

Speaker 1: Okay. Well, I was wondering if to start and for the context of the interview if you could give an introduction to the exhibition?

Speaker 2: Yeah. It's that I have presented an exhibition of for different audiences. it can be a bit difficult. it depends on who is in the audience because i find it is slightly differently depending on that so when I talk about this exhibition to medical staff or researchers from the departs of medicine and health and science i tend to present it slightly differently than if I talk to someone in the humanities or in the arts. So the first place they say, yeah, so well, I would say if I didn't know the audience so my own kind of just give a short introduction to the exhibition I'm saying so it's it's called on unafraid or fearless. It's an exhibition about anxiety. The question about axniety or mental health boardly or anxiety disorders. So and in doing that it wants to communicate all the facts about anxety, like what is medical about anxiety. Like what happens in the body. how this is part of our evolution so to speak But it also has artistic contributions, where its aim is to try to show more of what it feels like yeah, to have anxiety and you have panic attacks or entering to the more subjective experiences of axiety. For a shorter, nicer introduction, perhaps, thats what I so yeah i would say it is doing two things in a way and it also is divided into two different rooms.

Speaker 1: And do each of those rooms kind of one is the subjective and one is the medical facts.

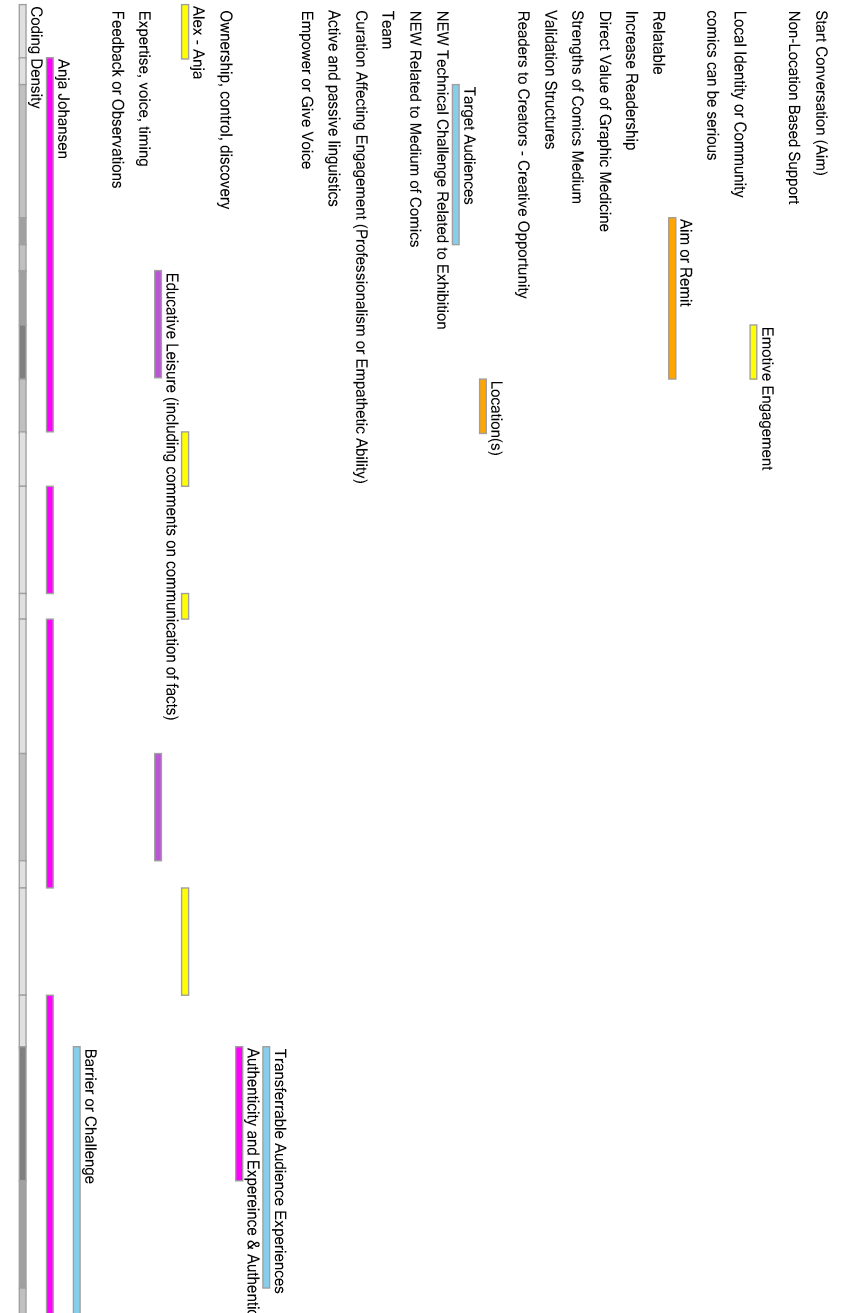
Speaker 2: yeah I would say, that it is also in the layout, well you heard about the presentation at the conference and I would say that some of the images used in the first room are also repeated in the second but are in a different textual context so to speak. A different sort of context - its more factual it talks about the symptoms. Did you want to hear more on that?

Speaker 1: If you have a specific example, but that's up to you.

Speaker 2: Yeah. its the one I pointed out in the presentation. its the one that it is one of the drawings in the first room done by Nina Eide Holtan and that of a woman clenching her stomach. She is sitting on a chair next to table she has her elbows on the table. its i think if I remember its the monster clenching on the stomach and The other one is actually yeah. So she has her elbows on the table one hand on the stomach and one in the hair like on the head So the first room that is part of a narrative of that tells a story of a day in anxiety. its like comics like all on the walls and in the second room as they use it as an illustration like they point to the different symptoms. That's that's related to anxiety. Like we have a stomach aches the headaches along this they kind of pin the words do this illustration. Yeah. I realise it is helpful in the meeting to give you a more visual description.

Speaker 1: That's really neat. And so you had talked about your part in or one of the parts that you did in organizing. This exhibit was kind of figuring out the artist and saying, oh we could we could try graphic medicine or we could try illustration and I was wondering what kind of brought you to propose that?

Speaker 2: Well actually so my boss in the Library she is part of the, what do you call that, part of the working grouu of a museum and so she attended the meeting, well, so and she told me just in the hallway that we had some troubles working on the exhibition it was a challenge to think how they could do,how they could beyond the factual approach to anxiety, or actually in the beginning they were thinking on mental health in a really board sense and then have sections on the different diagnosis and conditions my anxiety anxiety and depression schizophrenia to lay it all out but they soon realize that too much it would be Superfluous. So they I think they were in the the face of or they were thinking they needed something to focus and needed something that would make this interesting as an exhibition because they didn't have a lot of objects to work with. I think in the former exhibitions they had used some some medical technical objects that was the focus on Exhibition. At least the first one that was about ultrasound which was they have some pioneering work at the hospital and the

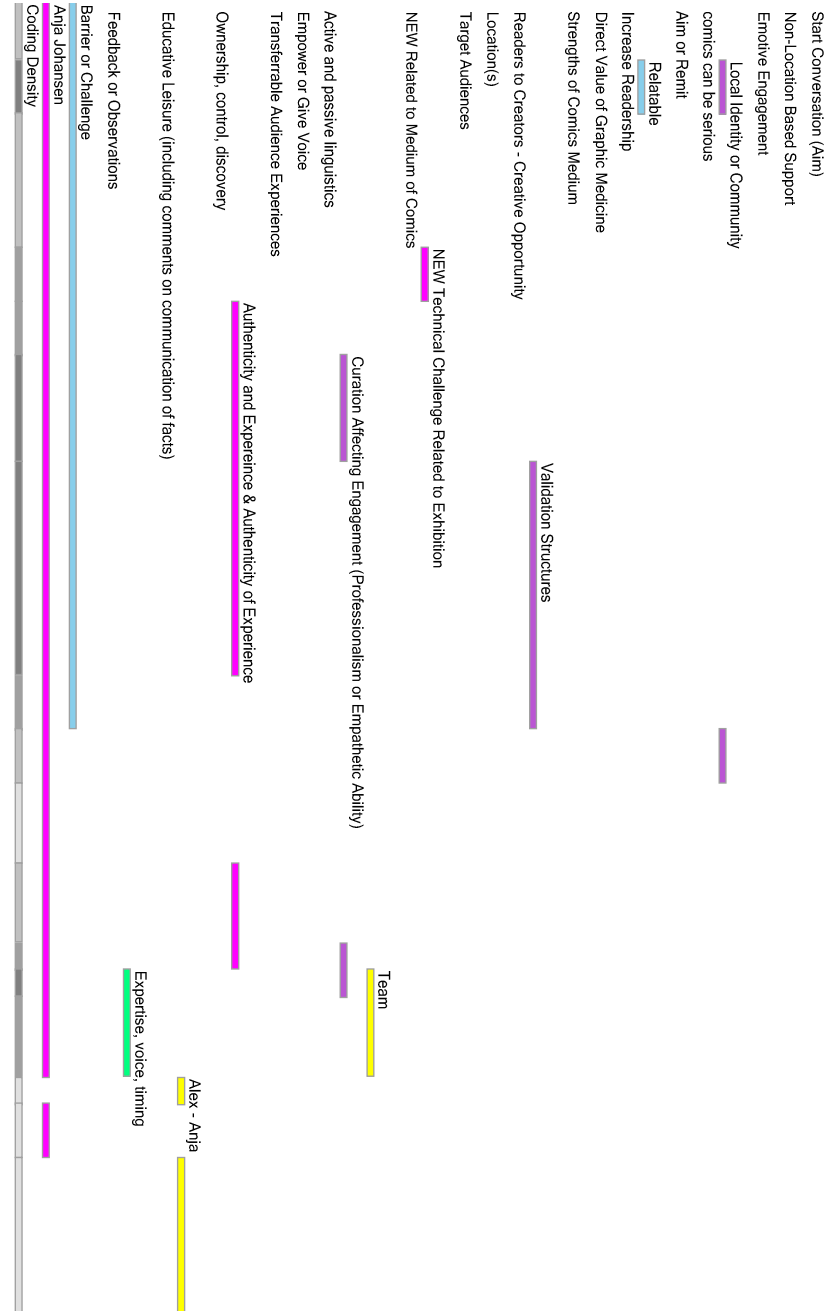


university where people from the engineering and medical sections work together to develop the ultrasound. Imaging for yeah to be used in the, well, what's it called? Well, but when uh when you examine pregnant women to see how the baby is doing **So that first exhibition had a lot of objects. It had a local history. It has on people they can relate it to** and the second one was more about young health and they have this this perspective on health before and now because because they have the two quite different rooms to work with, so that's kind of a challenge because the one is open hall and the other is more like a closed small box like so they wanted to think about how they could use this and this Exhibition about mental health and they know exactly how it should be - it says signed out and restarted well, it's gonna it's three hours until it resets we will be okay its nice to have a warning- Well anyway, they had these two rooms and they wanted to work with that but they didn't know exactly how on the issue of mental health and we spoke about that in the hallway And I mentioned some artists because I've been to exhibition in Liverpool some years ago. It was about arts and health and well. I'm interested in how they combine on some health. So I think initially think about another graphic medicine but I thought about how artists are often good at working with the working with the This one has a spatial communication on how to use a space to create an atmosphere because they wanted to do something more than the facts i said well i attended well they kind of invited into one of the meetings and that i said that we could use some of the graphic medicine and books So I brought some of the books from the library the library collection with me just show them what this what this genre is and that it often points to this the more the more subjective aspects of illness and health what it means to live these things. so we talk a bit about that and how that would be valuable to have that perspective in they exhibition, but they they were they were still unsure how to how to use it in a way. So we're talking about we can do some kind of prints from the comics more or less like they had in the graphic medicine exhibition. at the dotMed in Dublin but then it was actually said in a meeting what if we had a whole wall like we could have an artist come and decorate and then we started to think about any illustrates - Let me know if it's like too short or too long. Yeah, so we decided to talk about what kind of artist and if we had any locally **that we could use** and so we talked about two different illustrators and some images on my phone and because because Nina Eide she has an Instagram and Instagram account and I can find some other illustrations. I didn't really know much of her work but I but I thought you had a nice pen and I and also Remember that she had she had already had had some issues earlier. I knew that when her father had died. She had she was depressed or she had some trouble during that period which at the point I thought it was related To the death of her father, but as you know, it's after this. I realized she had anxiety and that she had experienced it for a long time. Okay. which if you talk she can tell you more one, so it was the art and space angle from the beginning but then we commissioned an artist and also I think because she is an employee at NTNU, and so she could economically - so it was thought that she might be able to do it as part of her research activity, that was part of the negotiations but of course it ended up being quite a lot of work. So

Speaker 1: yeah,

Speaker 2: so I just wondered if you could talk to her more about that because I don't know the details about the negotiations.

Speaker 1: I think that's really like that was actually really interesting to hear kind of like all the conversations that that go into this and almost like the little things you start to pick up on so that was really helpful. That's cool. Yeah. Cuz it's really interesting to hear about how you guys considered the space. And I was wondering for that space if in those conversations they identified like Target audiences



Speaker 2: I don't know so I remember that we talked about, because I only attended one meeting [with the board] and then I spoke with Nina - now I don't know - i think I spoke to Nina before Mona had asked her but I am not sure. You can ask Nina about it but I thought she would be interested. I think before she was asked. I am not sure if Mona asked me to talk about this with Nina first or not. Well and I forgot the question.

Speaker 1: Oh, no worries. I was wondering because of where the museum is that if there was specific like audiences or types of people they were trying to reach

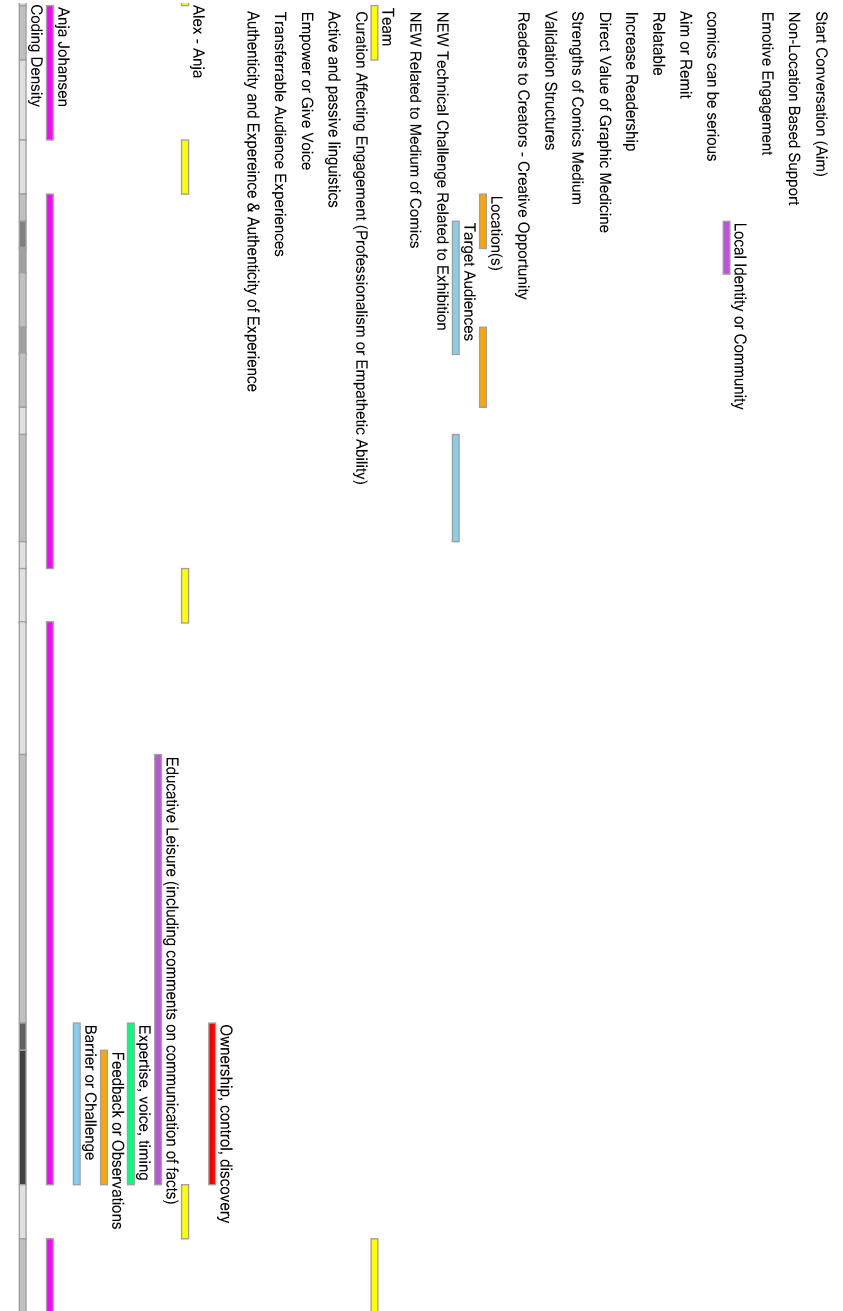
Speaker 2: Well it is an exhibition in a hospital area well integrated hospital university area so they had that mind but they also wanted it to be an exhibition that would be of interest to the larger public so of course there will be students students and researchers within health and medicine there will be staff at the hospital like the nurses and doctors and all the others But also patients at the hospital and their families. Those are the people that they knew would be in that in the area. But that said it's I don't think it's that -. So the museum exhibition is not that visible for people walking around in the hospital. So it might be that it's more known among people that are interested in exhibition . you know in exhibition or in the topic because it has been marketed in the different channels but as far as I remember we talked about this with Mona so she might have a better idea of their target audience but my main `Impression was that it was supposed to be open to the larger public and young people would also be an important Target group because anxiety disorders or anxiety and mental health issues. It's quite common among young people. So they had some, I don't know if your, or if we will talk about the programming of that nature

Speaker 1: Yeah. And and that's fine. We can actually just skip to that is what kind of programming happened?

Speaker 2: Again for the overview or the documentation of that i think, I suppose that Mona has the full excel sheets , so mine will be more descriptions of the events that I remember. I don't have the full programme, but the main programming was like the Opening of the exhibition and with some lectures. But again, yeah, if you haven't already is ask you can ask more about the titles and the names of hte people that gave lectures, but as I remember it was two lectures in medicine that was on the same day as the opening. and that was. Well the medical aspects of it. so Anxiety as I remember it and also pyschatairy and psychology and that was more on how anxiety works in the body why it it a good thing for us but also when the response becomes too strong, or the stress response becomes too strong that it is anxiety and thats what I remember and they had an event later that Autumn there was a public event in a place called [Docku Sandwiches] in the middle of the city next to a shopping center and it was it was quite in a central area. They have events there quite often so it was part of a project called [Into the] Evening, and they had three speakers, and also about Psychology and Psychiatry and then one in the cognitive development or whats it called Well, I realize now that you should ask Mona now about the names and titles or that I could send you because I have that - i have the links, and that was really well attended **but the thing was that it was. As far as I remember that didn't mention the exhibition or ask Mona about that because I don't remember them. I didn't feel like when I attended they have these events or the second event. I mean, I didn't feel that I knew that it would if it was related to the exhibition and it might have been mentioned in the text somewhere but i mean it wasn't in the lectures, so that was something that puzzled me.**

Speaker 1: And so is this like the looking at mental health for younger people was that like a part of a larger remit that the hospital was doing like and the museum?

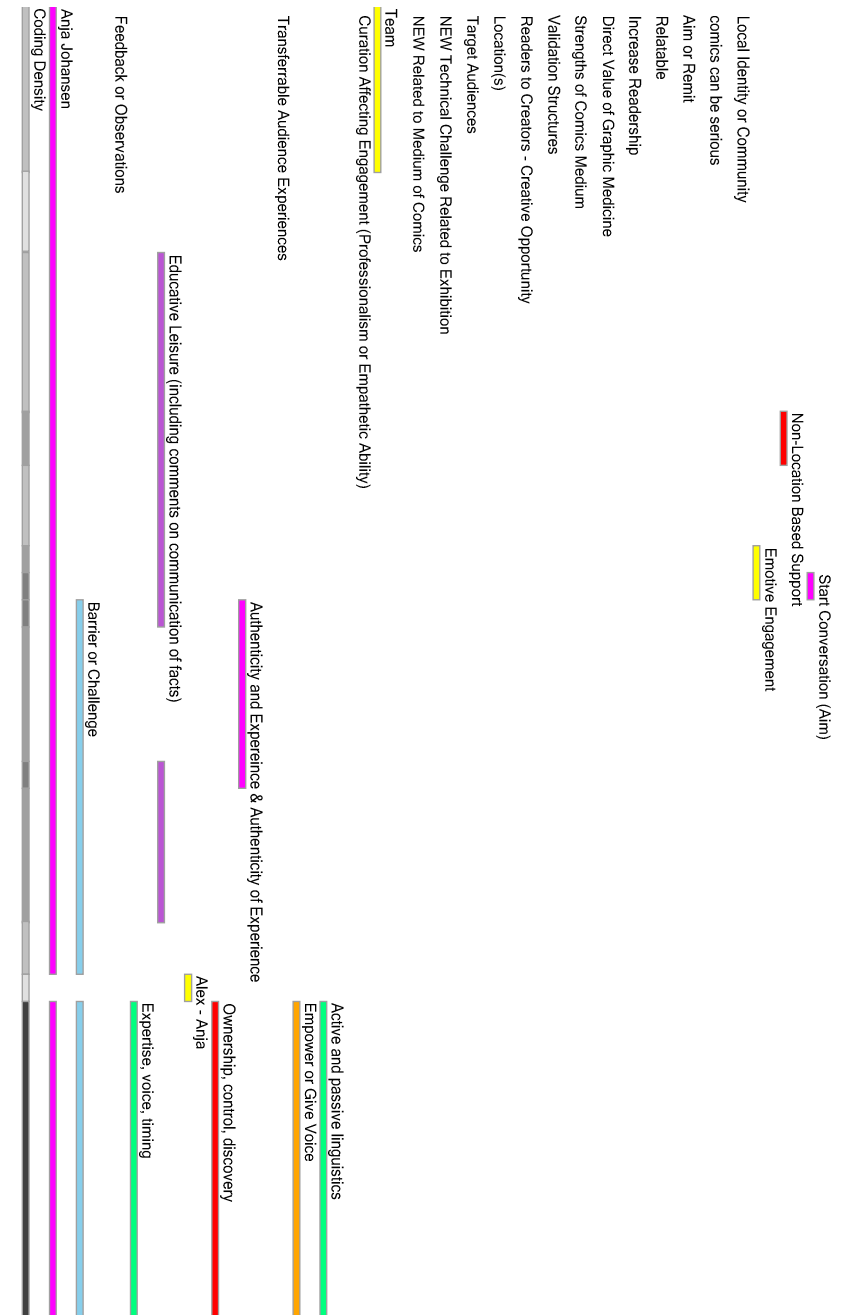
Speaker 2: Yeah, i just found it here online, so this was part of, because I had just attended a meeting, when the exhibition was more or less finished and actually after this was finished and i attended a meeting with a publication advisor with the faculty, he was the leader of the



museum, and Mona and Nina and Marte, the two artists and curator, and I am thinking we discussed like how we could promote the exhibition more than the way like In addition to all of the faculty usually does or of the faculty and the museum because so that's actually a person you could but you might want to speak to you. if you have time shes called Nome, She works as a publication advisor at The Faculty. She was responsible for a lot of the. Like she helped she helped promote the exhibition. They have a they have a researchers loved and have they happen to have a Twitter account and Facebook page and it was visible in all those channels, and she was involved in the planning this event in the city centre, Into the Evening, and there was that same spring actually, it's for some March 20th is called mental health. What is, i have to Translate it, it was What is sick what is healthy and what is true? We had lectures on why, yeah, and so it was a experiment three experts in mental health and thats Also focusing on how all of us experience being depressed or having the dark thoughts or being a bit down. I think in a lot of these lectures they were pointing a where's the limit between what is within the norm and what is more - when it becomes an illness? And when should we seek help - and in the exhibition? As I remember? They were very careful about suggesting any kinds of kinds of treatment also bit like they were anxious about it. **So they had some leaflets to kind of national helplines. like on mental health or a pubic one so as a museum even and for other universities or at an integrated university hospital they didn't want to suggest anything, any kind of treatments in the exhibition and as far as I remember they don't have any statistics about what kind of treatment, help either becuase as i remember it it seems that wasn't their focus becuase they wanted more to show - more to talk** about in what you have **people kind of start to talk about it** and to acknowledge that Anxiety can be a lot of different different things. So they didn't want to - becuase it is individual - I think that is what this is about. also from the committee: it is very difficult to know what will help. before you know the patients, so thats, I had some people that asked about that means an exhibition on the Sunday and they said oh they didn't talk about what we can do. Also it is kind of that idea that you want to have some advice on but anyway i think that was a good thing that they didnt present it as an easy thing that could be fixed - that it had a clear treatment. But in the talks and the events they did they could give more on what kind of advice that could help and they had One of the doctors in Psychiatry talked about this and stigma and what is mental illness and what we could do well in the lighter cases some common things that helps us. , one of the other speakers from Psychology i think he spoke alot of this You always have to believe in your thoughts and about how we get hung up on bad thoughts so those circles and all this so they went more into that. But in the announcement of the event the exhibition isn't mentioned. So perhaps I shouldn't talk about all the events that happened with the exhibiton.

Speaker 1: but I think that they're all they're all related in a way.

Speaker 2: Yes, its part of the programming from the faculty anyway so i think my main concern would be that they didn't really include the artists in these events so when they invited people to speak they still made this kind of well when it comes to the exhibition they wanted to include both the perspectives of art and science or the patients story and perspective of the doctor or health institution so to speak but in these events it was always the Voices of the experts there weren't any of the patients or or no largestnone of the artist that were given a stage. so that was a thing that i felt was missing and that was the reason that We had these events in the library there was a podcast that was in the autumn like the exhibition opened in late March. March - April becuae it was world day in mental health it was 10th of October so we invited to this Podcast series and asked the pyschologist and we asked them if they wanted to have a dialogue with Nina about the exhibition so that was actually how i got



to know a bit more about her experiences. There is of course a recording but again in Norwegian. So, its avaiable, also a lot of people attended the event.

Speaker 1: and was their kind of like because the library is the library located in the hospital as well or?

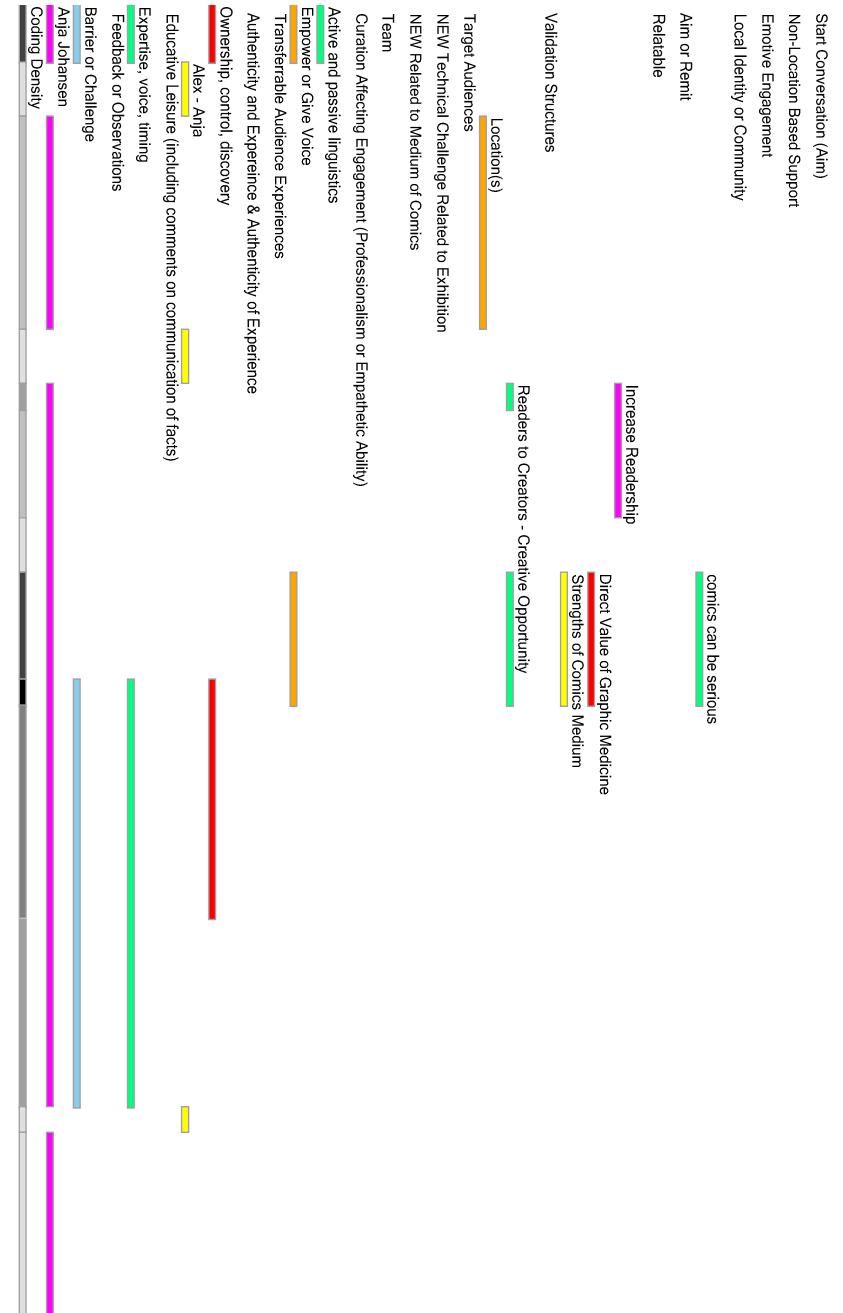
Speaker 2: Yes we are in the same building as the museum. We are on floor number two, so the entrance floor we will call that floor number one, so we're on floor two, or the entrance to the library so the library is on floor two and three, and the medical museum is next door on floor three but its unfortunately we don't have a door or an opening between the museum and the library because well for Practical reasons because we did have a this alarm gates and they want to install more like a second second pair of alarm gates and in the end of the Library so yeah. so its in the same building and so we would also ask people to go see the exhibition after that, the Podcast in the library.

Speaker 1: Yeah, and with that was there. Kind of like any other programming or did you highlight parts of your collection during this time, too?

Speaker 2: So what we did was some weeks later we had a drawing workshop So I should say so. part of the exhibition as I've mentioned there was also a small collection of books that we have in the library and a small kind of A4 sheet of an attempt of Defining defining graphic medicine and of course, as we know it can be other things but we chose to select on it as like kind of like kind of a genre and I know that's I wouldn't say that in the graphic medicine conference. But that was a way that was easy for people to understand I think so it was a genre in a way that was about patients perspective. its using the format of comics on the topics of medicine and of mental health. So that was so [technical interference] to add to the practical aspect of graphic medicine we wanted to have a workshop to show that it could also be about doing the drawings yourself of drawing as a kind of treatment. and I think Nina the artist. She also wanted to show that that they have been an important part of her recovery - actually working with the drawings because that wasn't so You know at the opening that is also interesting because Nina knows more about this because I don't think they were asked to speak at the opening. Yeah they were present and they names were mentioned but they were kind of mentioned along all the others that had contributed to the exhibition, so thats yeah, again i feel, i don't know how much we talked about this, but yeahs, there was this feeling that they didn't know how to deal with having included artists. They were very anxious about how people will respond to that exhibition and they wanted . Yeah. So I think a lot of the artists that of the like the colleagues and friends they were a bit puzzled about that. They were presented and again, allowed to speak about their work, and part of this i think and you can ask Nina of course, their, and i think Nina either didn't want this to be personal story and how to present this as a subjective, as a subjective experience but not her personal story. because in the process you're trying to kind of distance herself to make it less of a personal story so unlike a lot of the other graphic memiors this was an attempt of having a more extracted experience of anxiety could feel like but she was clear that she didn't want and the committee, that didn't want it to be her story specifically, so I think I might have made it difficult to know how to give her a voice. or how to, yeah, you can ask her that.

Speaker 1: Yeah.

Speaker 2: I would like to know more about that more about that myself actually. Yeah but i think i might have come slightly off the question - yeah we were talking about the drawing workshop - that was for the medicine and psychology students so that was really and we got funding for that from them to pay the salary - to pay Nina a salary and to and for some of the equipment, that was from the mental health day in Norway and we framed it as a with a topic and also i think, well that is a Norwegian word I don't know how to translate. It means - ah thats difficult - It has it has to do with opening up yourself - being helpful, but also like





giving warmth or Yeah. that's the idea - be a person that invites people in order to be accommodating but not only in the more polite way but it's like be a real human or something like that so we had to speak about this that using the drawing could be a way of understanding the patients a bit better about understanding yourself a bit better and to get to know how your feelings. Yeah, that was the framing of that workshop and we had 20 people that signed up and 12 or 11 that's actually attended and they were really happy about it so yeah we have an evaluation of that of the workshop so if you want to more about that you can also ask me or Mona. So that was again was to try to show that graphic medicine could also be about doing the drawing and how that comes together. But we didn't do a lot of highlighting of the collection more than that we had some exhibited in the museum and that we had we have a book exhibition of course in the library and we referred up to the exhibition on the floor above so we kind of we had that during that period

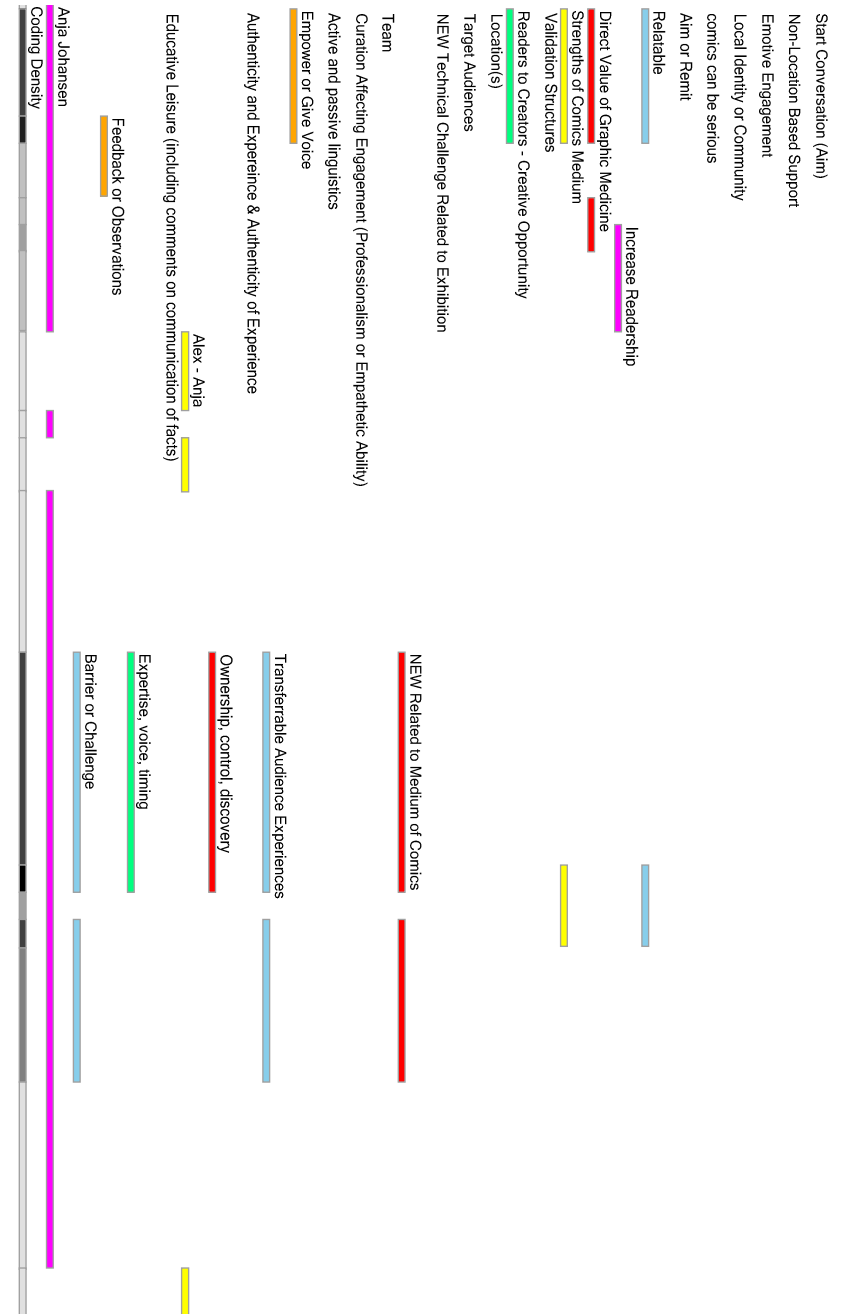
Speaker 1: yeah, and I actually just have although you might have already discussed this one already, but I just have two questions left and one was were there any particular challenges to the exhibition?

Speaker 2: Sorry the cat cried - what?

Speaker 1: Was there any particular challenges to this exhibition that you haven't discussed already?

Speaker 2: Well, yes, as I said I feel like I have been a bit in and out of it because I heard, as I said I spoke with my boss and then got invited to one of the meetings and then I spoke with Nina on that because I know her, actually I attended her art classes and her medication classes and I have been so we know each other so I asked her how it goes and all this so and after a short appearance [as she might mention] and that she want to do poet to work along with them and I got some hints like here and there because I have kids in the same in the same kindergarten kindergarten as Marte and so I met her there and said how's it going so but I I remember Nina's spoke a bit about this It was difficult to convince the committee about what kind of imagery they could use in the exhibition. so they had I think that was a that was something they spent quite a lot of time on and of course, that's something you should just ask Nina about but my my impression was that that was that was difficult because they were not familiar with or that they had a lot of ideas about what we function as kind of imagery could be kind of dangerous or I was thinking about the iconoclasm or the that images you feel are really really potent and that you have to handle those with care so I think that this was interesting how that came up and she had to work a lot with **this with the symbolism in exhibition like how to make this more Universal how to relate to kind common metaphors how to make it a bit softer**. I remember that she mentioned that a lot and and **the poet also mentioned that it was interesting to work with the art and with the in this context also with the language because they were kind of different kinds of languages in genres and with the images so because she often writes the poems and as she uses a lot of verbal images, but you had to take that down because it was it would be too much to have it like the images of from the text and the images from the illustrations**. So I think they tell the things that I remember the mentioned about during the process at least. And then they also had some ideas about how to use the whole area. And actually I think there was this idea that they have been wanted to have some of the prints of one of the images of the last image on imagine exhibition of the big wall with a comic like expression from the other entrance area to the Inner Room of exhibition. And then on the last wall, they had only had a framed image of a kind of big monster and The girl yeah. do you remember from the presentation?

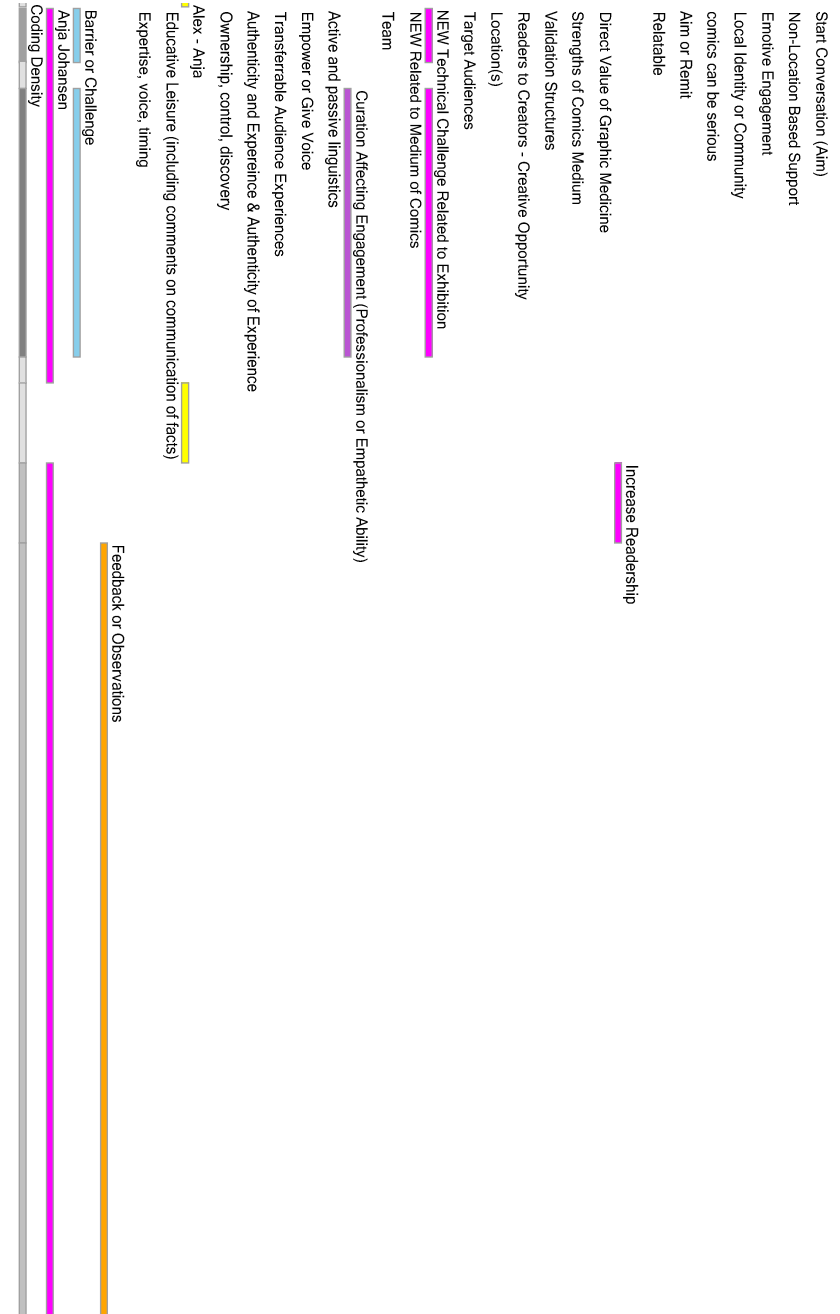
Speaker 1: Yeah



Speaker 2: And i think there was supposed to be prints of that that could be sold in the exhibition but they didn't figure out how to do that and to work with all the issues. They left it to them and i think that that was at the very end and so they had to just do something like the last day before - yeah again ask the artists- but its in like it was difficult to figure out what to do to fill that because its a hallway area so people will be passing through there so so there can't be too many objects either so they had some ideas that they wanted to create a more closed space with some curtains or to make it more cocoon like or more shelter atmosphere. But then again it's would have to yeah, it wouldn't be good to have that in the area because people have to be able to work through them. Yeah. and with the cleaning and everything's yeah, so they decided to have something in the ceiling. Yeah. Becuase the roof,or the ceiling is Really high and has a lot of infrastructure elements not saying the pipes and [mesh] and they wanted to make that space a bit nicer in a way and that was one of the challenges that worked with more a technical one. Yeah and I think that it is better that Nina can talk about the challenges cause she experienced that

Speaker 1: and then my last question was just if you remembered any like if any specific feedback from visitors. Stuck with you, you mentioned a couple things but I wondered if there was anything from the visitors.

Speaker 2: Yeah. Well i attended some of the guided tours where Nina and Marte, so i had the short section of graphic medicine and i also had at the workshop that we did, I just had a short presentation that I did and i brought some of the books and talked briefly about them and then so there were some people from the whats it called the teacher education in art and drama, and there were some of the students that were really excited to do some kind of this kind of some kind of performances in that space. I think mostly because it was the hospital that also because they felt that that would be a nice way of kind of giving you more life to exhibition. Yeah. Like some of them, well i think they always think about what they are feeling and some all the options in that space so and with all the entrances to that space and you can come in and hide behind that corner and well thats like my guess at least so there really enthusiastic - I don't think that ever - well I haven't heard about any or events on facebook that that was something that sparked their interested really strongly, and then of course, well i don't know I think a lot of people really liked it some spoke a lot about so the students from students from language and literature were really more into the. I think they struggle between this type of narrative that they were looking for a narrative that they didn't and they felt it was unclear if there was a narrative and what it is was becuase its more - its not really a clear narrative in a sense becuase its a room But you can read it in different ways. So it's who I think it's in one sense its only the comic wall , thats more obviously has a linear Narrative, but you can do some adjustments yourself. So so they just kind of got hung up on that. Oh, is it meant to be read this way or that way? Yeah, or what do you mean with this image? what does it mean? yeah it can mean multiple things. I think that some of them were a bit frustrated but of course they are its not that they can't handle open symbolism or but yeah they are reading books mostly so it's it's a different format. It's a different medium. And yeah. Of course, there were some of the participants also that the talked about this that they didn't want well because there's this is the box there and says like there could be a spider in there and you are invited to you to take your hand in this - it has several openings. You don't see it and one of them,one of the visitors was like walking towards it was like No and she came a around and was like [body gesture]. and some would [gesture putting hand in] and I know one of the other said I am not doing that. I know- I mean - I am not doing that. and there was also interesting to see how that kind of and that previous people are quite different and they and we use it in different ways and it sparked discussion of what they felt and its okay and why not and it was okay to be afraid of something and to



know your limits. yeah as long as that doesn't hinder you in your daily life or yeah that was interesting.

Speaker 1: That's really cool. I really like that idea of yeah, having those interactive parts of the exhibition to spark conversation or to really challenge people as they're going through. So that's really cool. But

Speaker 2: And that was with Being there with an audience and just observe them. So I would like to have done that much more and I also have this idea that we should have a student in them or a master's student or or a researcher or someone someone from you museology or something to do research on that but. Yeah. But at least you are interviewing us

Speaker 1: Yeah, and hopefully coming and seeing the exhibition which would then make it the example that I analyze in one of my chapters of my PhD? So that's the plan but cool. Um, well I don't have any more questions for you right now, but I wondered if there was anything that you wanted to add that you thought my questions didn't get at.

Speaker 2: Well I haven't really mentioned the guestbook feedback and that made a strong impression. there were some quite strong reactions in the guestbook. because they was a [part] to do some drawings and some of them are quite strong in the sense that they, well i don't remember the exact phrasing, i could look that up but, something like this exhibition really makes a difference and more people should see, it made me think about Difficult times in my life and I'm so happy that I had people around me that helped me go through it and all this. Yeah, so that's really nice that you have this kinda of textual narratives, but also some of the images that are hung on the wall. And this I think is one in particular around blank just a woman like albino female and sitting and how do you say [body gesture]?

Speaker 1: ahh - hunched?

Speaker 2: Yeah, hunched. inwards and with the legs inwards and all these kind of stripes out so like just entering a darkness or you have this kind of outwards I'm not sure about that. but its a really strong image so thats one of the visitors I have. But it think that that was a good thing that they had that option to do to do the feedback in both the written and in the form of drawings.

Speaker 1: Hmm. Well, thank you so much.

