

INA LEAH
PORTFOLIO

THERAPEUTIC ART WORKSHOPS & SESSIONS

important note: these sessions are not meant to replace psychotherapy / to be treated as clinical therapy. hence, the name "therapeutic art" instead of "art therapy".



CIRCLE OF
EMOTIONS:
"SOUNDS FROM
LAMAHOLOT"



Year: 2022

Medium: Instrumental Music & Mixed Media
on 3 Circular Canvas (1,80 m in diameter
each)

Description: Inspired by local rite
"Sole Oha", Gabriela arranged a
sequence of meditative music and
therapeutic art method for public
groups. Part of Biennale Jogja Asana
Bina Seni 2022 Exhibition.



"... How does the music make you feel? What do you feel about painting on the other's creation? How do you feel after sharing and encourage each other? What do you see in this abstract result, and what new insights are you getting about yourself? ..."



About this project, part of of curator's writing published in <https://asanabinaseni.biennalejogja.org/>:



Author: Suliswanto

Not in locked spaces, let alone private, knowledge that is rooted in many local cultures is actually present in a communal place. Solidarity and collective spirit are the pillars for passing on the values of life and shared memory. This spirit is ingrained in people's daily life through various social interactions, be it ceremonies, games or folk entertainment. This awareness that is carried out together, indirectly also builds bonds between citizens in society, individuals with the land where they were born, including knowledge which eventually embodies and assimilates in everyday life.

Gabriela Fernandez, through *Sounds from Lamaholot: Circle of Emotions*, principally emerges from the connection between modern knowledge and the wealth of local memory, forming an angle that allows us to re-read cultural narratives that have settled in a fresh way. Even the area of application is also relatively new, how local instruments work with psychological practices to voice mental health issues. The presence of “*Sounds from Lamaholot: Circle of Emotions*” directs visitors to take one step closer to mental health issues, as well as critiques of art spaces that are still myopic about this issue. The work also opens a table for discussion on the opportunities that art space can offer to the world of psychology. Because with the multi-disciplinary contemporary terrain ecosystem,



"CIRCLE OF EMOTIONS":
FOR MOTHER AND CHILD

Year: 2022

Medium: Mixed Media on 3
circular canvas (1 m
diameter each)

[Activity Link](#)

I believe that children from early age can be introduced with the concept of mindfulness and be taught to acknowledge their emotions, as the base for their emotional intelligence and mental wellbeing for the days to come. In this further development of Circle of Emotions method, I specify the participants for mothers and their child.

This activity encourages freedom of expression in art for the child, far from the concept of right or wrong, competition, insecurity and comparing with others, that sadly, are often encouraged in the education taught in school for early age.

This session also act as a space for mother-child intimate moment. Giving mothers a chance to hold space for their kid to be free to express themselves, not entertaining the ideas of unhealthy perfectionism or judgemental response to art making moments. The collective nature of the circle also gives example for the child in how they interact with others with respect, empathy, and kind attitude, celebrating each of their uniqueness that are poured through shape and colours.

This particular session was done as part of Pasar Buah Tangan Festival, in Via Via Yogyakarta, with 12 participants in pair of mother and their child in different ages.



INTERACTIVE
ART &
PERFORMANCES



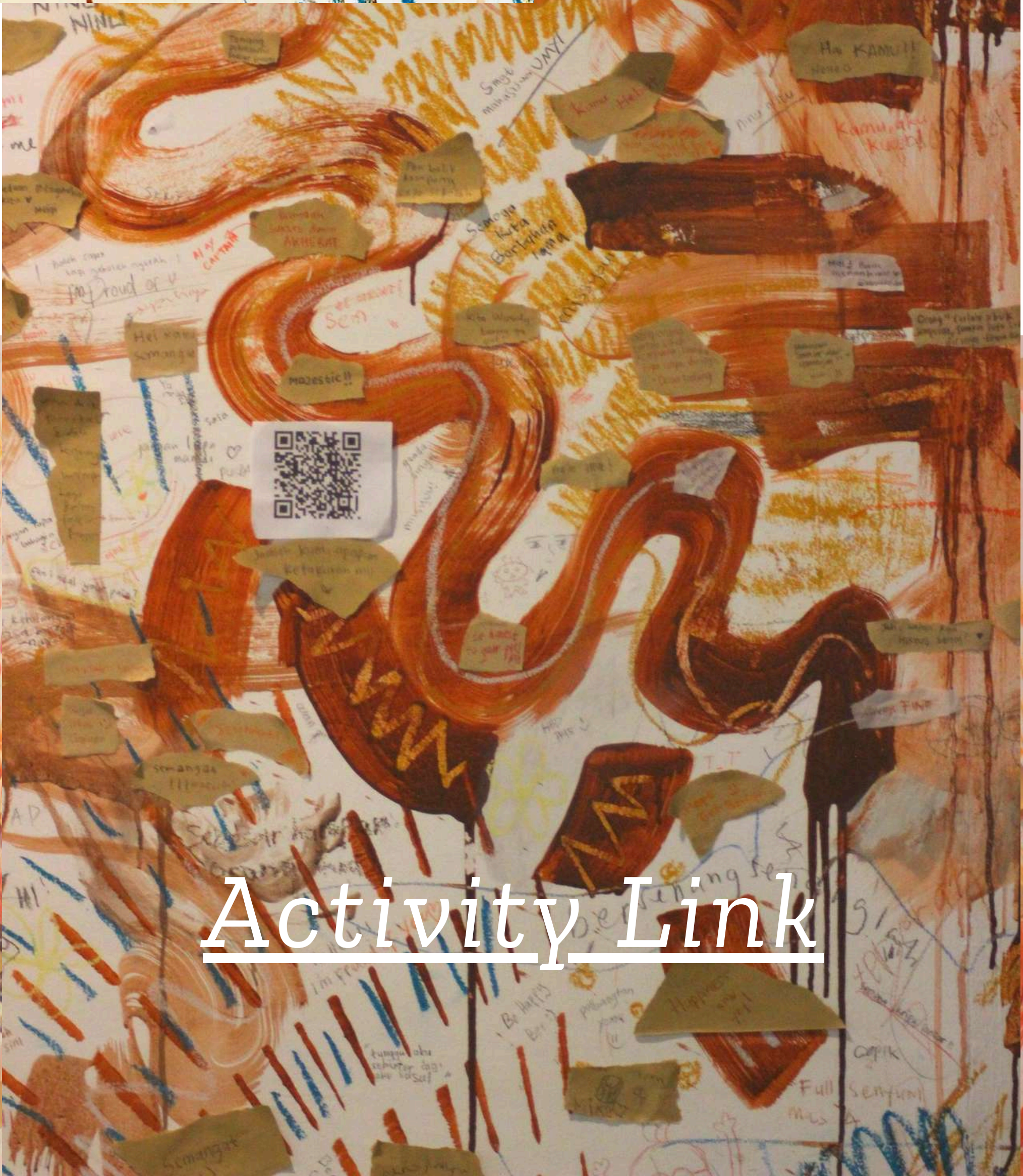
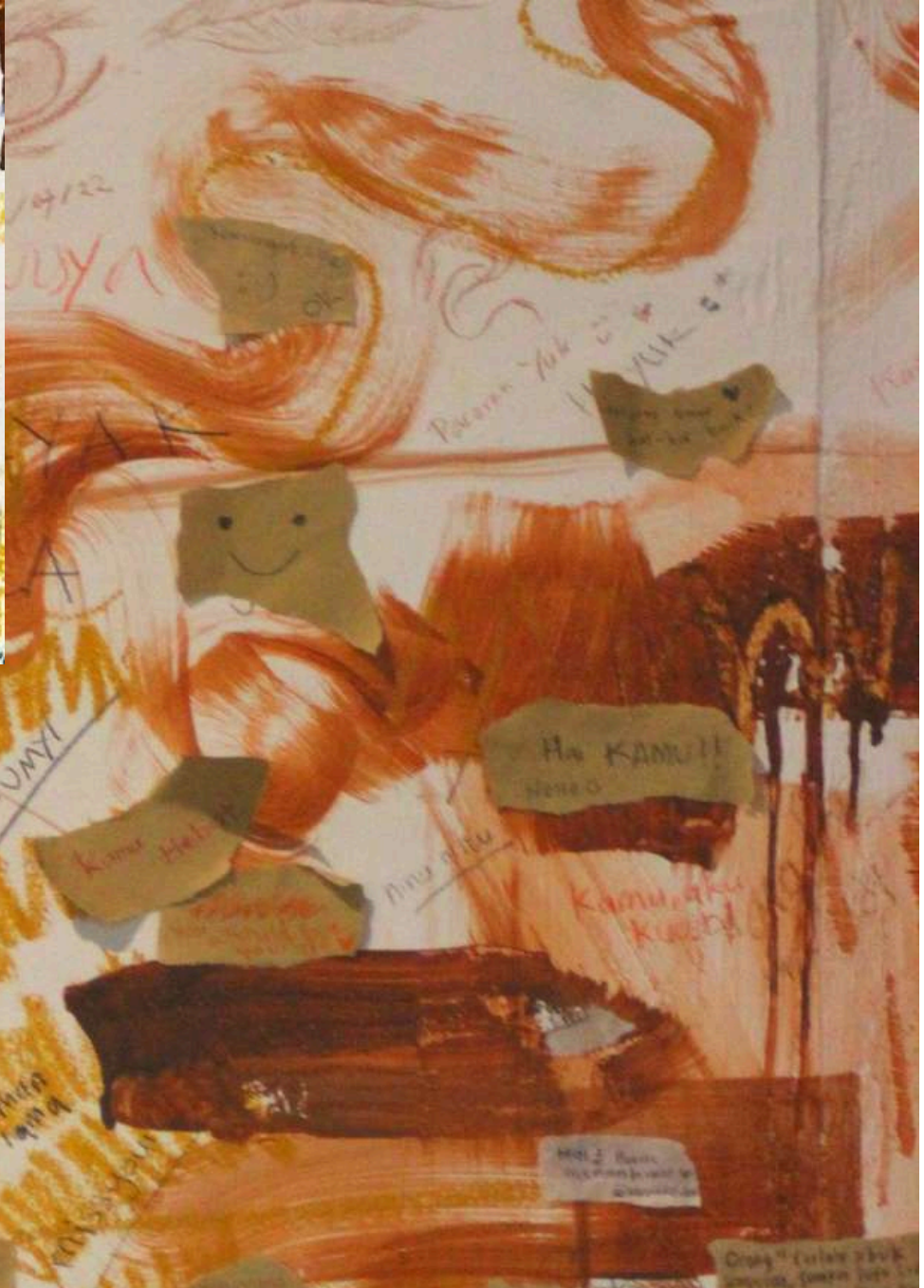
"WALL OF EMOTIONS"

Year: 2022

Medium: Interactive Mural with Mixed Media (3x5 m)

Description: A mural made for the visitors to write and pour their emotions, using music as the cue/stimulus. People are also encouraged to respond to other people's feelings. Part of Biennale Jogja - Asana Bina Seni Exhibition.

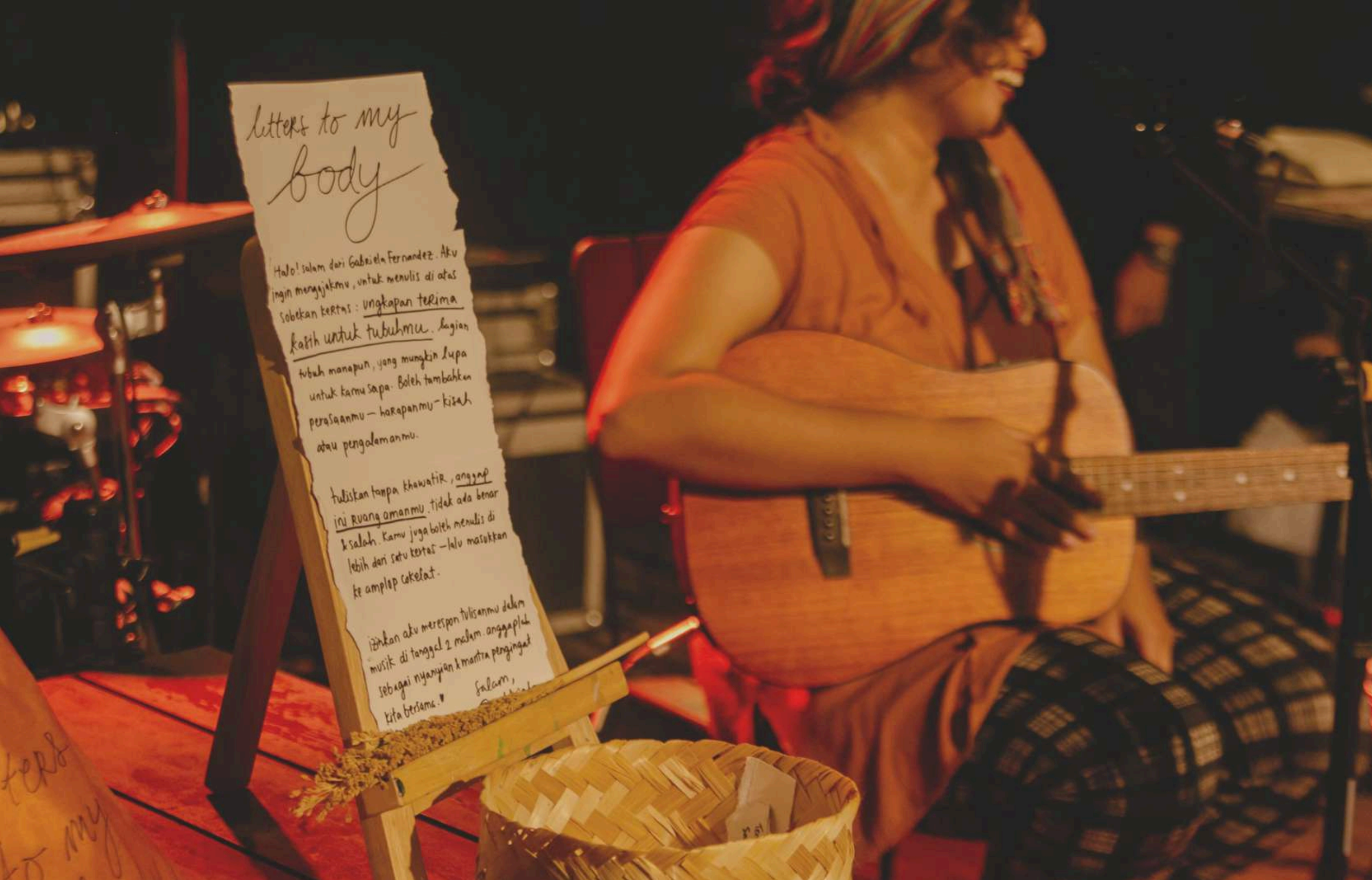
This mural was initially made by Ina Leah (a.k.a. Gabriela Fernandez) in a 30 minutes live painting session, responding to the five different music that evokes different emotions. Afterwards, the visitors are invited to do the same thing: they could listen to the same music in the barcode, and add to the mural as a collaborative public art.



Activity Link







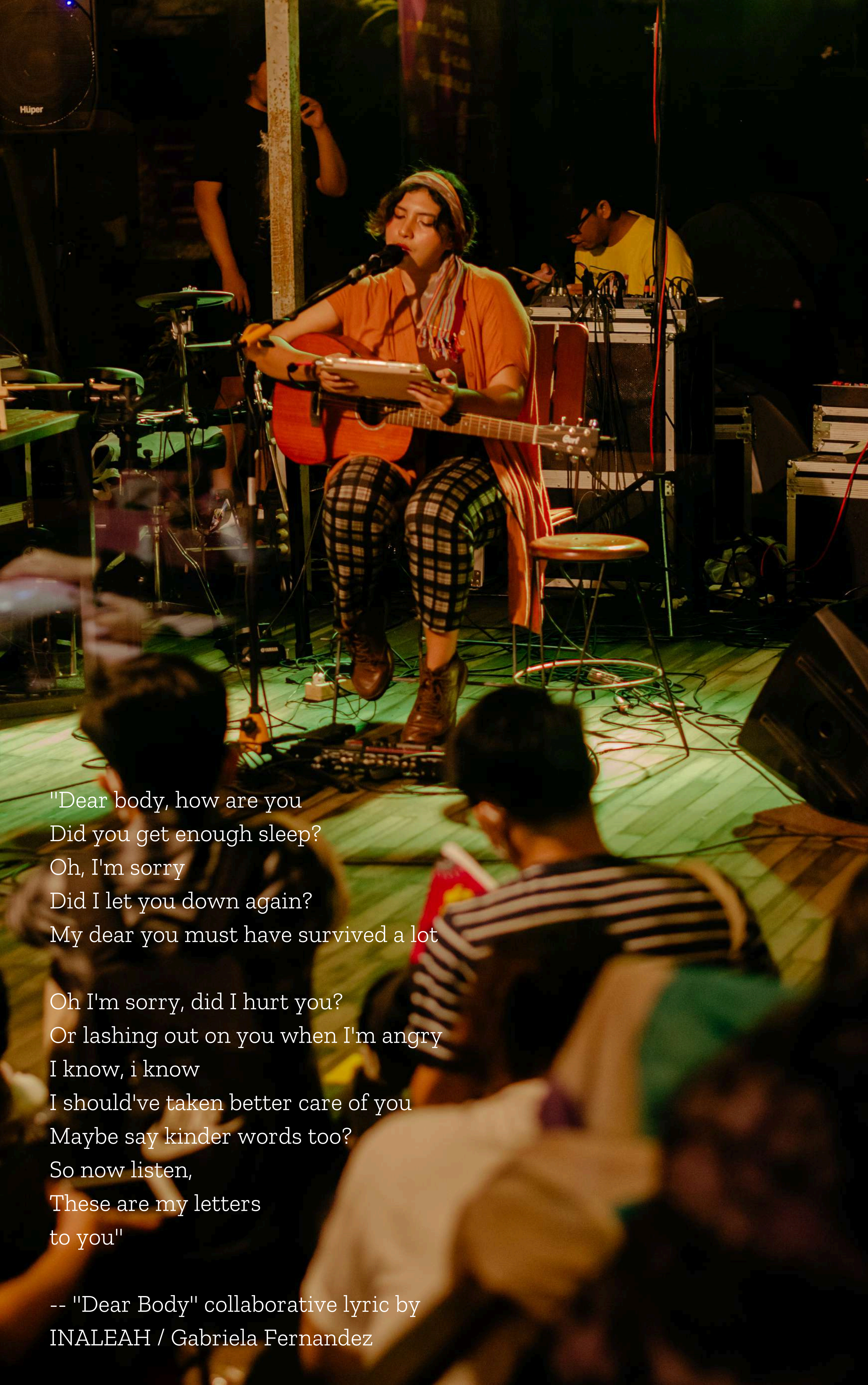
"DEAR, BODY" - INTERACTIVE MUSIC & JOURNALING

Year: 2022

Medium: Live Performance & Audience's
Writing

Description: A song was made from the letters written by the audiences. When it was performed, the audiences are invited to read all the writings on the small papers while the music is still going. This was a part of a campaign by Perkumpulan Samsara, to increase the awareness of body issues faced by women and minority groups, encouraging self love and processing hard emotions evoked by body shaming and social pressure.

[Activity Link](#)



"Dear body, how are you
Did you get enough sleep?
Oh, I'm sorry
Did I let you down again?
My dear you must have survived a lot

Oh I'm sorry, did I hurt you?
Or lashing out on you when I'm angry
I know, i know
I should've taken better care of you
Maybe say kinder words too?
So now listen,
These are my letters
to you"

-- "Dear Body" collaborative lyric by
INALEAH / Gabriela Fernandez





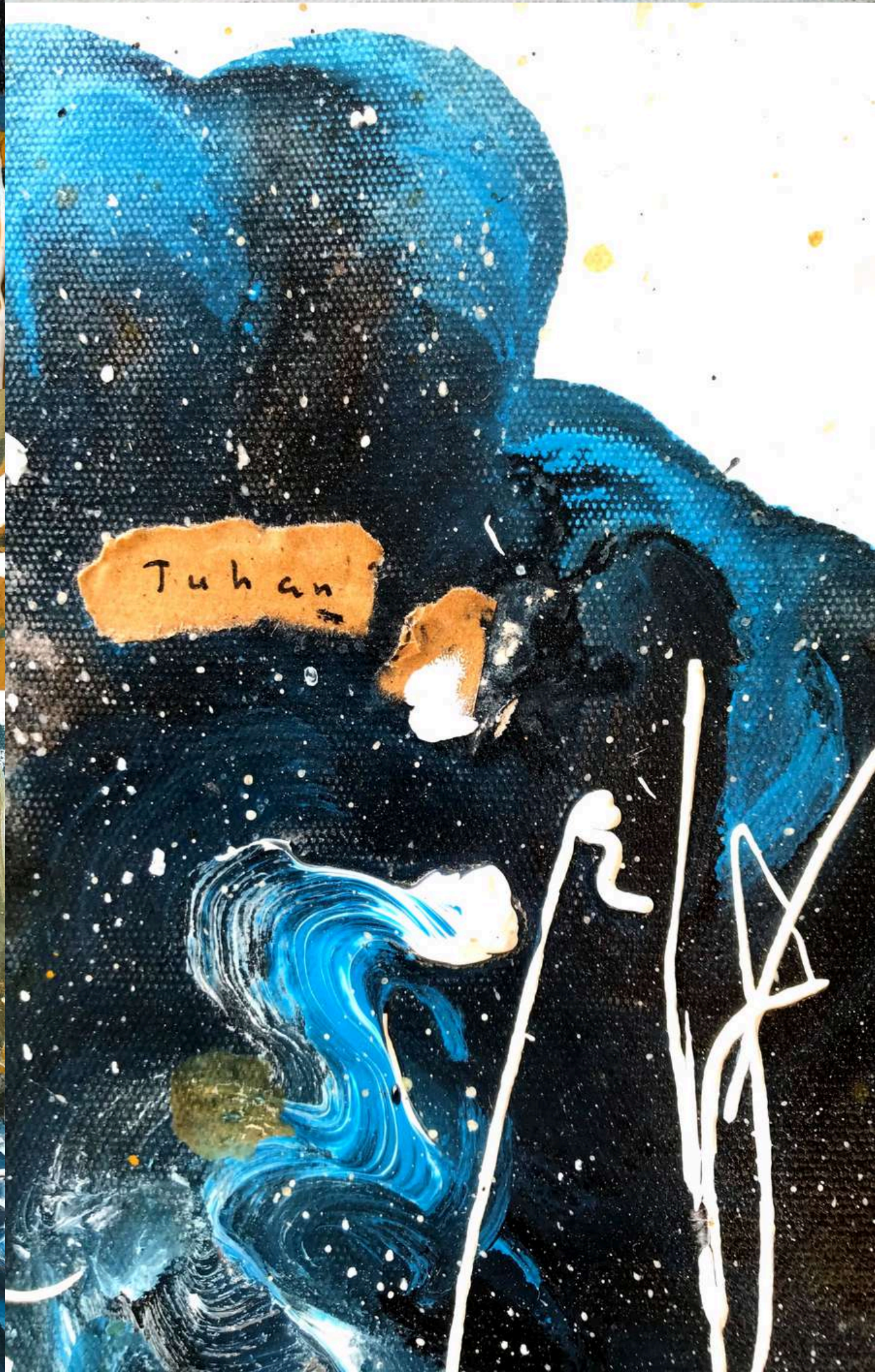
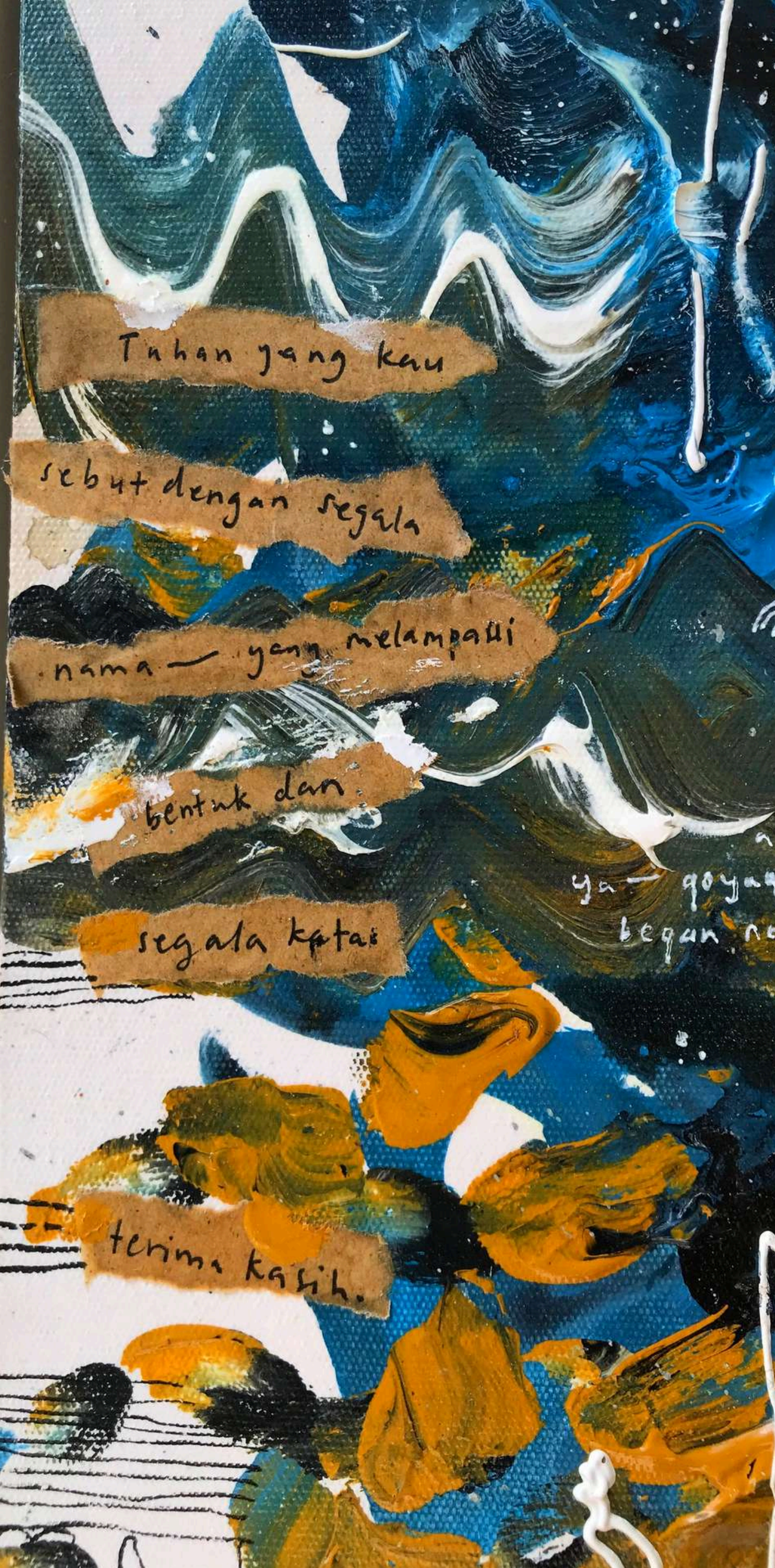
"AQME QUE PAY YO" - MUSIC & LIVE PAINTING

Year: 2021

Medium: Mixed Media on 40x40 cm

Canvas, Music & Timelapse Video

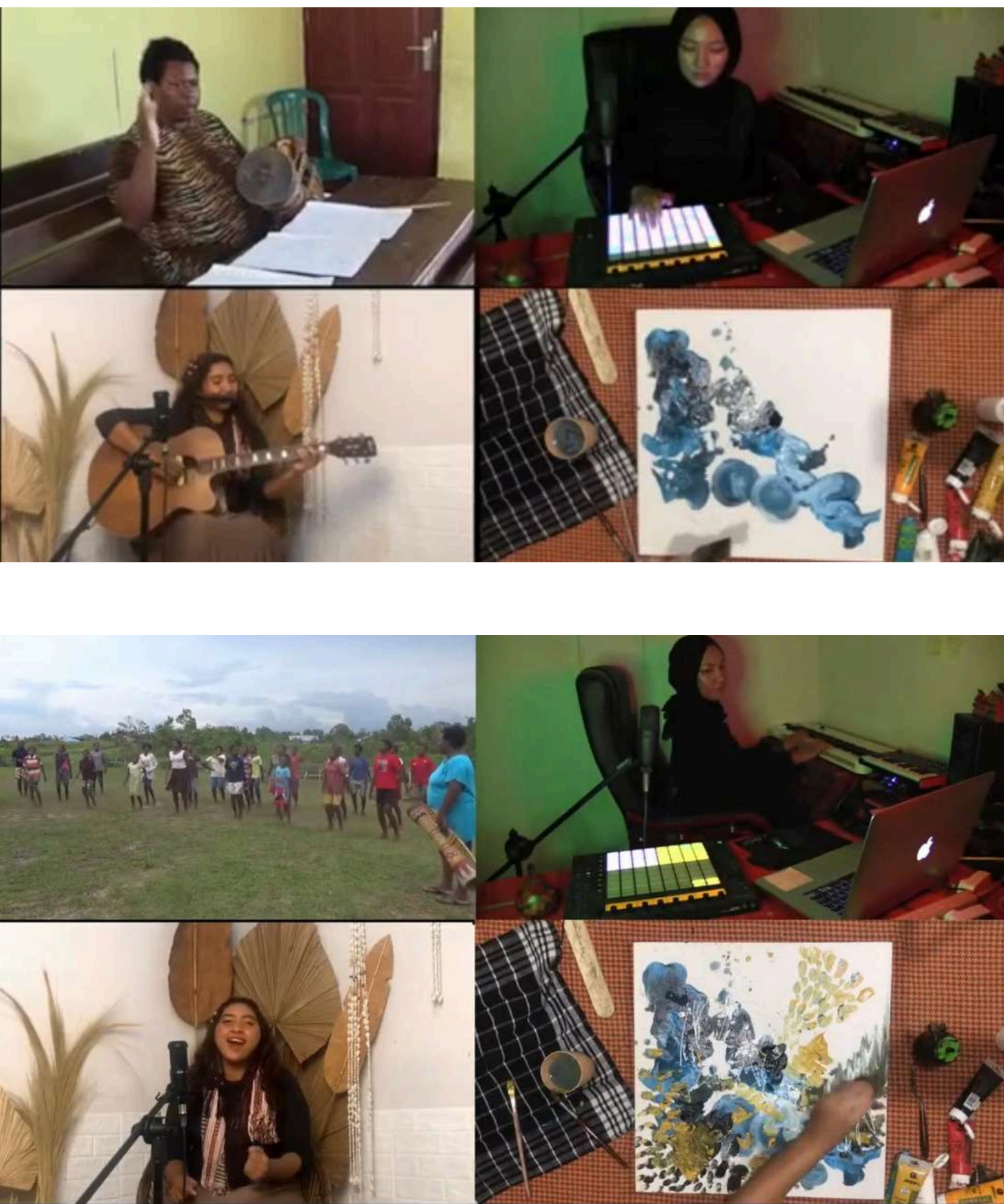
[Activity Link](#)



This artwork was made as a live painting response to a collaborative music between INA LEAH / Gabriela Fernandez (East Nusa Tenggara), Rani Djambak (Minang, Sumatera), and Mama Yani (Papua) with children from Papua singing together. This inter-cultural collaboration is made in pandemic time, as part of Sekolah Pemikiran Perempuan Programme, to encourage spirit of female artists in Indonesia to keep making artwork despite the challenge we all face.

It is an effort to encourage and strengthen each other, a reminder for being grateful even in hard times.

"Aqme Que Pay yo" words from Papua is responded by Gabriela with eastern vocalization and songwriting, adding the lyric:



"Lera, Wulan, Tana Ekan, Tite ucap terima kasih" that means, "to the Nature and the forces beyond us, we say thank you". The live painting was made in real time, with added details after the song ended.



LEAH'S UNIVERSE:
"A JOURNEY TO THE
EAST"

Year: 2021

Medium: Cinematography &
Music Performance

[Activity Link](#)



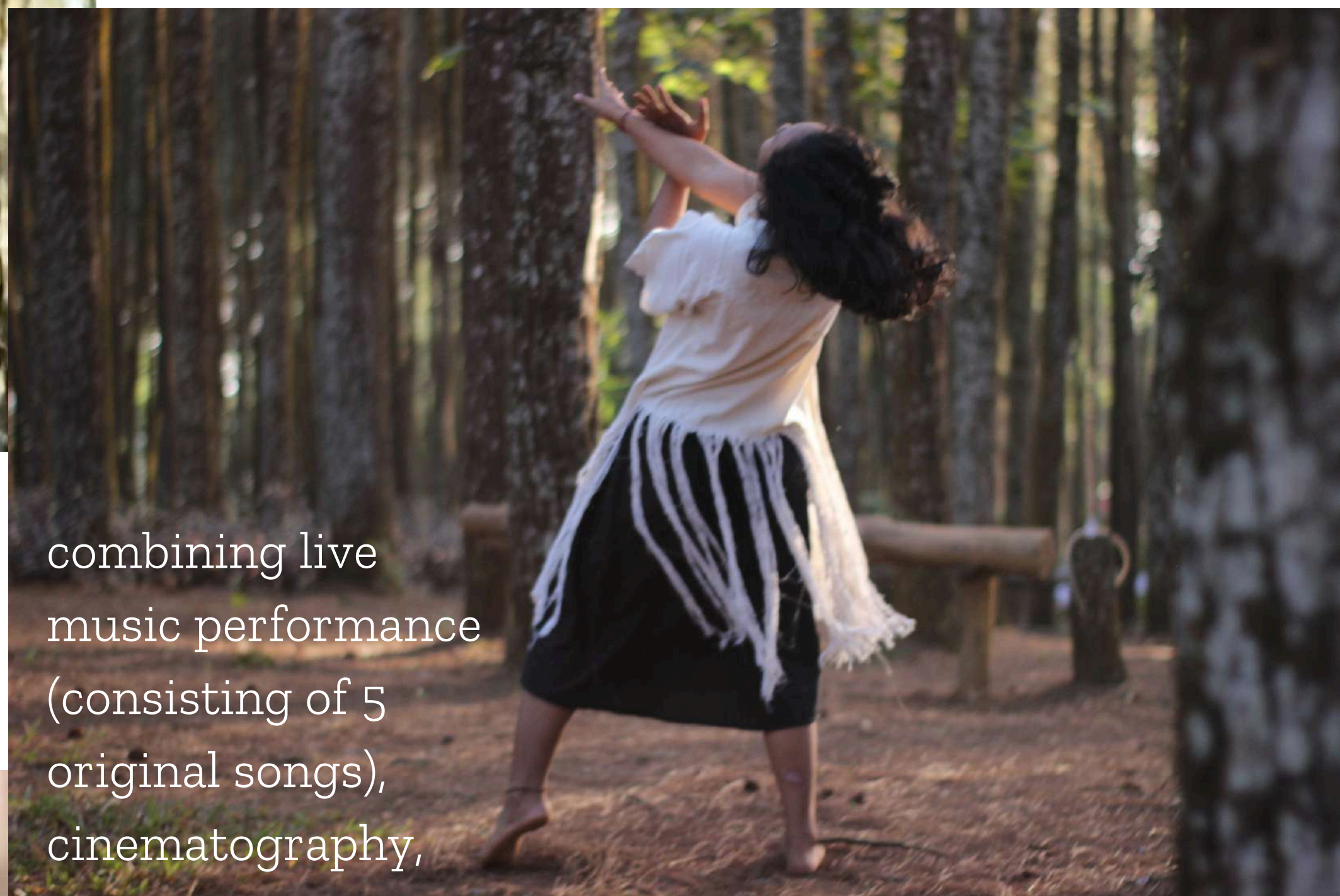


Kita sudah di rumah
Already home

Description: part of 1 hour of cinematic video based on 5 songs about healing journey in cultural symbolism from Lamaholot Tribe. 1 of 14 chosen submission in Garin Workshop - Galeri Indonesia Kaya, a programme mentored by a nationally acclaimed movie director (Garin Nugroho).



"LEAH", an annagram of the word "HEAL", tells a story of a little girl, trying to make sense of the world in her immediate surrounding: questioning home beyond its literal meaning, while searching for her roots in the Lamaholot Tribe.



combining live music performance (consisting of 5 original songs), cinematography, theatre, and movements.



APPLIED ART
(DESIGN &
YOUTH
EMPOWERMENT)



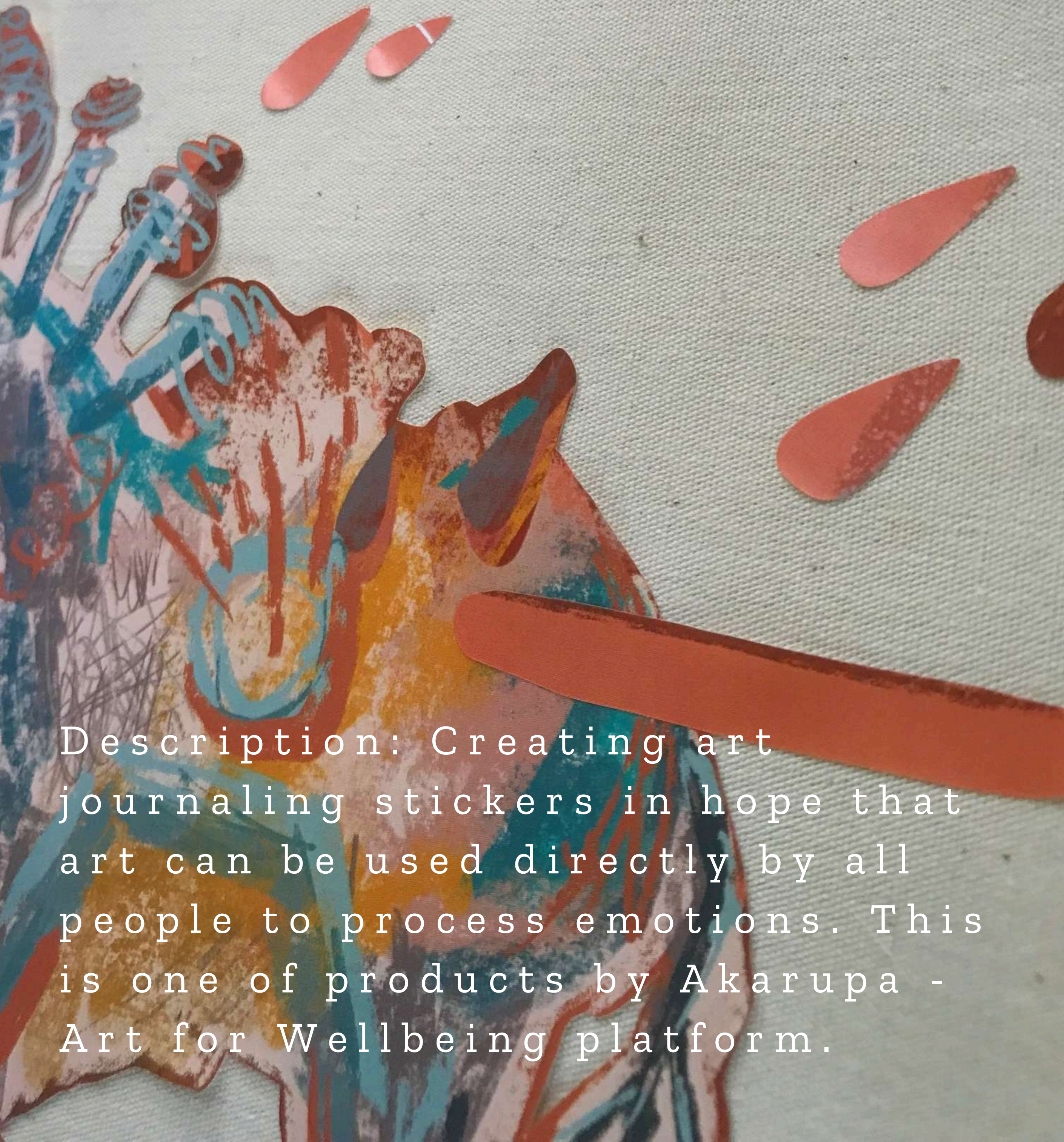
"EMOTIONS, REMINDERS"
ART STICKER SERIES

Year: 2023

Medium: Vynil Art Journaling
Sticker (15x15 cm each)

to hide, "Barbie
about his visit to the precinct.
Pierce told him—Broome acted
tonight. They

sometimes,



Description: Creating art journaling stickers in hope that art can be used directly by all people to process emotions. This is one of products by Akarupa - Art for Wellbeing platform.



"BICARA
DEWASA (INTO,
ADULTHOOD)"



Year: 2023

Medium: a digital artwork (processed from an acrylic painting on canvas), an album consisting of 8 songs, and collage stickers for participatory art sessions



An artwork for an album that contains theme of the struggle of adulting. An invitation to reflect about growth & self-journey using art as the medium: through music and visual art. An art sticker is also created as the tool for the audiences to interact using collage / art journaling sessions.

[Activity Link](#)



"BICARA DEWASA"

Gabriela Fernandez

...ara
...ntuk
...lupakah
...tertawa? kau



terlalu cepat,
u tumbuh dewasa!

... situation and couldn't get out
... sly battered, he'd
... When truly faced
... actually could?

... situation and couldn't get out

... sly battered, he'd

... When truly faced

... actually could?

ARTIST STATEMENT

As an artist, the nature of my work is therapeutic, participatory, and improvisative. I work with different kinds of mediums, ranging from music, visual art, design, collage, to even movement and creative writing.

My method is not meant to be a displacement to clinical services, but to take a role in establishing safe, helpful, and supportive communities that are bound through art. It is complementary, but hopefully can be more sporadic, as mental health issues are also a pressing global issue that we are facing. We need all the force from multiple sectors to take part in this, including art and collective practices.

Therefore, I do art not only to send messages or raise awareness about mental health issues, but also give (hopefully) direct solutions as methods to help people increase their wellbeing. I believe art has a huge power to provide infinite benefits towards all people, not only as viewer or passive audience, but actively participating in it, being empowered to create their own art for a specific theme or need. I have been collaborating with communities / organizations, or making independent workshops / art sessions for the last few years. Most of these methods I developed are collective in nature, encouraging people to have power and confidence as well as empathy and creativity. This kind of art, in this context, has been used not focused on the result, but on the process, and how it becomes the medium to create a support system in a safe space for groups and collectives.

My local, collective traditions in Lamaholot culture have also inspired me greatly in creating my method. My role is to translate the essence and transform them into therapeutic art practices that can benefit so many people. This method has been used in various settings, such as industry / company personnel retreats, mindfulness communities, young people & teens, etc. I witnessed firsthand how art is universal: it can greatly benefit people even without the same cultural background (I have been doing my workshops in many places across the nation, even with people from other countries too).

I wish to continue this tradition by transforming it, and give back to the community all across the globe. I want art to be more accessible in ways that can give direct benefits towards humanity, to be less exclusive and more inclusive in the form of applied, participative art.