

Workshops using photography and video with the 'Freudian Slips'
Rosy Martin

As our work became more performative, we decided to run a series of workshops with a women's theatre group, 'The Freudian Slips' on issues of ageing. We wanted to share our experiences based upon the re-enactment phototherapy approach of using photography and video performatively. The '**Freudian Slips**' are a Women's Theatre Group, based in Cambridge, who have been working together for a number of years. The members are: **Sue Ifould, Sue Knight, Cathy Dunbar, Kay Blayney, Veronica Thornton, Allie Spicer, Gill McLeod and Helen Patterson.** They have been working together for a number of years, devising, writing, directing and producing their performances. These workshops offered the opportunity to work with the improvisational and physical theatre skills of actors. Kay and I planned and ran these workshops, using phototherapy techniques and incorporating feedback and responses from the 'Freudians'. We circulated our plans amongst the group, well ahead of each workshop, to enable participants to prepare and collect ideas, props and clothes for each session. Throughout the workshops, we built in time for emotional processing, feedback, support and reflection. We recorded the workshops, using video and photography. This allowed the participants to re-view the work, after the workshops and work through the issues raised. Every participant worked on the themes during the time between our meetings, it was a very intense experience. We used the workshops as a spring-board, to explore issues within a safe group and also as a route to allowing creative ideas to develop over the course of the four workshops.

Kay and I decided to develop some individual pieces, which came out of the workshops and were nurtured through the workshop process, as video performances, with the intention of exhibiting them. The pieces evolved during the process of filming, through feedback, support, and the therapeutic gaze which we offered, to become the final art works.