00	14.00–16.00	15.00–17.00	16.00–18.00	21.00–23.00
BREAK	8.00–9.00	15.00–16.00	16.00–17.00	17.00–18.00	18.00–19.00	23.00–24.00
WORKSHOPS PART 2	9.00–11.00	16.00–18.00	17.00–19.00	18.00–20.00	19.00–21.00	24.00–2.00
BREAK	11.00–12.00	18.00–19.00	19.00–20.00	20.00–21.00	21.00–22.00	2.00–3.00
Lectures etc. will be recorded	12.00–n.13.30	19.00–n. 20.30	20.00–n. 21.30	21.00–n. 22.30	22.00–n. 23.30	3.00– n. 4.30

REGISTRATION FORM ON WEBPAGES:

www.exasymposium2021.com

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