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Summary of my Sept. 21st meeting with Professor Jen Hall to discuss my first set of notes and sketches, my thesis intentions, and how to streamline and navigate my thesis project.

Revisions from first ideas and sketches:

1. Instead of trying to capture what bipolar is I will attempt to capture my experiences as the child of a mother with bipolar. I will begin this journey by interviewing people with similar stories. These interviews will be informal with the goal of finding similarities on which I can gauge what was normal (or not) in my relationship with my mother. I will also answer the interview questions. The interview questions are: [Bipolar Interview](#)
2. The catalyst (my own interpretation of the interview and my memories) will serve as a gestalt for one large scale sculpture made from malleable materials
3. I will begin collecting materials to help navigate my own feelings and experiences; reed, some wire, hardware, and perhaps found objects.
4. I will engage the viewer into the experience by bringing them close through small, tight, spaces, and to step back from invasive parts of the piece, all of which emulate the cycles of the disorder I experienced with my mother.
5. Bipolar can stretch out, trickle out into relationships quietly, slowly, gradually, until the persons affected realize that they have become entangled in the consequences of the disorder. Not only is family affected but relationships with friends, colleagues, and community can be altered and strained as well. This sculpture will represent “ the human cost, the human exchange” (Hall, 2011)
6. The installation of this piece will be just as important as the construction. It will be site-specific. MAJOR CONCERN: If I create this in my studio on Cape Cod how will I get it into the gallery in Boston? I would like it to be fairly complete by summer.
7. Nouns/phrases for bipolar. (These will increase with interviews)
 - knots
 - joints
 - disconnected vortexes
 - spiral
 - tendrils
 - A multitude of sounds, like the wind, fell into (mania)
 - a rhythmic pattern. (mania)
 - What wholesome root that twists and seeks the light (from [bipolar poetry](#))

8. What are action words for bipolar. (These will increase with interviews)

- Unravel
- Unglued
- disconnected vortexes
- spiral
- tendrils
- Colors, light, numbers and language formed exhilaratingly intricate patterns intertwined by connections, or a common thread of meaning. I was manic for the first time. (from [Ryan's Story](#))

9. Key words and phrases I found helpful and important (shared with me during my Sept. 21st meeting with Jen Hall):

- Weaving of people's lives over time
- A disjointed story
- Fear of being like the person with bipolar
- The view of us embroiled into the performative aspect of the disorder.
- Represent when relationships make form and when they fall apart.

10. Online medical research

- [In his own words: living with bipolar disorder](#)
- [Ryan's Story](#)
- [Positive things about Bipolar](#)

11. Ten aspects of the bipolar experience which should be manifested. These need to be fine-tuned/adjusted so that my experiences are at the center.

- 1) A lot of energy and creativity, sometimes euphoria
- 2) Energy and exuberance: mania/ hypomania
- 3) Erratic behavior
- 4) Unfinished things
- 5) Break-with-reality episode.
- 6) Extremely irritable, so severe that it interferes with relationships
- 7) Rapid speech; talk rapidly, one sided conversations, interrupt
- 8) Multi-dimensional: spiral? Malleable materials?
- 9) Drama- rapidly cycling
- 10) Racing thoughts that can't be controlled or slowed down.

12. Artists I have researched and filed. I am inspired by their use of materials as well as the aesthetic qualities of the work created by these artists:



[Shea Hembrey](#)



[Aurora Robson on the Great Indoors](#)



[Zip tie sculptures](#)



[Fiber Artist Ellen Dickinson](#)



[Chiharu Shiota](#)



[Laura Ellen Bacon](#)



[Nathalie Miebach](#)

13) Scientific information:

Bipolar Types (from webmd.com)

There are several types of bipolar disorder; all involve episodes of depression and mania to a degree. They include bipolar I, bipolar II, cyclothymic disorder, mixed bipolar, and rapid-cycling bipolar disorder.

[Bipolar I](#)

A person affected by bipolar I disorder has had at least one manic episode in his or her life. A manic episode is a period of abnormally elevated mood, accompanied by abnormal behavior that disrupts life.

[Bipolar II](#)

Bipolar II is similar to bipolar I disorder, with moods cycling between high and low over time. However, in bipolar II disorder, the "up" moods never reach full-on mania.

[Rapid Cycling](#)

In rapid cycling, a person with bipolar disorder experiences four or more episodes of mania or depression in one year. About 10% to 20% of people with bipolar disorder have rapid cycling.

[Mixed Bipolar](#)

In most forms of bipolar disorder, moods alternate between elevated and depressed over time. But with mixed bipolar disorder, a person experiences both mania and depression simultaneously or in rapid sequence.

[Cyclothymia](#)

Cyclothymia (cyclothymic disorder) is a relatively mild mood disorder. People with cyclothymic disorder have milder symptoms than in full-blown bipolar disorder.

[Bipolar Spectrum](#)

Learn about the bipolar spectrum, what it means, and how bipolar is categorized.