The Museum Will See You Now

*Group Therapy* at the Frye Art Museum

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#Selfcare

**Museum Examples**

- **The Museum of Science in Boston** has its tenth year of employee wellness programs that offer programming in physical, emotional, financial, and social health. This initiative has led to an overall improvement in employee health and well-being, resulting in a more engaged and satisfied workforce.
- **Healthcare and Wellness**
  - **Harvard Medical School** offers a variety of wellness initiatives, including mindfulness programs, nutrition workshops, and stress management sessions. These programs have been shown to improve employee health and reduce healthcare costs.
  - **The American Museum of Natural History** has a wellness program that includes yoga classes, nutrition workshops, and mental health support. This program has resulted in improved employee satisfaction and reduced absenteeism.

**Description of the Trend**

The trend of self-care in museums is characterized by a focus on promoting well-being and mental health among museum staff and visitors. This trend has been driven by the recognition of the importance of self-care for overall health and productivity.

**Conclusion**

As museums continue to embrace self-care initiatives, they are not only improving the well-being of their staff and visitors but also setting an example for other organizations to follow. This trend is expected to continue to grow as more museums recognize the benefits of self-care and incorporate it into their operations.
Opening day, 1952
Our Location: First Hill, Seattle

Original site of founders Charles & Emma Frye’s home

Seattle’s oldest (and most dense) residential neighborhood

Nicknamed "Pill Hill" for concentration of major medical institutions ~ 35K employees

Rapidly developing (red: in-progress medical development; blue: in-progress residential/commercial)
Becoming a Community Hub – Creative Aging Programs

Medical/Social Services Partners
UW Memory & Brain Wellness Center
Elderwise
Aging Wisdom
Full Life Care

Institutional Partners
Rose Theatre, Port Townsend
Bainbridge Island Museum of Art
King County Library
Contemporary artists responding to strategies of alternative medicine, psychotherapy, and the wellness industry

Interactive projects & immersive installations

Platform for public programs

Museum as free “clinic” presenting therapeutic processes in the experimental context of art

Group Therapy
September 15, 2018–January 6, 2019 | fryemuseum.org | Always Free

Wynne Greenwood \ Maryam Jafri \ Joachim Koester \ Liz Magic Laser \ Leigh Ledare \ Marcos Lutyens \ Cindy Mochizuki \ Shana Moulton \ Pedro Reyes \ Ann Leda Shapiro \ Kandis Williams \ Lauryn Youden
Group Therapy reflects on the museum’s role in society and on art’s function within and beyond its walls.

It asks, should art be:

Edifying (a treatment)?
Unsettling (a disrupter)?
Speculative (a catalyst)?

Is it a placebo or are art’s transformative effects real?
Diagnosing Social Pathologies

Archetypes and symbolic self-narration

Cindy Mochizuki (Canadian, b. 1976, Vancouver, British Columbia) Fortune House, 2014/18
Pedro Reyes (Mexican, b. 1972, Mexico City) The Museum of Hypothetical Lifetimes, 2011
Sensory experience, interconnected consciousness

Lauryn Youden (Canadian, b. 1989, Vancouver, British Columbia) A place to retreat when I am sick (of you) / Ein Ort für Erholung, wenn ich krank bin (wegen euch), 2016–ongoing

Marcos Lutyens (British, b. 1964, London) Library of Babel, a Symbiont Induction, 2018
Exhibition Related Programs

**Runic Goldr: Singing Magic Into Form**
Workshops with Ylva Mara
- October 6, 1-2:30 pm (open to all)
- October 6, 3-4:30 pm (for Queer/Trans/Non-Binary identifying folks)
Art Studio + Frye Galleries
Limited capacity; advanced registration required

**How Do We Create Balance in Times of Anxiety**
Two-Part Discussion with Ann Leda Shapiro, Negarra A. Kudumu, and Special Guests
- Thursday, October 25, 7-8:30 pm
- Saturday, November 17, 2-3:30 pm
Frye Auditorium

**The Task**
Screening and Conversation with Leigh Ledare
- October 27, 1-4 pm
Frye Auditorium

**Conversations with your “self”**
Workshop with Wynne Greenwood
- November 4, 1-4 pm
Art Studio
Limited capacity; advanced registration required

**Political Therapy**
Workshops with Liz Magic Laser and Valerie Bell
- November 10, 5-6:30 pm
- November 11, 5-6:30 pm
Frye Galleries
Limited capacity; advanced registration required

**The Way of the Visionary**
Workshops with Kat Larson
- December 1, 12-4 pm
- December 8, 12-4 pm
- December 15, 12-4 pm
Art Studio

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**Fortune House**
**Tarot & Palm Readings by Cindy Mochizuki**
- Friday, September 14, 7:30-9:30 pm
- Saturday, September 15, 11 am-5 pm
- Sunday, September 16, 11 am-5 pm
- Saturday, October 20, 11 am-5 pm
- Sunday, October 21, 11 am-5 pm
- Friday, November 9, 11 am-5 pm
- Saturday, November 10, 11 am-5 pm
- Sunday, November 11, 11 am-5 pm
Frye Galleries
30 minute first-come-first-served sessions

**The Museum of Hypothetical Lifetimes**
Facilitated activations
- Friday, September 14, 7:30-9:30 pm
- Duration of exhibition: Tuesdays 2-5 pm
- Thursdays 4-7 pm
- Saturdays / Sundays 12-3 pm
Frye Galleries
30 minute first-come-first-served sessions; dates and times subject to change

**Consciousness, Fungi and Journeys within Architectures of the Mind**
**Artist Talk with Marcos Lutyens and Special Guests**
September 15, 2-3:30 pm
Frye Auditorium

**You say I for me (Selene)**
Reading, Sound Bath, and Guided Meditation by Lauryn Youden with Bri Luna, The Hoodwitch
- September 16, 1-2:30 pm
Art Studio + Frye Galleries
Limited capacity; advanced registration required
Liz Magic Laser & Valerie Bell, Certified Life Coach
Political Therapy Workshop
Bri Luna, The Hoodwitch
Ylva Mara, Proprietress of Cunning Crow Apothecary, Seattle

Kat Larson, certified Reiki Master and artist
Defining the metrics of success
“Certain works allowed our group to open up emotionally—especially [Lauren Youden's] lists to help with her panic and depression. People would talk about their own experiences with depression.”

“The immersive aspect actually seemed to calm people and provide a safe environment for them to open up about themselves. It was a cathartic experience for them and for me.”
“I had a guest say [The Museum of Hypothetical Lifetimes] was a very intimate and deeply emotional experience and thanked me. I did nothing but give her space to create her museum, but as she told me this, I too had felt the same thing. It was very moving.”

“In the three years I’ve been a Gallery Guide, this show was the best attended, tour-wise. I often heard guests saying they wanted to stay after the tour and spend more time with a few of the works.”
Program Participant Survey – Selected Feedback

The program had a positive impact on my sense of personal well-being.

- Strongly agree: 28%
- Agree: 65%
- Neutral: 5%
- Disagree: 2%
- Strongly Disagree: 2%

The program made me feel more connected to my community.

- Strongly agree: 40%
- Agree: 20%
- Neutral: 5%
- Disagree: 25%
- Strongly Disagree: 10%

The program helped me think about the themes of the exhibition in new ways.

- Strongly agree: 2%
- Agree: 9%
- Neutral: 25%
- Disagree: 30%
- Strongly Disagree: 44%

The program gave me greater empathy for my fellow participants.

- Strongly agree: 60%
- Agree: 8%
- Neutral: 8%
- Disagree: 24%
- Strongly Disagree: 4%

The program felt inclusive and accessible.

- Strongly agree: 20%
- Agree: 20%
- Neutral: 9%
- Disagree: 64%
- Strongly disagree: 2%

The program changed what I think about the Frye Art Museum.

- Strongly agree: 40%
- Agree: 28%
- Neutral: 20%
- Disagree: 10%
- Strongly disagree: 2%
In my opinion, creativity and health are interconnected.

I attend exhibition-related programs at the Frye Art Museum or other art museums.

- Strongly agree: 64%
- Agree: 12%
- Neutral: 8%
- Disagree: 8%
- Strongly disagree
Challenges

Experiences that excluded participants with physical disabilities

Protecting our staff, facilitators and guests (emotionally)

Encouraging authentic participation, avoiding appropriation (and cynicism)
Takeaways

Provide an alternative to passive spectatorship

Use art to investigate complex & timely issues

Inspire curiosity and you inspire caring