

## The Mitigation of Memories Project



Hello Friends,



I would like to invite you to join us for a community-involved project exploring memory reconsolidation (RRT). The project will use layering of photographs printed on silk (I will do the printing) onto another image on silk. Participants are invited to two activities:

1. Join us for a Zoom call on Thursday, June 16<sup>th</sup>, at 7:00 pm AZ (and Pacific) time to learn more about memory reconsolidation and the project. We will be joined by a special guest, Dr. Marianne Roccaforte-Gardner, a professional counselor and researcher in the area of creativity. I am thrilled that she can join us. Please see below for more information about her.
2. You can participate in the project by emailing one or two photographs representing a memory you would like to alter through layering it atop another image.



This project is for anyone who is interested in learning about mitigating traumatic memories. And who doesn't have some trauma in their background? Some have more than others, of course. As visual art, the endeavor serves as an introduction to the process of easing those memories (there will also be more resources for anyone desiring to delve deeper into the subject).



The artwork will be installed in a clothesline style between poles erected at various sites in the future, such as festivals and events. There will be an existing layer of landscape photos on silk that your photograph/s can be layered over. The silk is translucent; so images blend together visually. This serves to reorient the memories. If you would like to layer your photograph over a different photograph, you are welcome to do that. See the info below please. Participants are welcome to stop by and pick up their photo/s printed on silk or let them live on for other public showings. My hope is to share a helpful tool for individuals suffering from uncomfortable or painful memories. This also brings community connection to other participants and at the public showings. However, please note that this artistic project, as well as related community events and discussions, is not intended to replace professional services by a licensed mental-health provider.

To participate in the Zoom call: email me, Cherie Buck-Hutchison, at [cherie.buck.hutchison@gmail.com](mailto:cherie.buck.hutchison@gmail.com) by June 15<sup>th</sup> to receive the codes to log in on June 16<sup>th</sup> at 7:00pm.

To submit a photograph (or two if you have a specific layering in mind): send a clear image to the same email. Include whether you would like your name added onto the image and how you would like it spelled. The deadline for photograph submissions is *July 1, 2022*. Please include your preferred email to receive updates on the project including where to pick up your image if you would like to retain it and/or attend the first showing.



Dr. Marianne Roccaforte-Gardner

Dr. Marianne Roccaforte-Gardner is a college educator and counselor for more than thirty years. She specializes in working with artists across disciplines on issues related to creativity, identity, communication, and career development. Embracing the tradition of humanistic psychology, she has designed and taught a variety of counseling courses at Paradise Valley Community College in Phoenix, Arizona. Currently, as a consultant, she provides individualized coaching for creativity development, as well as personal-growth workshops tailored to fine and performing artists. Marianne is a lifelong musician and the author of *Bridges in the Mind: An Artist's Handbook for Everyday Living* (Benu Press, 2010).

*I am looking forward to working with everyone on this project. I hope you can join us.*

**Cherie Buck-Hutchison**

All images and rights are the possession of Cherie Buck-Hutchison unless stated otherwise:

A Healing

Cherie Buck-Hutchison

Desert Light

Just the Two of Us

A Heart of Coral

Dr. Marianne Roccaforte-Gardner (photo courtesy of Cherise Briggs-Hand)

I am deeply grateful to have this project funded by the Arizona Commission for the Arts' Artists Research and Development Grant.