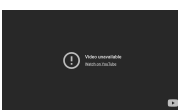




Mental issues:
Depression disorder

Concept: the dance melody will be telling the story of how the patients were trapped in depressions and eventually healed from it.
Presentation: Black-box (room with all blocked up), sound can be irritating and symbolising, and can be collaborated with people, light and shadow.

Reference Pictures:



Dance plan & development:

How should the dance be presented:

What pictures that shows up in my mind

Storyline

Stephanie: Family arguments

Child getting depressed by the situation

The ending: someone who pulls the children out of the depression

Change after discussion: There could be "Somatization symptoms" and other details of pain add in which shows the seriousness of depression

Cora: Grown up women who's going over her daily routine before going to bed

She finished the routine and going to bed, she started a dream

In the dream, her parents were fighting so she wanted to stop them, but she was trapped like there's a transparent wall in front of her

The argument starting to get even worse, everything was on the floor, girl almost got stuff hit on her body, her face, and everywhere

Suddenly she start to have headache, every step she walk is heavy and painful

Then everything has changed, man and dad is each standing one side of the room, before the girl realize what happened, they start to pulling the girl around

They are having a divorce, and they are fight about the girl. The girl wants to run away, but she cannot move her body, she can only getting pulled by her parents.

The more she fight the more she get trapped. Girl give up on fighting against it

Headche again, the girl is holding a rope, she starting to dance with the rope (starting to put the rope around her body, from top to down in circles)

After she put it all around her she suddenly changed, and start to pull all the rope down from her body, but the rope is too tight and she starting to pull her hair, hit her head and scratch her arm.

She starting crying and finally calm herself down, she hold herself so tight and heavy breathing, everything goes into darkness

Next second she woke up and scored and look for the light, it was open beside her

Couldn't think of a nice ending that shows how she finally fight off depression (Cora) (expected ending to be HE)

I consider it should be better to show as BE, because patients will have PTSD after their horrible emotional damage, so the ending should be she haven't totally cure her disorder, but she tried her best. This could let the audience best understand the reality that mental issue patients are facing

Maybe she uses the mirror, like everytime before going to bed she put down the mirror.

I like your idea, maybe she took 3 breath or like 3 steps.

Final decision: Could use light, showing that this girl never closes the light present her PTSD, and in the dream the light close which scored her.

could have more detail on how the girl being hit by the things that came from the fight

Relax and clam sound, like jazz

Frighten sound

My first inspiration:



After the parents found the girl, they rushed to the glass and slapped the glass to try to get the girl out, implying that they wanted to compete for custody. The girl could not cross the glass between her parents, which represented the distance between the girl and her parents. It was also a self-protection mechanism for the girl's quarreling with her parents. Then the girl retreated and farther and farther away from the glass, which represented that the girl had entered the stage of emotional disintegration. This is the emotional stage that the brain often appears in order to protect themselves when depressed patients are trauma. At this time, the girl picked up the ribbon and danced. The more she jumped, the more emotional she collapsed. Finally, the ribbon wrapped around her whole body, suggesting that the girl's body and mind were bound by the problems of the original family and felt painful.

Puppy or little animals crying sound (suffer)

High Frequency

Compared with very directly conveying emotions with ropes, I think ribbons will be more artistic and ornamental. It will also give dance more creative space and convey messages through body language and metaphors. This can also have a stronger attraction to the audience, so that the audience will want to delve into the stories and deep meanings expressed in the works.

While I was having this idea I was thinking about using rope to symbolize "going to suicide", and rope is more rough and impactful for the audience. As well as depression is a heavy topic, I consider it doesn't really need any embellish.

Final decision: Red Ribbons, it can show contrast and using red to symbolize the harm, as well as larger range of artistic performance can be performed by the ribbon.

Research we need:

Firstly secondary research into the depression disorder, what is it? How is it like?

Research into depression disorder patient day to day feelings, interview, book and online research

Going into case studies:

Mark, a 43-year-old man with a long history of depression, who sought treatment after the end of his second marriage. In particular, he recalled his first episode of depression at age 12, shortly after his father abruptly left and severed all contact with Mark and his family. Mark's primary depressive symptoms included depressed mood, loss of pleasure in nearly all activities, excessive guilt, fatigue, difficulty concentrating, and occasional passive thoughts of death.

The patient was a 15-year-old Puerto Rican adolescent female living with both her parents and a younger sibling. Her parents presented with significant marital problems had been separated several times and were discussing divorce. The patient was failing several classes in school. The patient's medical history revealed that she suffered from asthma, used eyeglasses, and was overweight.

Stephanie: I interviewed my friends and I discovered most of the people who has depression cause by family issues, therefore I consider storyline could start with family arguments.

Stephanie: Dance and story telling

Cora: Music and acoustic expression

What we need to prepare for the performance: