

## How are you healing?

### An exhibition about aspects of healing

Healing means wholeness – wholeness of body, mind and soul

Many of us become ‘broken’ in some way during our lives. What can we do when that happens? How can we find a new pathway to wholeness and travel our own ‘healing journey’. While we have the capacity to heal ourselves from some kinds of brokenness, often we need help and this often comes from connecting to something outside ourselves: from other people, or from nature, or arts or spiritual belief.

Healing journeys are not just about us as isolated individuals, they can be about relationships, families, groups, outdoor spaces, and the whole world.

This exhibition explores various aspects of healing. The material is primarily drawn from members of the public in response to the question, ‘*What does the word healing mean to you?*’ We have considered themes within the exhibition and the work has been loosely grouped into themes that include: 1) the many ways in which we can be ‘broken’ 2) the need for connections to others and to the world around us, and for love and care; 3) healing at the end of life’s journey and the possibility of a good death; and 4) wholeness and oneness.



The exhibition offers insights into concepts of healing and invites audiences to reflect on their own experiences. The curators welcome your feedback and responses to the work.

The material shown comes from research that a team at Exeter University have been carrying out with members of the public in the West of England between 2015 and 2017, with financial support from the Institute of Integrative Health (IIH), based in Baltimore, USA. The research team includes Professor Paul Dieppe, Dr Sarah Goldingay and Dr Emmylou Rahtz, of Exeter University, aided by many other colleagues in many countries, most notably Professor Sara Warber from Ann Arbor, USA.

The exhibition has been designed and produced by the artist Deborah Weinreb, with the help of Musgrove Park Hospital’s Art for Life team. As part of this project, the Exeter team has also been collaborating with Art for Life,

supported by the 'End of Life Group' in Musgrove Park Hospital, on their poetry project being led by nurse practitioner and writer, Allison Day.

The research team would like to thank Exeter University and the TIIH for financial support, Deborah Weinreb for her wonderful design and production work, the Art for Life team of Musgrove Park Hospital, Sophie Hope for her curatorial input, as well as all the many people who have assisted us with our research on healing journeys.

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