Reflecting on the growth of arts and health

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After 35 years as an artist, 20 years of work in arts and health and 10 years as the Director of Community Arts Network SA, I am in a reflective mode. It would be great to share some of the stories from regional communities that have undertaken projects in which art was a tool for change and health was the context or the concept.

I was introduced to the work of the NRHA in 2000 when the conference was in my home town, Adelaide. I was lucky enough to be the coordinator of NRHA’s arts and health stream at the 2001 conference in Canberra and I was also a speaker at the following year’s conference in Tasmania.

Since that time the practice has developed and evaluation methods have evolved. I am now asking myself what have been the significant changes over the years and where are we going now in the practice?

This presentation will use spoken word and large screen abstract video projection. It was a hate of PowerPoint that first led me to explore alternative modes of presentation. And the trainer in me was interested in ways of opening up audiences’ minds to explore their own connections to new ideas. But it was the artist in me that has pursued this format for the last 15 years, both in Australia and overseas.