Exploring Embodiment on Zoom
Body Mapping Online

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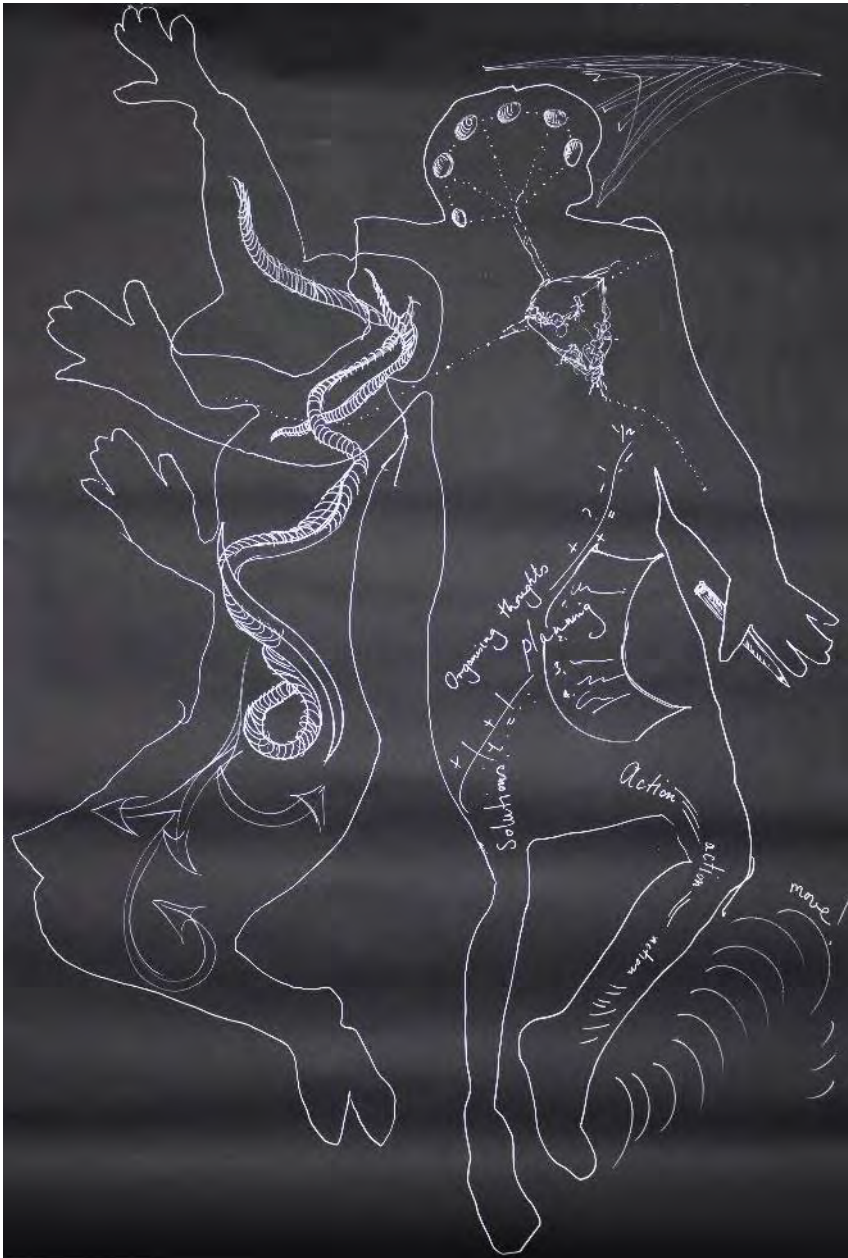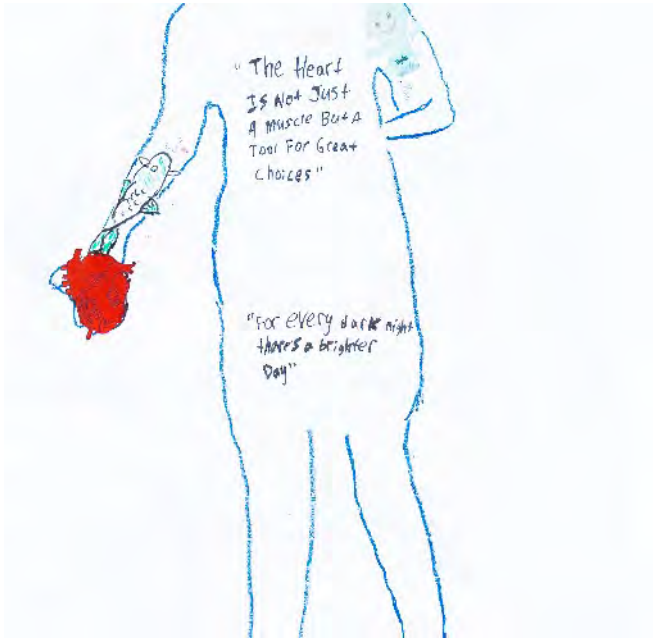
Professor Katherine Boydell (Black Dog Institute, UNSW)

On behalf of the *Women marginalised by mental health, disability, or refugee background* project team: Yamamah Agha, Jill Bennett, Alise Blayney, Ainslee Hooper, Bronwen Iferd, Julia Lappin, Caroline Lenette, Cindy Lui, Apuk Maror, Jacqui McKim, Akii Ngo, Jane Ussher, Ruth Wells, Yassmen Yahya.

Body
Mapping
Method

Body Maps created for various projects run by Prof Boydell and team; *Keeping the Body in Mind, Body Mapping Anxiety, Body Mapping at AGNSW*
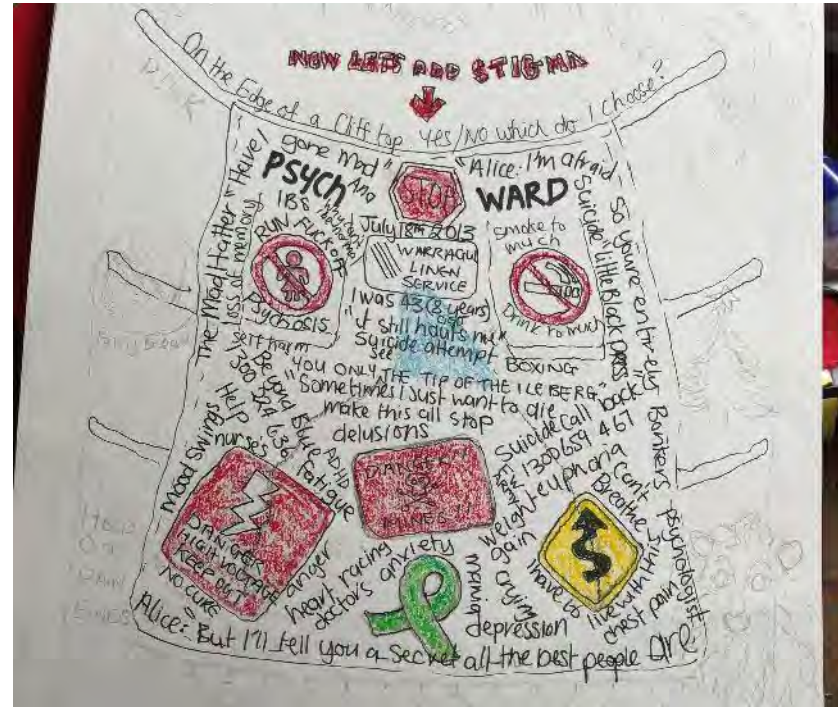
Four Challenges

1. fighting boredom and nurturing engagement
2. fostering a sense of connection online
3. ensuring participant safety and support
4. logistics emerging from body mapping solo

Body Mapping with high school students experiencing anxiety and depression

1. fighting boredom and nurturing engagement

"I really loved all those little exercises, I was looking [back] at my note-drawings…I actually came up with much more creative things… [in] just this short exercise"

Sketches produced during preparatory exercises

2. Fostering a sense of connection online

A participant hold's their sketch to the screen

"being in a group of people that you don't even know and having that time to do the activities that we did, and then share them, and connect with other people's experiences and how they represented it in drawing and words and things like that, was just – it's been an amazing experience"

3. ensuring participant safety and support

Safety and Learning Agreement
1. Respect other people's sharing
2. Don't share what you've learnt in the workshop – respect privacy = *what happens in Vegas stays in Vegas!*
3. Don't judge ourselves – these are our stories and there is no right or wrong way to tell and represent these
4. Be open minded about whatever comes up for ourselves and others
5. Be understanding and supportive of other people's experience
6. Know that sharing your experiences can be hard but sharing will help others explore their experiences too. Be mindful of practising safe disclosure and purposeful storytelling in the group. Only share what you feel comfortable with and try to be mindful of potentially triggering yourself and others
7. Have respect for the diversity of lived experience in the room
8. Respect different learning styles in the room – be mindful and respectful about the different ways people learn
9. It's okay to be vulnerable and authentic
10. Make sure we take care of ourselves, nurture ourselves, look after ourselves during and after the session

4. logistics emerging from body mapping solo
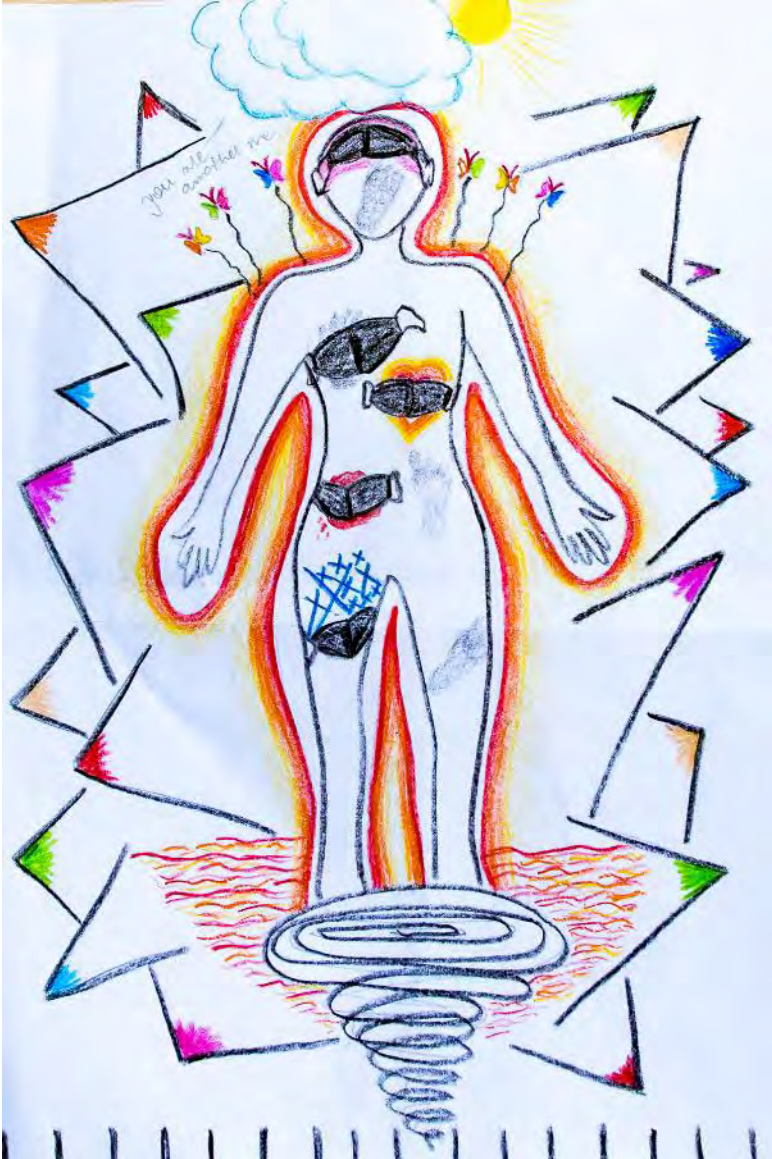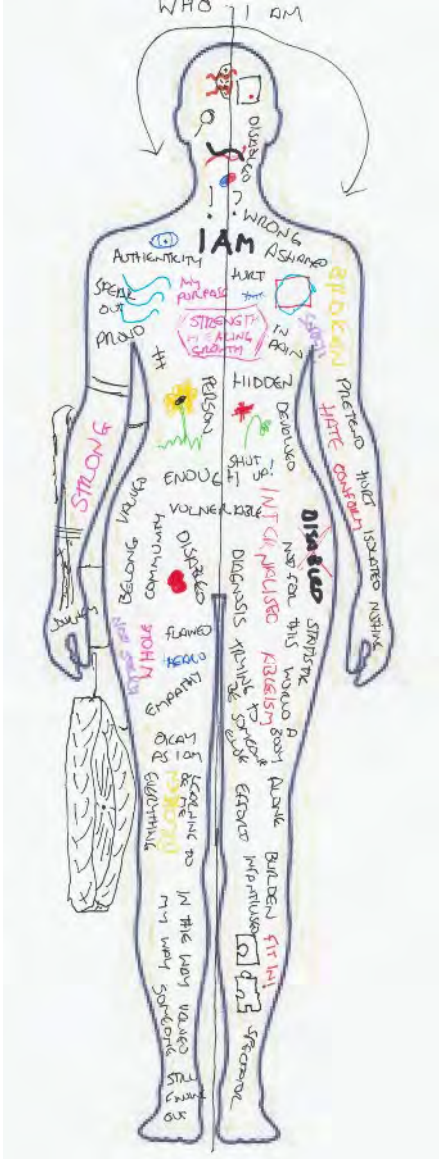
Alternative mapping approaches

Methodological strengths:

1. **Accessibility**
2. Connection
3. Space
4. Data

Participant Map

Methodological strengths:

1. Accessibility
2. **Connection**
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Participant Map

Methodological strengths:

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Methodological strengths:

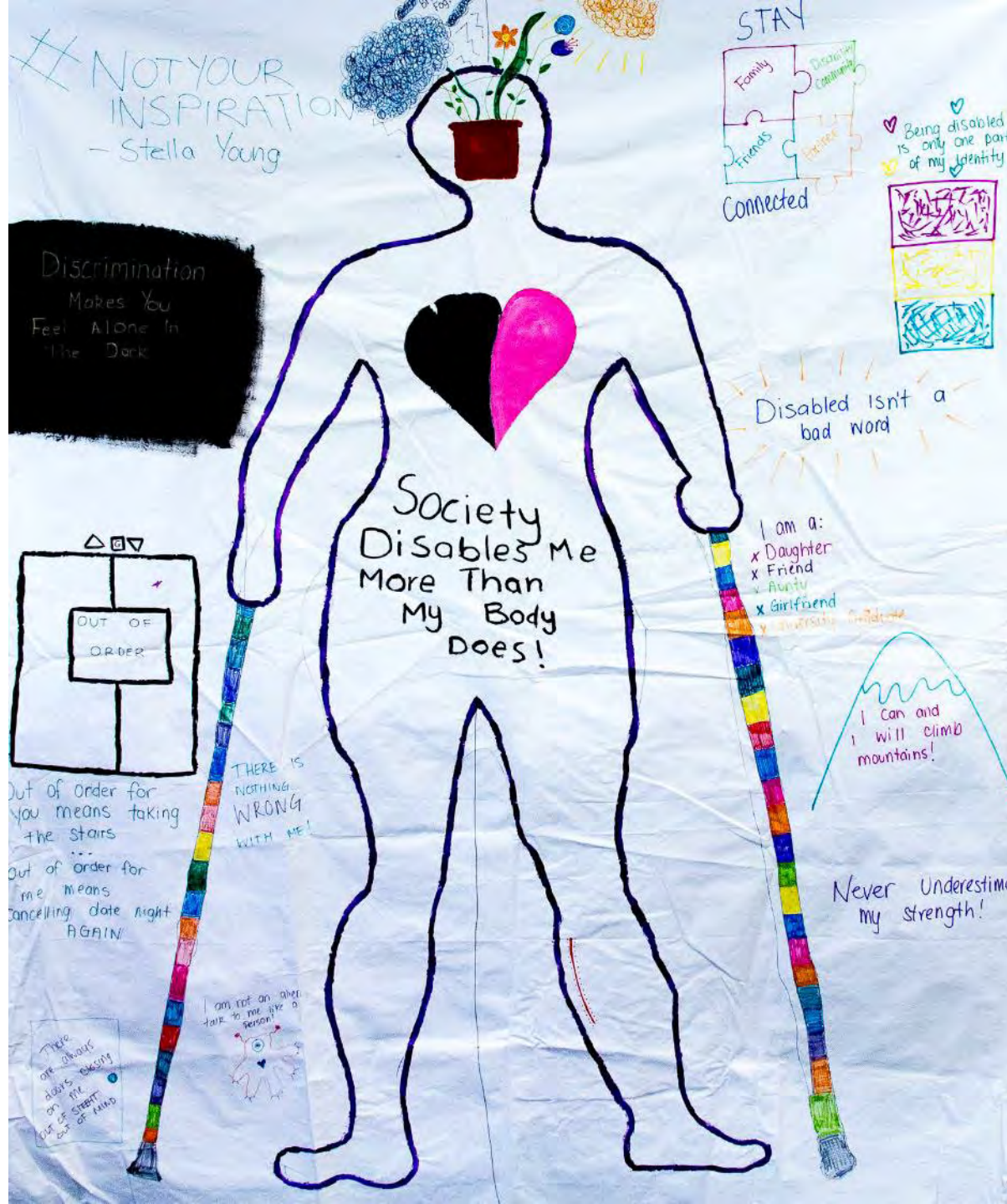1. Accessibility
2. Connection
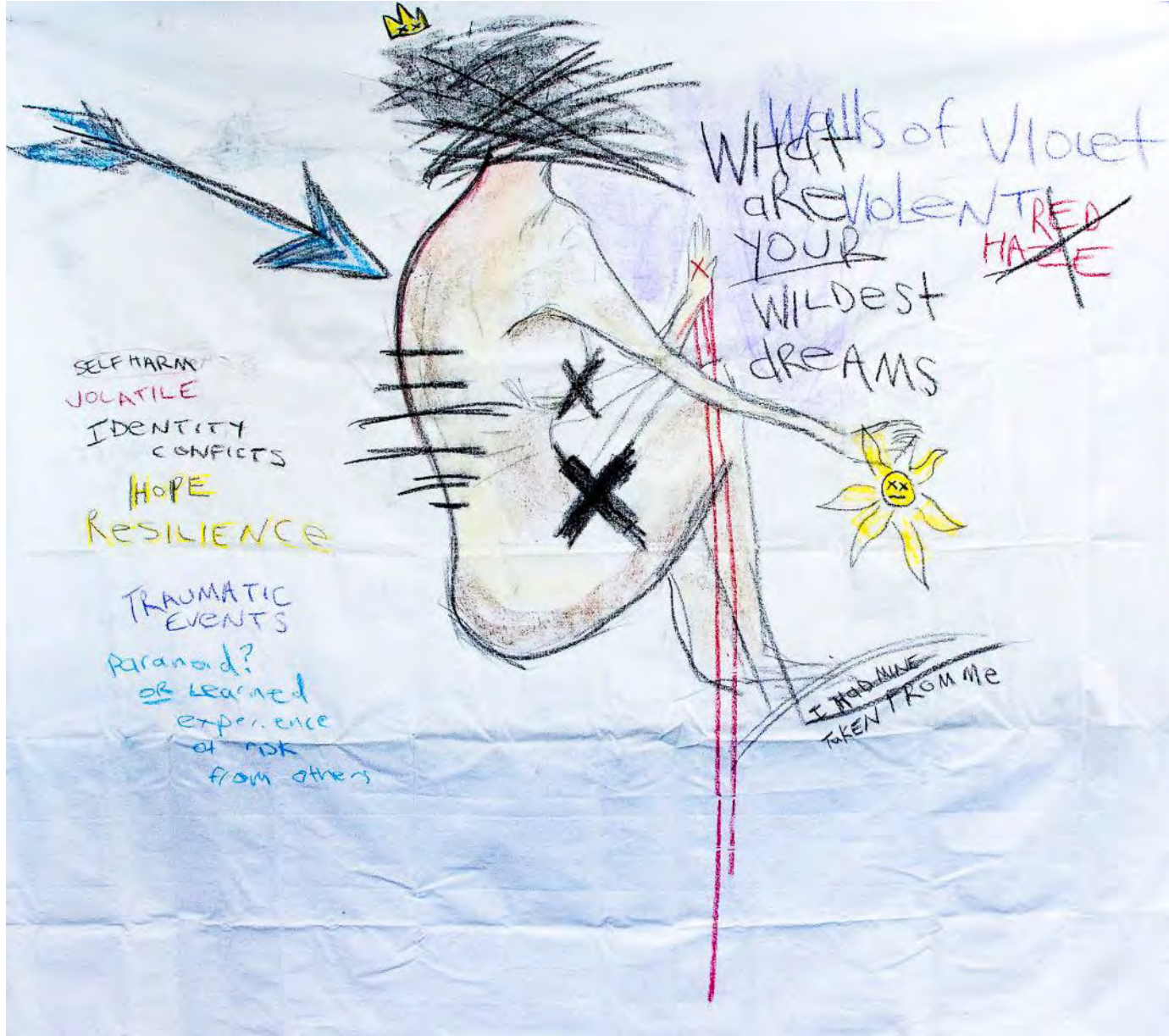3. Space
4. Data

Participant Maps

Methodological shortcomings

1. **Logistics**
2. Access
3. Web foibles
4. Sharing

Methodological shortcomings

1. Logistics
2. **Access**
3. Web foibles
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Participant Map

Methodological shortcomings

1. Logistics
2. Access
3. **Web foibles**
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Participant Map

Methodological shortcomings

1. Logistics
2. Access
3. Web foibles
4. **Sharing**

Participant Map

Embodiment on Disembodied Zoom?

Participant Map