



# INTROSPECTION MUSIC EXPERIENCE

A Unique Experience to  
Put Music to Stories  
about Mental Health





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More information about the IME project, songs, concerts and other results can be found on the IME website:

<https://www.ime-project.com/>

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Co-funded by the  
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## INTROSPECTION MUSIC EXPERIENCE

*A manual for those who believe that Art and  
Music should be accessible to anyone and  
represent all of us*

FUNDACIÓN  
**Intras**

  
**έδρα** social cooperative  
activities for  
vulnerable groups

**K A  
O S**

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## MUSIC AND MENTAL HEALTH

Music is universal, and one of the most popular forms of art nowadays. All cultures listen to music. Music is as old as human history. It has the power to take us on a journey to the world around the artist, but also within the artist – it can be easier to share feelings and emotions through music. For this reason, some artists use their music production to talk about the mental health challenges they (or others) have experienced – since music has also the power to support understanding and acceptance.

Lately, people have come to realise that Mental Health is equally important that physical health. it is essential to look for activities that can relieve our souls, when things get difficult. Besides, art has already proven to be a very valid therapeutic tool for mental health challenges; through Music people express their emotions more easily, without being obliged to use verbal means of communication, it allows us to process both positive and negative emotions, such as happiness, hope, trauma, grief, anxiety, either by making music or by listening to it. The creative process however can also enhance one's self-confidence and appreciation even further.

Additionally, recent societal changes have supported new routes into the music scene for a greater diversity of artists, including those with mental health needs. One of these changes, is a new approach to recovery, which accepts that the symptoms of illness are not always eliminated; the individual does not have to fit into a rigid world, but can learn to live with symptoms and rebuild his/her life in spite of them. In this new context, mental illness and its ability to bring new and alternative perspectives, can be understood as a creative advantage. However, people experiencing mental health problems often have no access to the music sector in order to tell their stories, and the music sector and song-writers do not have access to the alternative experiences, stories and even inner worlds of people who have experienced mental health issues. The result is highly visible in unrealistic songs using a romanticised concept of madness, which fails to reflect the true diversity of experiences. The only way to change this situation is for the musical stage to open up and include people with mental health challenges in the creation process – and this is where the Introspection Music Experience project began.

WE BELIEVE THAT MUSIC CAN CONTRIBUTE TO POSITIVE MENTAL HEALTH Why? Newsletter 1:

<https://mailchi.mp/5f3b233a4b19/newsletter-1-ime>

## WHAT IS THIS MANUAL ALL ABOUT?

This e-book aims to bring the reader closer to the Introspection Music Experience Project from the point of view of all its actors. Through these pages we unravel how this experience has been developed, from its conceptualization to the promotion of songs. We begin by explaining how Music and mental health issues complement each other, how music improves people with psychosocial disabilities' life and also how the experiences of these people enrich the cultural scene, providing it with diversity and meaning.

There are many examples of people with mental health issues who have composed songs about what they feel, think, their doubts or emotional scars; Through this project we wanted to prepare a sample of those songs and interpret them, since they are musical testimonies of the fact that, it does not matter what we feel, we are not alone in that.

After the presentations of both: the organizations and the bands and composers who made this project possible, we talked about the methodology, the sessions and how the cooperation between emerging artists (and not so emerging) with composers with mental health issues, has led to the publication of the Introspection Music Experience Album and 14 video-clips.

We finished this journey full of interviews, talks, songs, events and video-clips with the concerts held. These years of pandemic restrictions forced us to make them Online. Regardless the difficulties, we closed the project with the hope of just having begun to explore something new, not only with composers with psychosocial disabilities, but also with other people who has a lot to say but are usually underrepresented. We have started sessions with women victims of gender based violence and homeless people and at the end of this e-book we also talk about this incipient experience.

Summarizing, this e-book aims to inspire those who believe that Art and Music should be accessible to anyone and represent all of us, and for those, we chart some new directions and include here all the information needed to replicate IME project or to adapt it to their individual realities.





# IME AND THE IDEA BEHIND

Introspection Music Experience is a 3-year long international project, funded by the Creative Europe Programme, that brings together musicians and composers with and without psychiatric vulnerabilities from Belgium, Greece and Spain. During this project, 12 solo artists and bands collaborated with composers with experience of mental health challenges in order to create music together. IME made new audiences aware of real experiences of mental health issues and created a space for diverse communities to get to know each other, initiating a dialogue, sharing experiences, and finally, producing bold and authentic artistic expressions to share with the wider world. The artists used music as a vehicle to talk about the reality of living with mental health issues from a first-hand perspective, and thus contributed to the elimination of the persisting stigma towards mental illness and people living with its symptoms.

For more info about the project download or read IME leaflets <https://www.ime-project.com/ime-leaflets/>

**IME**  
INTROSPECTION MUSIC EXPERIENCE

Introspection Music Experience (IME) is an international project that brings together musicians and composers from Belgium, Greece and Spain.

Visit us:  
<https://www.ime-project.com/>

Co-funded by the  
Creative Europe Programme  
of the European Union

During this project, 12 solo artists and bands collaborate with composers who have experienced mental health challenges in order to create music together. IME creates in this way, a unique space for diverse communities to get to know each other, initiating the dialogue, sharing experiences, and finally, producing authentic artistic expressions about psychiatric vulnerability coming from the grassroots to be shared with the wider world.

The artists will use music as a vehicle to talk about the reality of living with mental health issues from a first-hand perspective, and thus contributing to the elimination of the persisting stigma towards mental illness as well as breaking down the silence around it.

The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein.

This will lead to the organization of an international tour of 12 concerts in Belgium, Greece and Spain and the production of:

- » A music album co-created by artists from three European countries, composed of 16 singles
- » 16 tracks with video clips and video lyrics
- » A documentary film of IME project

**Artists:**

- » Azat Chelvatzian
- » Cristina Tsaliki
- » Nacho Prada
- » Korneel Muylle
- » Katerina Pipili
- » Nassos Polyzoidis
- » Ioannis Bairaktaris
- » Chloë Nols
- » Thomas Werbrout
- » Grounded Theory
- » Naïa
- » Rober y los Optimistas

(Spain)  
INTRAS is a non-profit organisation dedicated to research and intervention in the mental health field.

(Belgium)  
KAO is a non-profit art organisation founded in 2011. Since 2013 it has been developing an Artist Residency in psychiatry.

(Greece)  
ΕΡΡΑ is a non-profit Organisation-Social Cooperative that has been active since 2003 promoting mental health and protecting the rights of vulnerable groups in Greece.



## ORGANIZATIONS INVOLVED





## INTRAS FOUNDATION [www.intras.es](http://www.intras.es)

INTRAS is a non-profit organisation dedicated to research and intervention in the mental health field in the region of Castilla y León, Spain. The organisation's services and programs are based on the recovery approach, empowering people with mental health issues to live a self-determined and self-confident life. INTRAS offers a variety of services and activities such as psychosocial and labour rehabilitation programs, occupational and vocational training, pre-labour workshops as well as counselling and professional guidance. INTRAS' key value is to respect human rights in the framework of health and social services settings, especially in what concerns to people with mental health issues.

Intras has always promoted inclusive cultural actions and supported individual artists with mental health challenges in their creative processes on disciplines such as Music, Theatre, Photography, Painting, Handcraft and Digital Arts. INTRAS launched the musical band 'Calle 61' (Street 61) (<http://calle61.intras.es/>) formed by people who met at the Psychiatric unit of the hospital and shared their passion for music. Their first album 'Hotel sin Estrellas' (Hotel Without Stars) reflects its singular understanding of life (<https://vimeo.com/37300736>). However, people living with mental health symptoms are currently underrepresented in all cultural fields. There are barriers that prevent them from participating in artistic creation processes, we wanted to find effective ways to eliminate those barriers and IME tests one of them.

## K.S.D.E.O. EDRA [www.edra-coop.gr/en/](http://www.edra-coop.gr/en/)

Social Cooperative Activities for Vulnerable Groups (K.S.D.E.O. "EDRA") is a civil, non-profit, cooperative organization established in 2001 and dedicated to the promotion of mental health services while safeguarding the rights of social vulnerable groups. EDRA applies a holistic approach regarding its services, offering aid and support to various social groups. EDRA operates in the following sectors:

1. Mental Health
2. Intellectual Disability
3. Child and Family
4. Vulnerable Social groups

EDRA is also very active in the field of EU projects, having coordinated multiple large scale projects under Erasmus+ (KA2, Sport) and Creative Europe (Culture) Programmes, as well as having participated in numerous projects as a partner.

K.S.D.E.O. EDRA operates in the field of Mental Health since 2001. Therefore, the organisation is very interested in practices that support people with mental health challenges, help them improve their quality of life, raise awareness on issues of (de)stigmatization. In Greece, people used to be very hesitant to openly speak about their mental health state, even to their closest family members. However, due to the economic crisis which started in 2009, people felt the need to talk more freely about the challenges they had to face in their everyday lives; the personal challenges, which inevitably affected their mental health (and continue to do so), started to become collective. Therefore, one could argue that over the years, people have gradually started to think of mental health challenges as a taboo subject, especially young people, who are much more willing to seek the help of a professional. However, there's still a lot of work that needs to be done towards de-stigmatization. In the time of Covid-19 pandemic, where people's both physical

and mental health is at stake, it is very important for our organization to engage in activities that will act in favour of people's well-being.

## KAOS [www.vzwkaos.be](http://www.vzwkaos.be)

KAOS is a Brussels based non-profit art organization founded in 2011.

Since 2015 KAOS developed an Artistic Residency in psychiatry. KAOS organizes projects with artists with or without psychiatric vulnerability.

Our projects also consist of KAOS Talks, KAOS Film evenings, exhibitions, (classical) concerts, publications, ... often in collaboration with cultural partners.

With our projects we set up meetings between people with and without mental health challenges to question the stigma people with psychiatric vulnerability are often confronted with. We do this through our Artist in residency in psychiatry and until now our main focus was visual arts and transdisciplinary projects (performance, dance, theatre). We invite musicians to play at KAOS but were never involved in being part of the creation of music. This European project inspired through different looks on the themes of stigma, music, art, psychiatric vulnerability etc. Together with the selected musicians we found ways to translate our residency programme for them so they could get inspired by the meetings they had and make great music, video-clips and performances. In this way they opened up their own work and how it is to live with mental health challenges towards a bigger public.

For more information about the organizations where IME project was applied visit this section of the project website:

<https://www.ime-project.com/#releases>



Calle 61 Album



Don't Give Up-Dan Meyers-Unsplash



# GLOSSARY

## ARTISTS, COMPOSERS AND ART DIRECTORS...

### ARTISTS

Artists from the music sector, referring here as “ARTISTS”, are the twelve bands or solo artists from the three countries involved in the project who worked together with people with psychosocial disabilities during a period from six months to one year to create one or two songs.

Interview to Thomas Werbrouck/KRANKLAND, one of the IME artists: <https://www.ime-project.com/category/interviews/>

Complete interview to Ál Carmona, one of the Spanish Artist in English:

<https://www.ime-project.com/wp-content/uploads/2020/11/ENTREVISTA-IME-AI-CARMONA-ENGLISH.pdf>

<https://www.ime-project.com/al-carmona-reflects-upon-the-identity-of-rober-y-los-optimistas-rober-and-the-optimistic-people-and-how-proximity-to-mental-illness-influences-their-songs/>

Interview to Nassos Polyzoidis, one of the IME artists from Greece:

<https://www.ime-project.com/category/interviews/>

<https://youtu.be/Z6QBQzokPCg>

### COMPOSERS

Composers with experience of living with the symptoms of mental health issues, referring here as “COMPOSERS” are people who collaborated directly with the musicians, sharing their life stories and time, talking, singing or playing to inspire musicians in their work of producing one or two songs.

Interview to Rober Sanchez, vocalist and song-writer of the Spanish band ‘Rober y los Optimistas’.

<https://www.ime-project.com/category/interviews/>

<https://vimeo.com/560361780>

Interview to Marc, one of the composers from the 20 metres Day Care Centre:

<https://www.ime-project.com/category/interviews/page/2/>

Gardens of my mind, some words from one of our composers:

<https://www.ime-project.com/mental-health-in-athens-music-and-arts-scene/>



### ART DIRECTORS

Art Directors are here to support the artists who trained and helped them to find the ‘soul’ of the songs session by session and to create video-clips and video-lyrics to illustrate them.

Complete interview to Claudia, one of INTRAS Art Directors in English:

<https://www.ime-project.com/wp-content/uploads/2020/11/ENTREVISTA-IME-CLAUDIA-SERRANO-ENGLISH.pdf>



Interview with Claudia Serrano, Artistic Director for the IME (Introspection Music Experience) Project

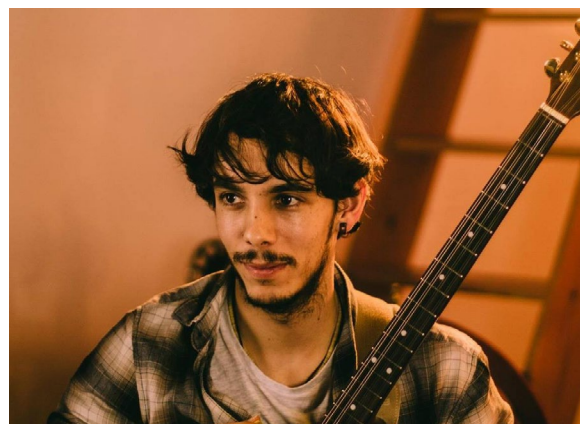


**“When everything clicks is because before it was chaos. That’s how we work”**

The international project Introspection Music Experience (IME), funded by the Creative Europe program of the European Commission, joins musicians and composers from Belgium, Greece, and Spain. Twelve solo artists and bands collaborate with composers who live having symptoms of mental illnesses to create music together. IME is a unique space of encounter, dialogue, exchange of experiences and acquired knowledge, to finally produce genuine material – an album, 16 songs and a documentary film that deals with reality and diversity. Claudia Serrano, Artistic Director of the project and member of one of the participant bands, Grounded Theory (Zamora), delves into the ins and outs of IME and reflects about the power of music and creativity... and about unconditionally believing in others’ capacities. “We all are musicians first”, she affirms.



# ARTISTS



## NACHO PRADA

Nacho Prada started his adventure with music at an early age as a member of numerous bands representing different styles, from rock to folk, as vocalist and instrumentalist. In parallel, he writes his own songs as a solo singer-songwriter, and currently, Nacho is editing a first demo of six songs ‘Entre líneas, refugios’ (Between the lines, shelters).

More about Nacho Prada here:

<https://www.ime-project.com/product/nacho-prada/>

Listen to Nacho Prada on <https://nachoprada.bandcamp.com/>



## GROUNDLED THEORY

Grounded Theory is a music band that was born on a psychiatric ward, in spite of the social and physical barriers of the setting. Ever since its foundation, the band has been working for social inclusion of persons with psychosocial disabilities and incrementing their representation on the Spanish arts scene.

More about Grounded Theory here:

<https://www.ime-project.com/product/music-band-4/>



## NAÏA

Naïa is a pop-rock band original from Castilla y León (Spain), which has produced two LP's: Polaroids (2014) and Doce (2017), and two EP's: naïa (2013) and Cuatro (2019). Naïa has collaborated with Sean Marholm, Iván Ferreiro, Sidecards or La Fuga and performed in numerous festivals such as Festival Autonómico Territorio Bosco, FÁCYL Festival and FASSE Rueda.

More about Naïa: <https://www.ime-project.com/product/music-band-3/>

Listen to Naïa on <https://naiaespacio.bandcamp.com/>

## ROBER Y LOS OPTIMISTAS

Rober y los Optimistas is a rock band with punk and flamenco influences, original from Valladolid, Spain. The fact that Rober Sanchez, song writer and singer has struggled with mental health issues throughout a big part of his life has influenced his songs. The tracks Rober composes are of a brilliant originality.

More about Rober y los Optimistas here:

<https://www.ime-project.com/product/music-band-2/>

Listen to the Rober y los Optimistas on

[https://www.youtube.com/watch?v=x-\\_Fa25iTOk](https://www.youtube.com/watch?v=x-_Fa25iTOk)



## NASSOS POLYZOIDIS

Nassos Polyzoidis is a singer-songwriter, multi-instrumentalist, educator, music theory nerd and PhD researcher. He writes music and lyrics under the pseudonym Nassos Conqueso, as well as for his side project Sakké ConQuésó. He has released 1 album and 5 singles between 2017 and 2019. He holds a Master's Degree in Songwriting from Bath Spa University, an Associate Diploma in Music Teaching from London College of Music and a Degree in Harmony from Musical Praxis Conservatory. His doctoral research explores the common characteristics of blues and rebetiko, part of which has been presented in two international conferences.

More about Nassos Polyzoidis here:

<https://www.ime-project.com/product/music-band-2-4/>



## YANNIS BAIRAKTARIS

Yannis Bairaktaris was born in Ilion of Attiki. His first contact with music was in the municipal philharmonic orchestra of Ilion. He studied music at the Kapodistrian University of Athens and today he is teaching at public primary schools. He is the founder, composer, singer and producer of the “Liber Animus” music band. The band has published an album with “Lyra-Legend” record company as well as two more albums.

More about Iannis Bairaktaris here:

<https://www.ime-project.com/product/music-band-3-copia>





## KATERINA PIPILI

Katerina Pipili was born in Athens and studied Fine Arts at the University of Ioannina. At the same time, she was studying Advanced Music Theory, succeeding a degree in Harmony and Counterpoint. She has attended vocal and jazz improvisation seminars with Zac Bradford and Mario Cowings in New York and piano jazz seminars with prominent Greek musicians. Having performed with numerous concerts in Greece and abroad, either as a solo artist or as a band member, she has collaborated with major musicians, presenting her own compositions as well as a large repertoire of Jazz-Blues music songs.

**More about Katerina Pipili:**

<https://www.ime-project.com/product/music-band-1-4/>

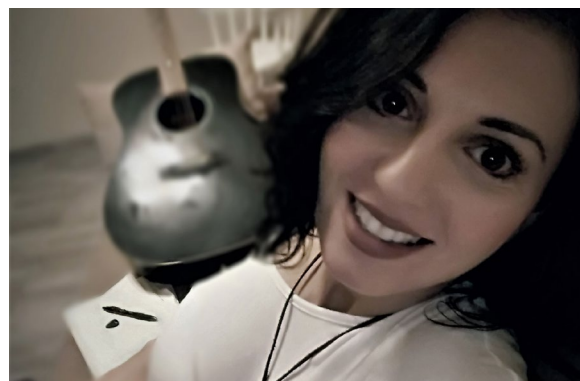


## AZAT CHELVATZIAN

Azat Chelvatzian studied nursing and psychological counselling. She currently works in education and mental health field. From the age of 8-13 she studied piano – keyboards and was part of the students’ chorus in the music school Avakian. During the years 2003-2016, she worked as a singer, following her love for music and songwriting.

**More about Azat Chelvatzian:**

<https://www.ime-project.com/product/azat-chelvatzian/>

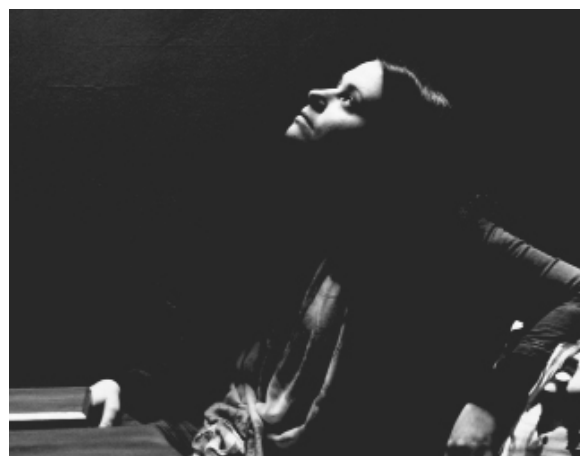


## CHRISTINA TSALIKI

Christina Tsaliki is a writer, lyricist and academic researcher. She studied Philosophy-Pedagogy & Psychology and holds a Master’s Degree in Counselling Psychology from the National and Kapodistrian University of Athens, trained in narrative therapy. She is a research fellow at the Center for Qualitative Research in Psychosocial Well-being, UOA, with participation in international conferences and various publications in scientific journals.

**More about Christina Tsaliki:**

<https://www.ime-project.com/product/christina-tsaliki/>



## CHLOË NOLS

Chloë Nols, a philosopher by training and best known as the front woman of the Brussels band Leonore, has been working on a solo project Vis à vis (<https://www.facebook.com/visavis.musique>) for a few months now. With minimalist sounds, a frail but penetrating voice and touching lyrics about the human psyche and the meaning of life, Chloë tries to remind her listeners that we really are them.”It takes courage to take off your mask,” says Chloë, “you have to dare to look your demons and your overall vulnerability in the eye. I want to work more on that and I want to make mental vulnerability more discussable.”

**More about Chloë Nols:**

<https://www.ime-project.com/product/music-band-1-2/>



## THOMAS WERBROUCK

Thomas Werbrouck (Little Trouble Kids) is the brain behind KRANKLAND. This is a one-way ticket through Thomas’ musical DNA. The compass focuses on the great songwriters (Elliott Smith, Leonard Cohen, Neil Young, Nick Cave, Tom Waits), the blood flowing where it can’t go: sound experiment (Dirty Three, Johnny Greenwood, Sqürl) travels hand in hand with intimate, fragile songmatter. Debut ‘Wanderrooms’ (2016) is the poetic and musical sediment of a tropical year, a reflection of heights and lows, of self-doubt vs. self-confidence, of demons, satyrs and love.

**More info about Thomas Werbrouck here:**

[www.krankland.be](http://www.krankland.be)

**and here:**

<https://www.ime-project.com/product/music-band-2-2/>





## KORNEEL MUYLLE

Korneel Muylle, is a singer-songwriter from Bruges who is known from his band Slow Lee. After he studied jazz in Antwerp he started exploring the craftsmanship of building songs. He is inspired by artists like Amos Lee, Tom Waits, Elvis Costello. Sometimes you can touch something with your eyes closed. Purely based on a feeling. There are musicians that hand out hammers, beat them around wildly and want to conquer the world by force.

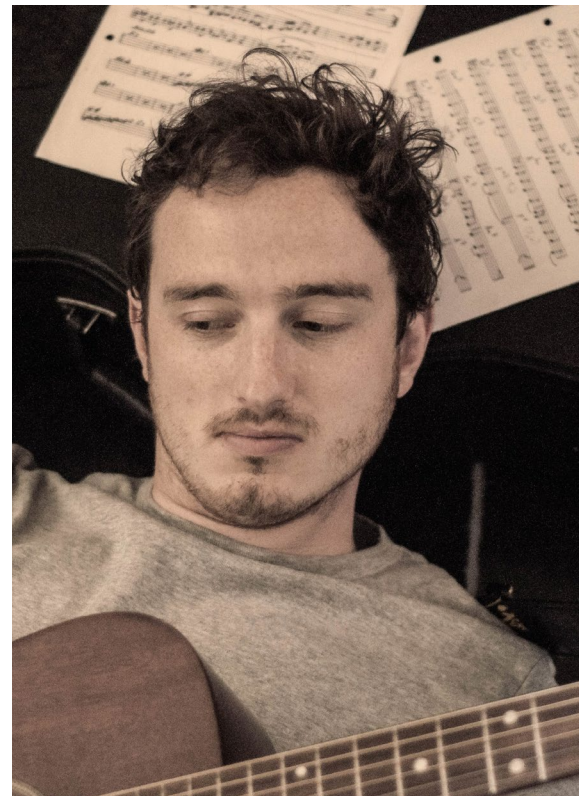
And then there are musicians that silently develop, in the shelter of the day, and release gems at the right time. Korneel belongs to the second category. In his songs, Korneel looks for answers on the less talkable themes in this life. The makeable world turns out not to be as beautiful as suggested.

**More info about Korneel Muylle here:**

<https://vi.be/platform/slowlee>

and here:

<https://www.ime-project.com/product/653/>



## SONGS ABOUT ARTIST MENTAL EXPERIENCES

Learning about the world is human nature; our cultural expressions reflect what we know about the world, and the more diverse experiences we access, a more complete definition of the world we will have. Music diversity leads to richer and more meaningful life experiences for all.

There are people living with mental health issues in all countries, it has no distinction between men and women or between social classes, more than 6 million people suffer from it in Europe, but it still remains as the great unknown, surrounded by stereotypes.

On our IME Playlist you will find songs about mental health issues. They talk about feelings, doubts, fears, hopes, struggling, resistance, thoughts that sometimes hurts... Among this selection of songs, you can find lyrics that describe the mental experiences of the performers. You can find different artists and different music genres to emphasizes how different people's experiences can be and, at the same time, confirms that it does not matter what you are experiencing, you are not alone on that.

To begin with, we invite you to take a look and listen to IME playlist, there you will find some songs from famous artists about the topic of mental health and our interpretation of their lyrics, enjoy.





Singer: Demi Lovato;

**Short description of the song:** This song was recorded four days before the singer tried to kill herself with an overdose. Her vulnerability is highlighted given the context of her struggles with addiction and depression. The lyrics talk about the singer's feelings of isolation and sorrow, as exemplified in the chorus: "Anyone, please send me anyone / Lord, is there anyone? / I need someone", where she screams for help. In regard to the opening lyrics of the song "I tried to talk to my piano / I tried to talk to my guitar", there is a reference to the attempts to find a relief through the music. She "confided into alcohol", she talked to her imagination and to the stars, she prayed. Even so, and despite "a hundred million stories / And a hundred million songs", she wasn't feeling better and she feels "stupid" when she sings because it is not worthy, because nothing changes: "nobody's listening". She desperately tries to communicate her difficulties: "I used to crave the world's attention / I think I cried too many times / I just need some more affection / Anything to get me by". However, it seems like no one is listening, even if she is a famous singer with millions of fans. And this is sadly ironic.

Tags: #help #listening #depression #isolation #sorrow #anyone #demilovato.



Sample of one of the songs included in the IME Playlist.

<https://www.ime-project.com/see-the-playlist/>



# THE BEGINNING OF IME PROJECT

Introspection Music Experience, as any project funded by the Creative Europe programme, required solid procedures to start running. The first activity was to prepare the project proposal and that took us months of work to analyse target groups' needs, find activities to meet those needs and estimate the budget foreseen to carry them out. These topics were openly discussed and jointly planned between EDRA, INTRAS and KAOS, who also consulted associated partners before submitting our proposal, which was finally approved.

The very first group activity was the INAUGURAL MEETING in November 2018 in Valladolid (Spain) and we prepared the project strategy for the next 32 months. One of the main priorities was to bring Mental Health symptoms closer to Music and Music closer to people living with mental health issues. We wanted to represent underrepresented groups in the professional cultural sector and promote identification with the high quality cultural products by all individuals including the ones who live with mental health symptoms. IME project was designed to involve composers into the creation processes, adopting co-creation techniques between them and artists to produce authentic art products and unique contents that only they together could create.

With these ideas clear on our minds, all partners developed their GUIDELINES TO ORGANIZE OPEN CALLS and select emerging artists and composers with experience of mental health issues. This document was addressed at groups of musicians or music platforms locally and disseminated with the support of associated partners as

**Palencia Sonora** (<http://www.palenciasonora.com/>) and **Colectivo Laika** (<http://laikasputnik.blogspot.com.es/>) in Spain. At the end INTRAS selected four bands and involved people living with mental health issues from the 20 metros Day Care Centre, a centre running by INTRAS as well.

In Greece, two different open calls were published on EDRA's website, in order to recruit participants. The first call was addressed to lyricists that had experienced mental health challenges; the second one was addressed at performing artists. Regarding the latter one, emphasis was given on candidates' both vocal and composing skills. Applicants were asked to attach samples of their work. In total, 33 applications were received from both calls. Only three people applied as lyrists, whereas thirty applied as performers. All the applications were carefully examined. Two mental health professionals working in EDRA, as well as the artistic director of IME project, Mr. Christos Kladas conducted the interviews. Finally, three lyricists and three musicians were selected. A few months later one of the selected lyricists, decided to abandon the project; the 5 remaining artists continued to participate in the project on behalf of EDRA.

In Brussels, KAOS collaborated with [Vi.be](http://vi.be) to launch the calls for participants. Out of 50 musicians they selected 3 artists to participate. **Selection of Kornil:** <https://www.ime-project.com/selection-of-a-third-artist-for-ime-at-kaos/> KAOS planned to have residencies with the artists, although Covid-19 restrictions changed plans and they had to look for creative solutions as organise (online) meetings to work forward.





## METHODOLOGY

Why this collaborative approach between composers and emerging artists?

Historically, creativity has been linked to madness. There are many examples of artistic creators who, like Hugo Wolf or Robert Schumann, lived with mental illness. However, and based on more recent studies on creativity and mental illness (Creativity and mental health: A profile of writers and musicians, 2007; Flight of Wonder: an investigation of scientific creativity, 2014), this connection could be merely speculative: There are creative people with mental illness, but as a general rule, creative people do not suffer from mental health issues. Creative people just have creative processes that differ from those of the rest of us. For example, in his book Flight of Wonder, Albert Rothenberg interviews 45 people awarded with the Nobel Prize about his creative processes and none of them suffer from mental illness. Likewise, it is accepted that a certain level of mental stability is needed to produce creative results. In other words, the link between creativity and madness could not only be fictitious, instead what could be linked would be creativity and mental health.

Alternatively, the experience of living with or having suffered from schizophrenia or obsessive-compulsive disorders involves not only episodes of intense motivation, conviction and self-centeredness, but also brings an unconventional vision of reality, which could become a good source of imagination and inspiration towards new discoveries and breakthroughs. Additionally, people living with mental illness escape the social or cultural constraints and they tend to move away from the socially established, general convictions or conformities and these could also trigger creativity.

Following this approach, IME aimed at bringing both parts of the creative process together for an unprecedented artistic collaboration: Extremely creative individuals (emerging artists) and the unconventionality and inspiration (composers). It created the necessary conditions for a musical creation without constrictions, where artists created poetry deeply rooted in the reality of living with mental health issues.



The methodology used through this collaboration was co-production. There can be no doubt that, to talk about mental illness, people living with mental health challenges have to be heard. Opposed to a paternalist approach, IME project consortium believes that people with mental health issues should be included in the artistic creation process, and both emerging artists and composers with mental health issues, found the way to benefit from each other experiences during IME sessions.

Even though it was not the main goal, this methodology reduces stigma, raise awareness, creates understanding and generates knowledge around people living with mental health issues.

Christina Tsaliki opens up about her thoughts and inspiration behind the songs “Collateral” and “It’s a Moveable Feast”

<https://www.ime-project.com/ime-artist-christina-tsaliki-opens-up-about-her-thoughts-and-inspiration-behind-the-songs-collateral-and-its-a-moveable-feast/>

Music sessions by Nacho Prada, one of the Spanish Artists:

<https://www.ime-project.com/music-therapy-workshop-by-nacho-prada/>



# A WEEK TO MEET AND THINK ABOUT ALTERNATIVE CREATION PROCESSES

Several artists argued that inspiration is the key motivator of creativity. In the IME project inspiration stage was crucial for the subsequent development of the project and it started with the INTRO MUSIC WEEK.

Emerging artists had the opportunity to travel to Spain and meet and work together with other artists coming from Greece, Belgium and Spain. During this Week, emerging artists benefited from the experiences of their international colleagues.

The Intro Music Week was designed for emerging artists. It was a European initiative to learn how to make it in the music industry, exchange ideas about alternative creation processes and new business models, benefit from the experiences of their international colleagues with other emerging artists, provide tools to think in alternative ways, make the best of IME's singular experience and present their works in front of fans and influencers.

It was the last preparatory activity, which closed the cycle of inspiration, after it, composers with mental illness continued writing and inspiring songs based on their experience and emerging artists benefited from what they learnt in regards of alternative creative processes and Marketing.

During these 5-day training, experimental sessions were organized, helping artists to define the reality lived by the composers, to abstract themselves from it and finally to transfer it in a more powerful and creative way to the public.

Three emerging artists from Spain (Naïa, Nacho Prada, Grounded Theory and Rober y los optimistas), Greece (Katerina Pipili, Nassos Polyzoidis and Ioannis Bairaktaris) and Belgium (Chloë Nols, Thomas Werbrouck and Korneel Muylle) travelled to Valladolid, Spain from 10 to 14 of February, 2020 and apart from organizing a 'jam session' led by the Greek former musician Christos Kladas and a free concert where they reeled off songs from their respective repertoires, they attended master classes and workshops on composition, musical creation or management:

Sean Marholm, song writer and singer of the Spanish band 'Dinero' (Money) delivered a 1-day session about musical creation, 3Notes management conducted another one about Marketing and Christos Kladas delved into all fields of musical creation, from the most artistic to technical, through commercial and economic. Additionally, each of the 9 musicians gave a workshop to the other participants to share and comment about their different realities and creation processes.

The 'Intro Music Week' added to the individual creation and composition work of musicians some clues to guide their creations which crystallized in the final songs and concerts.

More info about the INTRO MUSIC WEEK can be found here: <https://www.ime-project.com/intro-music-week/>





# INSPIRATION AND CREATION STAGES

For a project as Introspection Music Experience, an Inspiration Stage is crucial for its subsequent development; it was the stage where artists and composers collaborated together and artistic creations started to come to life. Sessions were organized to support this collaboration, which we called ‘The INTRO Music Labs’.

During the development of the INTRO Music Labs, artists and composers from each country had the opportunity to meet, exchange views, share stories about mental health challenges and carry out the inspiration sessions. The discussion on music and mental health constitutes the main source of inspiration, which lead to the final formation of the songs. After all, the aim of the INTRO Music Labs is the production of 4 songs and their video-clips and/or video lyrics.

Following the Inspiration Stage, the Creation Stage started with the ‘Experimental Introspection Programme’. It was the second step of this creative collaboration; everything that was previously cultivated, is now beginning to be shaped. The approach, the activities and the techniques that were defined in the Experimental Introspection Programme, are now used by composers and emerging artists, in order to carry out the co-creation sessions; To support the creative process and take advantage of this unique collaboration, artists and composers count on with the support of an Art Director. His knowledge of the music field and visual creation techniques supported and guided musicians to put Music to the previously discovered experiences, feelings or thoughts from the ‘INTRO Music Labs’. By the end of this stage, the groups had the four songs finished, recorded and remastered.

For more information about the Intro Music Labs, Experimental Introspection programme, individual sessions and activities carried out download the IME working manual:

<https://www.ime-project.com/wp-content/uploads/2021/03/IME-BOOKLET-final.pdf>

Inspiration in music using collaborative methodologies/ stigma. Newsletter 2

[https://mailchi.mp/47ea217bf324/newsletter2\\_en](https://mailchi.mp/47ea217bf324/newsletter2_en)



## Inspiration in music using collaborative methodologies

The IME project seeks to link people with mental health needs with performing artists, to create new musical compositions together. The aim is to produce media that contains authentic representations of the diverse experiences of people with mental health in a collaborative way. The collaborative steps that artists usually follow are: Dialogue, Familiarity, Collective consciousness and Engaging difference in perspective. It is not always easy to collaborate but the whole procedure is very interesting as different perspectives meet and music have to be created. Artists through the collaborative process gain important experience and benefits like their personal growth, the development of their personal relationships, they expand their network and the most valuable, they create something through cooperation that they could never discover alone.

According to Csikszentmihalyi's theory of flow (1996), Sawyer (2006b, 2007) groups performing at the peak of their creative experiences attain a collective state of mind which he calls group flow. In his view, the conditions that favor group flow are:

- a clear goal that serves as a focus for the group, but that is open-ended enough for innovation to emerge, i.e. an optimal balance between structure and improvisation
- close listening and complete concentration
- a sense of autonomy and control on part of each member, and at the same time
- deep relatedness and flexibility in balancing one's own voice with the voice of the group



## IME LABS IN SPAIN

In Spain as in the other two countries we followed the main methodology of the project: co-production where people living with mental health challenges from the '20 metros' Day Care Centre were included in the inspiration and artistic creation processes, and both -emerging artists and composers- found the way to benefit from each other experiences.

Co-production has several possibilities and we explored all of them:

### GROUNDNED THEORY

In Zamora, we counted with the collaboration of Grounded Theory, an emerging group formed just a few months before the beginning of IME project. They inspired us to submit this proposal and convinced us about the benefits of artists with and without mental health issues working together. They met once a week since 2019 to the lockdown due the COVID-19 pandemic and created and produced the song, 'Una y Otra Vez'

Listen to this song here:

<https://www.ime-project.com/our-songs/>

Claudia Serrano, Artistic Director and member of Grounded Theory, tells us about the ins and outs of the co-production sessions. She reflects about the power of music and creativity and about unconditionally believing in others' capacities in this interview, and she better than anyone explains the inspirations and creations stages of the project in a crystal clear way: *"We all are musicians first"* she affirms at the very beginning.

**Claudia's interview:** There are no barriers related to the illness, there's 'only' music.

<https://www.ime-project.com/there-are-no-barriers-related-to-the-illness-theres-only-music/>

### NACHO PRADA

In Valladolid, Nacho Prada, young but former musician who explores like anyone old local sounds and transmits you his love to traditions from the very first minute when you meet him, is also a music therapist. His approach was focused on meet composers and get to know them while providing the right space to express themselves, feel free to contribute and to discover the power of music. He arrived to each session, once a week from six months, with lots of instruments, some of them made by himself and started the session by creating rhythms together. His sessions attracted composers with mental health issues who never paid attention to music and all grew up session by session learning from each other. At the end of the sessions, Nacho has all the material needed to create the song 'Quiérete' (Love Yourself)

Listen to Nacho's song which reflects upon acceptance and empowerment, here:

<https://www.ime-project.com/our-songs/>

Interview to Nacho Prada:

<https://www.ime-project.com/category/interviews/>

<https://vimeo.com/560361031>



## Naïa

For Naïa, it was the first time they worked with people living with mental health issues. The co-creation sessions were focused on get to know each other, talk while exploring songs and rhythms. Daniel G. Lagunar, is the song writer and vocalist of Naïa, who got inspired by the experience of the sessions and finally created ‘Luna Llena’. He usually talks about what he is currently feeling in his songs. His songs bring us to his inner world, and ‘Luna Llena’ has the power to guide us to an unreal, fairly and beautiful place where the moon shines for all, and where a couple look at it as there were nothing else. A moment dreamt by someone who feels lonely and miss one by his/her side. The coproduction sessions did not finished with the record of the song, composers participated in some extra sessions to design the video-clip, they drew their feelings and Daniel G. Lagunar used them to create an animated video-clip.

Interview to Daniel G. Lagunar, song-writer and vocalist of Naïa, where he talks us about the creation of ‘Luna Llena’ song:

<https://www.ime-project.com/category/interviews/>

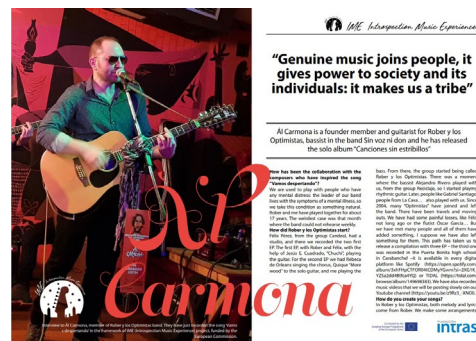
<https://vimeo.com/560361387>

## ROBER Y LOS OPTIMISTAS

Rober y los Optimistas also from Valladolid, organized sessions involved composers with mental health issues in the whole process, from creating the song, to record it. In the recording studio, they had to take turns due to COVID-19 restrictions and the number of people who was there to make the chorus. The sessions took place in the 20 metres center of Intrins Foundation, where Rober, the songwriter and singer of Rober y los Optimistas goes every day. Ál Carmona, one of the members of the band and an active one during the sessions, explained in an interview how they create their songs and how the fact that living with mental health symptoms is not a problem to create music. Rober is a very good musician and a very good guitarist, the repertoire is basically his, his ideas and his songs. The lyrics of the project song, “Vamos despertando”, has been written by Rober and his colleagues at the day care center. Some verses are from ones and some verses are from others. Rober has finished the “puzzle” adding the melody and the rest of the Optimistas have arranged the song. ‘The Vamos Despertando song sounds really well, it has soul’, Ál Carmona said in the last text message received right after publishing the video-clip.

**Ál Carmona reflects upon the identity of Rober y los Optimistas and how proximity to mental illness influences their songs.**

<https://www.ime-project.com/al-carmona-reflects-upon-the-identity-of-rober-y-los-optimistas-rober-and-the-optimistic-people-and-how-proximity-to-mental-illness-influences-their-songs/>.



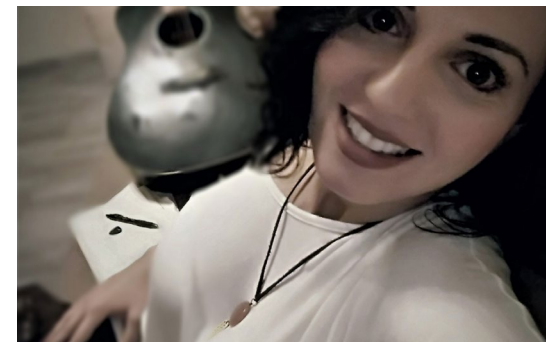
## IME LABS IN GREECE

The Greek team (the musicians, lyricists and the Art Director, Mr. Christos Kladas), implemented 30 meetings in total, during the Inspiration and Creation stage of the IME project. During the INTRO Lab Programme, the artists were encouraged to artistically express themselves as individuals; as a result, their communication and cooperation with the Art Director was really smooth. Some technical and practical problems during the creative stage were confronted methodically, with patience and professionalism.

The sessions, as well the recordings took place in the studio of National Music School, Ilioupolis, in Athens, Greece. The artists worked together for the production of all four songs; John played the bass, as well as the trombone, along with fellow musician George Arnaoutis who supported the team as a drummer; Nassos played the banjo and the ukulele, while Christos Kladas the saxophone. Such interaction empowered the aim for artistic expression and creative collaboration, while it further reflected IME’s goal of initiating a dialogue and sharing feelings through music.

During the first meeting, the participants introduced themselves and spoke about the expectations regarding the project. Mr. Kladas outlined the schedule, the different stages, the goals and philosophy of the project. Moreover, he presented two songs as examples of the artistic goals of IME. These examples were analyzed and discussed in depth.

For the second meeting, each composer prepared two examples of songs about mental health challenges. During the third meeting, the performers had to present their own two examples, which were likewise analyzed and discussed in depth. At the end of this session, composers and performers were divided in pairs and each pair was asked to begin working on the composition of two different songs. Since then, each pair worked separately with Mr. Kladas on their ideas. All pairs were asked to present the final versions of their two songs during the final meeting. The performers brought complete lead sheets and midi-arrangements ready to be used in the recording procedure. The composers brought their work clearly written in electronic form, suitable for studio use (font, size, spacing etc.). Naturally, the performers had to be ready to perform the songs as well.





Interview to Nassos Polyzoidis, one of the IME artists:

<https://www.youtube.com/watch?v=Z6QBQzokPCg>

<https://www.ime-project.com/category/interviews/page/2/>

Each performer presented two songs. Christina was the composer of Nasos' and Katerina's songs, while Azat was the one of Yiannis' songs. After listening to all six songs carefully, the Art Director decided on the four final songs.

**IME Artist Azat Chelvatian shares her source of inspiration behind the songs – “To Teras” & “I Agapi Ola ta Nika”**

<https://www.ime-project.com/ime-artist-azat-chelvatian-shares-her-source-of-inspiration-behind-the-songs-to-teras-i-agapi-ola-ta-nika/>

The next step was the songs' recording; the performers and the Art Director agreed to offer their services as musicians for all four songs. In total, approximately 48 hours were spent on recording and editing. During the recordings, a very warm, collaborative and inspirational relationship was developed between the participants; this undoubtedly benefited the final formation of the artistic product. The whole team worked for all four songs, sharing ideas and trying to accommodate each other's expectations and visions.

**Backstage video which captures the creative process resulted from the co-creation sessions.**

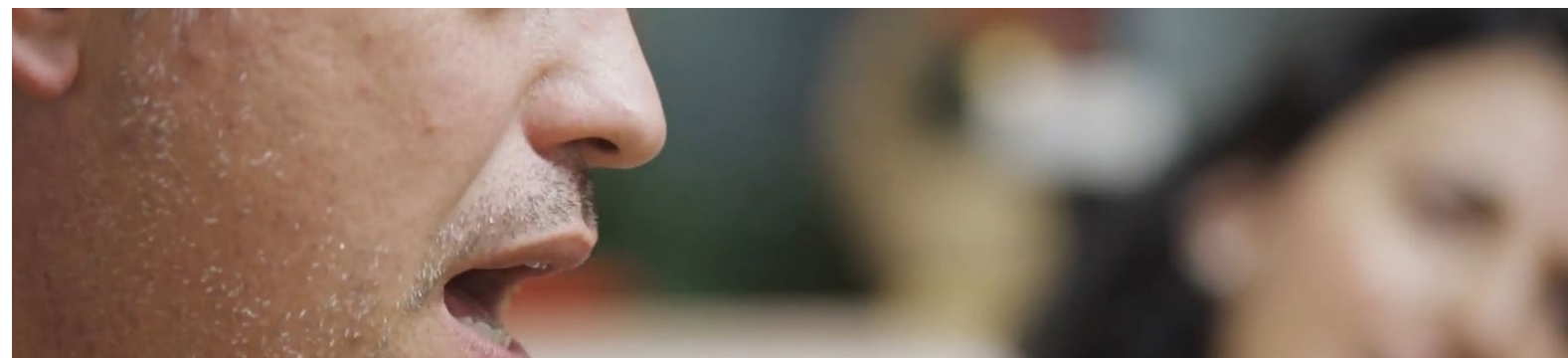
<https://www.ime-project.com/backstage-video-of-the-process-of-producing-and-recording-songs-in-greece-it-captures-the-creative-process-resulted-from-the-artists-warm-collaboration/>

<https://www.youtube.com/watch?v=YIDJcOhFcgk>

The whole INTRO Music Lab Programme was filmed by the director of the music and lyric videos, George Ktistakis, who also filmed the whole creative (Experimental Introspection) stage. Being present during all the project's stages (inspiration & creation stage, recording and mixing), George also became a member of the creative team. The artistic goals of the project were extensively explained to him, and he had the opportunity to discuss with the artists about their visions, their stylistic preferences and most importantly, their wishes for the videos. As a result, he manages to film a great amount of footage, which would be later used for the Documentary Film produced at the end of the project.

**More information about the Greek sessions here:**

<https://www.ime-project.com/final-song-list-of-imes-greek-participation-completed/>



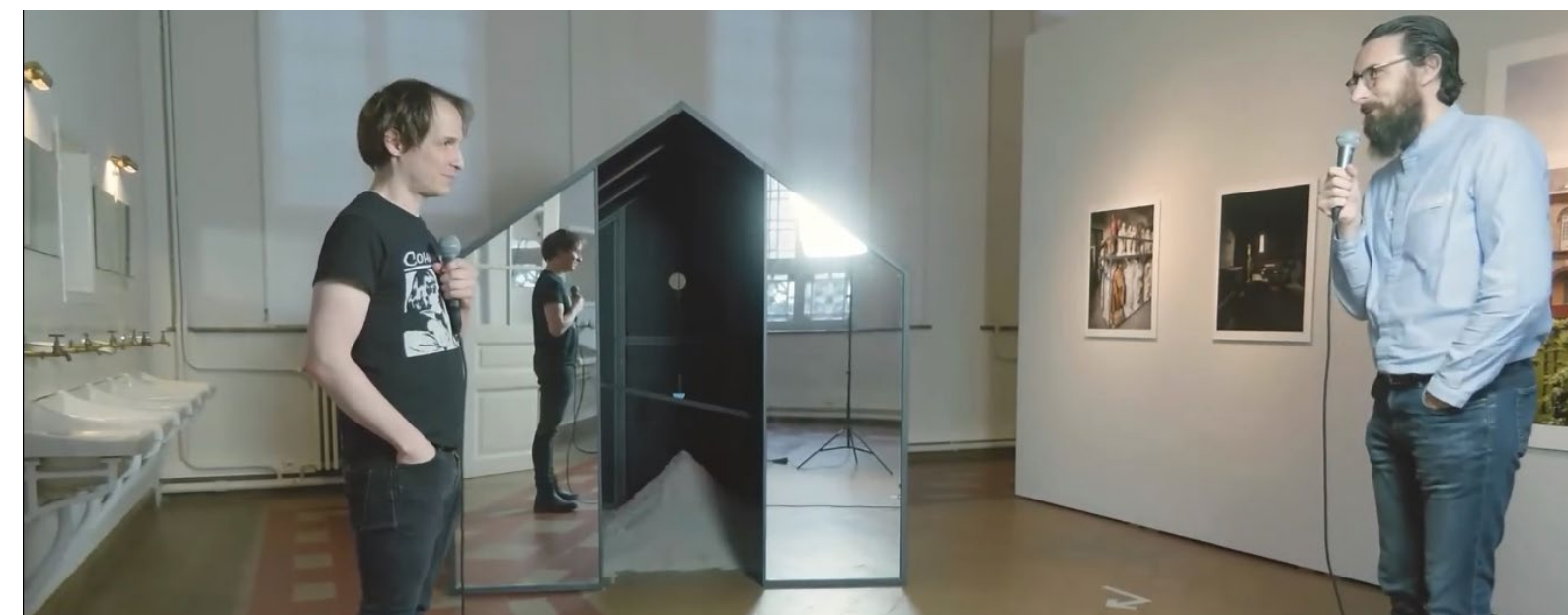
## IME LABS IN BELGIUM

KRANKLAND/Thomas Werbrouck was the first to have his residency period at KAOS. He started with jammin' with the in-house music ensemble 'Black Fuel Ensemble'. He played with them at a Free Podium night at the PSC (hospital). Afterwards he did several recording sessions with a couple of people he met during his residency. These recordings he used as samples for his songs. He continued working on them at home.

Second to have his residency was Korneel Muylle. He started his residency with a music workshop led by him for some people with a psychiatric vulnerability living at PSC or Sheltered Housing. Afterwards he participated himself at several activities organised by the hospital and had a lot of informal meetings which inspired him for his songs. He continued working on the material with his band Slow Lee.

For Chloë Nols the residency unfortunately couldn't happen in vivo because of Covid-19 restrictions, so the sessions were organized online.

All the three Musicians participated at the INTRO Music Week in Valladolid. When lockdown measures started in Belgium we had bi-weekly online meetings to talk about the project, their findings, questions, thoughts, feelings, ... and try to adapt ourselves and the project to the new and exceptional pandemic situation.





Three talks were organized online, to talk about the creative process and reflect upon the experience of working with people living with mental health symptoms. At these talks, the artists could invite (several) guests for a lecture, interview or a conversation. They were streamed live from the Museum Dr. Guislain in Ghent and can be re-watched here:

KAOS Talk #1 Musician Chloë Nols invites for the first KAOS Talk psychoanalyst and professor of clinical psychology Abe Geldhof who will talk about psychological vulnerability, psychoanalysis and art.

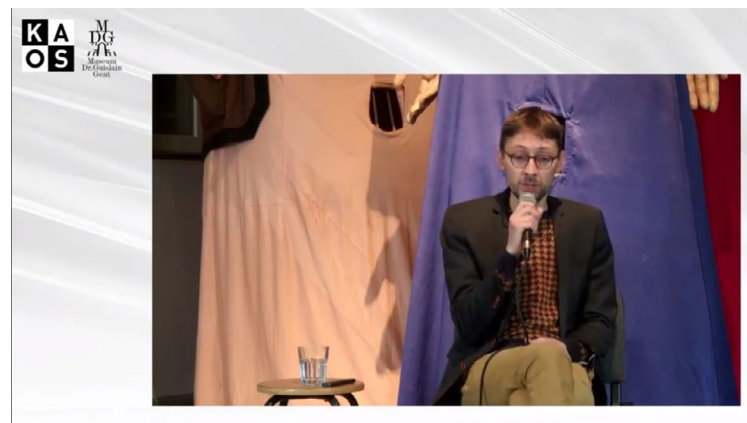
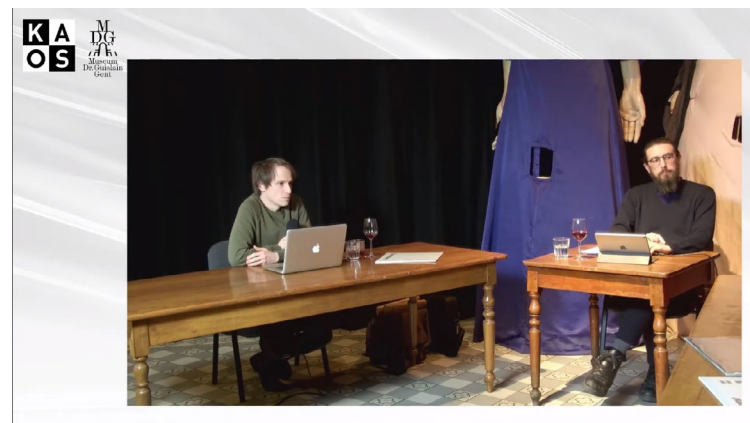
Watch this talk here: <https://www.ime-project.com/kaos-talk-1-29-01-2021/>

KAOS Talk #2 KRANKLAND invites for this KAOS Talk Philippe Cortens for a lecture on musician/therapist Jean Hoyoux.

Watch this talk here: <https://www.ime-project.com/kaos-talk-2-12-02-2021/>

KAOS Talk #3 Korneel Muylle invites Kim Note and others for a conversation.

Watch this talk here: <https://www.ime-project.com/kaos-talk-3-19-02-2021/>



# INTROSPECTION MUSIC EXPERIENCE ALBUM: SONGS AND VIDEO-CLIPS

During the creative stage of IME project, lyrics were entailed, melodies were composed, rhythmic patterns and harmonic sequences were synthesized accordingly, with mental health being the core of the artists' expression and using co-production techniques.

The fruitful collaboration between the artists resulted to a collective music album, which includes all the songs that were produced during the project. The album was launched on Bandcamp, in order to empower the project's extroverted strategy and encourage the narration of authentic stories around mental health.

More information about the release of the Album can be found here:

<https://www.ime-project.com/twelve-groups-from-spain-greece-and-belgium-sing-about-mental-health-in-the-collective-album-ime-which-was-released-today/>

Listen to the Introspection Music Experience Album and download the songs here:

<https://www.ime-project.com/our-songs/>

Or here:

<https://introspectionmusicexperience.bandcamp.com/album/introspection-music-experience>

Watch the video-clips and video-lyrics here:





## OUR SONGS

### 1. Korneel Muylle&Slow Lee - Hello Jesus (03:39)

Songwriters: Korneel Muylle

Singer: Korneel Muylle / Slow Lee

Hello Jesus is about someone who thinks he is Jesus. It is common for people with psychosis to experience a different reality and be someone else. Scary do you think, or not scary? Is there a reason to be scared, or is it just a lack of recognition? The song tries to illuminate the perspective of the person with a psychosis and someone else who is afraid of it.

Watch the video-clip here: <https://youtu.be/XY1q1HAr3Sg>



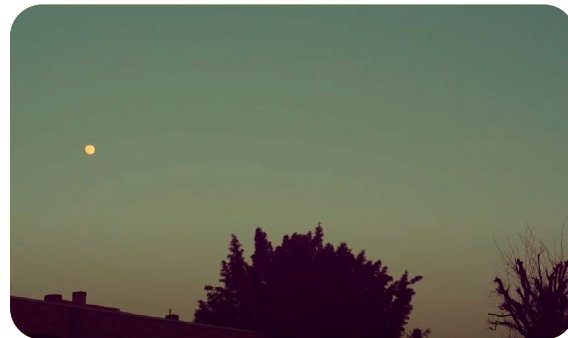
### 2. Korneel Muylle / Slow Lee - Holding The Line (04:00)

Songwriters: Korneel Muylle

Singer: Korneel Muylle / Slow Lee

Hold the line or not? The line represents the idea of hiding emotions and mental health problems from the world. The song tries to build up an image of people suffering in some sort of isolated place in this society. The song hopefully raises the question of why there is some sort of difference between sharing or not sharing different kinds of feelings and problems.

Watch the video-clip here: <https://youtu.be/r2ceYHLNgfo>



### 3. Chloë Nols - Cassandra (03:25)

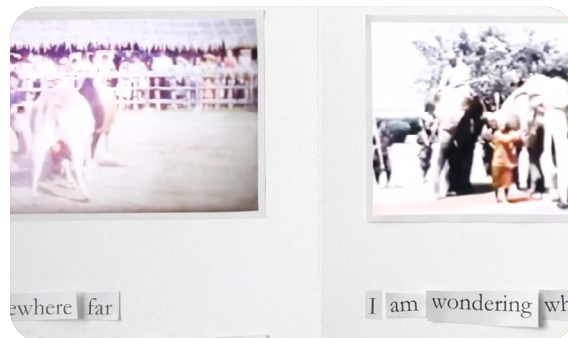
Songwriters: Chloë Nols

Singer: Chloë Nols

Director: Nikolaj Spada (farhilda.be)

This song is written from the perspective of someone who has a psychosis, and afterwards is more open to the idea of reincarnation. The song describes the bittersweet feeling of recognizing a soul you've met before, someone from an other lifetime, who shows you a piece of yourself that you had forgotten about.

Watch the video-clip here: [https://youtu.be/hcwFhh\\_ZVO8](https://youtu.be/hcwFhh_ZVO8)



### 4. Chloë Nols - Sky High (03:49)

Songwriters: Chloë Nols

Singer: Chloë Nols / Director: Nikolaj Spada (farhilda.be)

These lyrics refer to our visit of Valladolid, in February 2020, where I was touched by the first encounters with a couple of patients. I was also moved because of some beautiful synchronicities. For example, we saw several peacocks in het central park of Valladolid. This animal represents a lot to me personally, and also in a more esoteric context, a peacock refers to truth and wisdom, two themes that often inspire me to write.

Watch the video-clip here:

<https://youtu.be/tB1m9yq32Kw>



### 5. KRANKLAND - Esperance #1 (03:50)

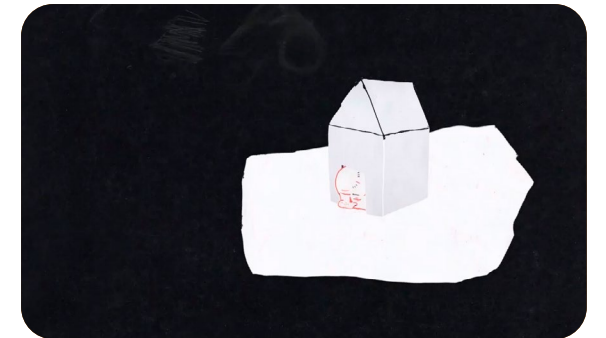
Songwriters: Thomas Werbrouck

Singer/band: KRANKLAND

“During a free podium at PSC Sint-Alexius I heard the wonderful, fragile voice of Espérance singing an idiosyncratic traditional. In the spirit of Gavin Bryars I wanted to create a very sparse, melancholic but rich textured soundscape around this voice. I added the chord progression and a lot of ambience to make Esperance shine as a singer like she deserves to.”

Watch the video-clip here:

<https://youtu.be/yGXsUY1INBw>



### 6. KRANKLAND - Sulekho #2 (02:54)

Songwriters: Thomas Werbrouck

Singer: KRANKLAND

When Sulekho speaks to you, she seems very introvert. But when working with her during one of my workshops at KAOS all of the sudden she burst out in a very rhythmic language. I saw a party going on in her eyes. With some crooked sounds, homemade instruments and a sample of her voice I tried to recreate this party as a tribute to her fantastic personality that usually remains hidden from the world.”

Watch the video-clip here:

<https://youtu.be/Ua4ZI7DSYI8>





## 7. Ioannis Bairaktaris - To Teras (02:44)

Music by John Bairaktaris

Lyrics by Azat Helvatzian

Video by George Ktistakis

“To Teras” (“The Monster”), refers to the ways depression can affect an individual’s everyday life, by taking the form of a monster. The monster can often take control, making people constantly feel stagnant and scared, unable to fulfill their dreams. In the chorus, the lyricist refers to the daily struggle and how one manages to kill the monster, even temporarily (“ti mera to skotono, ti nixta me nika” – “every day I kill it and every night it beats me”), as well as the wish to be liberated completely. However, the fight will not stop until the individual manages to take control of his/her life again and get back on track.”

Watch the video-clip here:

<https://youtu.be/S0-cvvBO16E>



## 8. Nassos Polyzoidis - A Moveable Feast (04:33)

Music by Nassos Polyzoidis

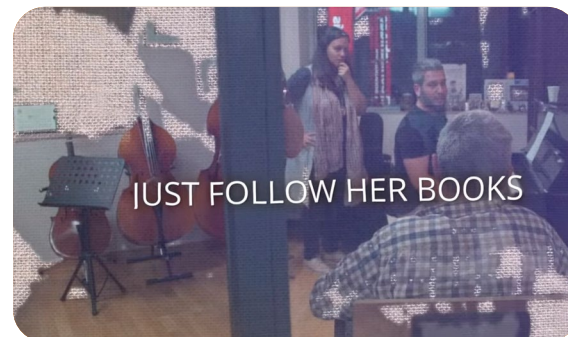
Lyrics by Christina Tsaliki

Video by George Ktistakis

“A Moveable Feast” is a song about our future and past self, as Plath says “inside me an old woman, inside me a girl”. The main theme is the fear of death, growing old, as well as of the oblivion and the future, essentially the fear of (not) living truly. The song explores how the last existing trail of ourselves can be found in someone’s memory and how our homes operate as personal museums, proving somehow a main theme during the pandemic. The main idea is living each day to the fullest, as if it were our last, as the woman leaving her house prepared to not come back. Partially referring to people suffering from dementia, the song attempts to wake us up, like a dream or an archetypical myth.”

Watch the video-clip here:

<https://youtu.be/VnOrBzklGnc>



## 9. Yiannis Bairaktaris - I Agapi Ola ta Nika (03:15)

Music by Yiannis Bairaktaris

Lyrics by Azat Helvatzian

The song “I Agapi Ola ta Nika” (Love beats everything) talks about how love can conquer all and support people in their everyday fight against mental health challenges. Our lyricist has stated that, “Through various situations I have come across in life, I have been given the chance to feel the therapeutic power that love can offer.” This song is a cheerful tune as well as optimistic.

Watch the video-clip here:

<https://www.youtube.com/watch?v=fnbFHna06qQ>



## 10. Katerina Pipili - Collateral (03:55)

Lyrics: Christina Tsaliki

Music by Katerina Pipili

Video by George Ktistakis

Collateral is a song about our generation, the idea that there is no place or time, just being; a generation living a life with casualties. These thoughts are expressed with an upbeat rhythm, as well as an uplifting tempo in contrast to the lyrics. Leaping from musical to tragedy, the stigma of mental distress and the culture of perpetual, sometimes even “toxic” positivity and the denial of negative thoughts or emotions, is a theme of the song. The unreal and unmet expectations of a generation during the decade of the economic crisis, living a post-traumatic, as well as a pro-traumatic era, still recovering from a national trauma and at the same time adjusting to a new global trauma. However, such circumstances can often lead to resilient bloom and growth.

Watch the video-clip here:

<https://youtu.be/R7DdOrAPP6w>





### 11. Rober y los Optimistas (ft. Intras users) - Vamos Despertando (03:49)

Songwriter: Rober y los Optimistas ft. INTRAS users

Singer: Roberto Sánchez “ROBER”

Video-clip: Ál Carmona

The first spoken verses of the song say: “We have been subjected/ to live into scary movies/ about ourselves”. This tough statement opens a song created by ‘ROBER & THE OPTIMISTICS’ with the help of INTRAS foundation’s users. The lyrics are not from a ‘common’ people’s vision about mental disorders, but some people’s portrayal about their own specific problems with the illness and how they manage and try to overcome them. Talking about moving on, daily search for wellness, open senses to Nature and Community... At last, earthbound themes for anyone that “search for friendship/ and find companionship”.

Watch the video-clip here:

<https://vimeo.com/528745131>



### 12. Grounded Theory - Una y Otra Vez (04:56)

Songwriters: Rubén de Unamuno/ with the collaboration and contributions of the other members of Grounded Theory

Singer: Rubén de Unamuno

Short description of the song: “Una y otra vez” is a song that has born out of a long process of group growth and personal acquaintance. The song aims to capture the rollercoaster ride of the vital and emotional changes of a person with mental illness, which is why there is a very drastic change both at the musical and literary level in the middle of the song: this seeks to reflect the contrast experienced by a person who does not control his extreme impulses and emotions and is dragged by them, experiencing the uncertainty of not knowing how he will be tomorrow (“draining other ways of doing, what I do, what I lack, what happened, what happened”). The song begins by talking about past romances, and the mentioned contrast between the first and second part of the song has a lot to do with the past and future as well, the author recalls past times before his mental illness process (“I cannot believe, in yesterday’s time”) and constantly wonders what his future will be like (“what I want to be, over and over again”).

Watch the video-clip here:

<https://vimeo.com/473386196>



### 13. Naïa - Luna Llena (02:33)

Songwriter: Daniel G. Lagunar with the collaboration of people from the Day Care Centre ‘20 metros’ of Intras Foundation in Valladolid, Spain.

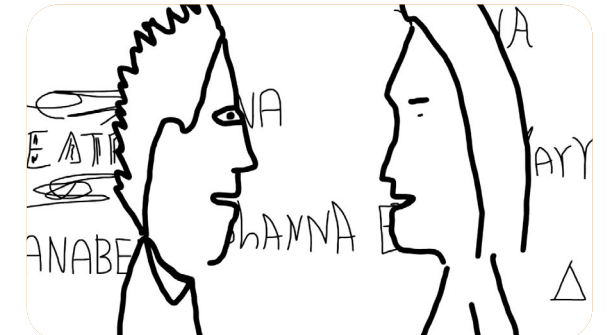
Music: Naïa (Daniel G. Lagunar, Leandro de la Sierra, Rubén Gómez, Pablo Villar)

- Vocals and acoustic guitar: Daniel G. Lagunar,
- Electric guitar: Leandro de la Sierra
- Bass: Rubén Gómez
- Drums: Pablo Villar

‘Luna Llena’ has the power to guide us to an unreal, fairly and beautiful place where the moon shines for all, and where a couple look at it as there were nothing else. A moment dreamt by someone who feels lonely and miss one by his/her side.

Watch the video-clip here:

<https://youtu.be/6zN5IsZDITl>



### 14. Nacho Prada - Quiérete (04:00)

Songwriter: Nacho Prada

Singer: Nacho Prada

Video-clip: Gaspar Francés

It speaks about self-esteem and self-care. How not to forget to take our time and be ourselves. Through the experience of the co-production sessions which took place last year with people with mental health issues and some of the words collected there, this song was created. They wanted to express the need to be themselves, to love themselves as they are and empowering themselves to reach whatever they want. At the end of the song it repeats the word “Quiérete” (love yourself), inviting to look inside us, where everything begins.

Watch the video-clip here:

<https://vimeo.com/521377947>





# IME TOURING

There is already some interest in the art produced by mentally ill people, outsider art, for instance is gaining recognition in Europe and outside Europe. Despite the stigma, people feel a kind of attraction to otherness, maybe to reassure ourselves for our mental health, or because they remember us how close we are to madness, nevertheless we are just simple fascinated by their nonstandard stories. IME used this attraction to challenge negative perceptions about people suffering from mental illness and spread their valuable contribution to the Music field through a powerful Marketing campaign, concerts and a European Tour, all of these lead by KSDEO EDRA and mostly online, due to the national COVID-19 restrictions.

For more info about the IME concerts and events organized read our third **Newsletter here:**



## LOCAL CONCERTS

The initial plan was that three local concerts would be organised in each country, so that artists could introduce together their four songs and share with the audience the experience of working and creating together. Unfortunately, because of the outbreak of the covid-19 pandemic, the plans changed; thus, each partner organized one online concert. However, this modification didn't change the initial aim of the concerts, which was to bring music closer to mental health and attract new audiences, by raising awareness on mental health challenges and implement practices for the elimination of stigma.

Watch the local IME live concerts here:



**SPAIN**

**GREECE**

**BELGIUM**





## IME LIVE CONCERTS

in VALLADOLID, SPAIN

The organization of the European Introspection Music Tour is one of the core activities of the IME Project at European level, as the Open Mics are at local level. 2020 when local concerts and open mics had to take place was the year of COVID-19 pandemic, bars, pubs, music bars, etc. closed down almost for the whole year and when they opened again in 2021, they made it with a lot of restrictions here in Spain. It definitely has not been a good year for the cultural sector. However, we wanted to share our songs and to strengthen the link between mental health and music, promote diversity and contribute to enrich local music contexts. Among the different options, we went for organizing an online local concert and the 'Patio Herreriano' Contemporary Art Museum of Valladolid allowed us to do it in the best of possible scenarios. We had very different bands with different styles and the Museum left us to use their spaces without limitations.

Nacho Prada was the first one in recording the songs and he made it in the Chapel of the Counts of Fuensaldaña in the museum heart, at that moment one of the most important visual artists of the last century in Spain, Soledad Sevilla, showed her art works there. Her artwork "From the light of the sun to the moon", can be seen behind Nacho Prada during his concert giving to his songs a robust dimension.

After Nacho, Rober y los Optimistas performed their four songs in the cloister of the Kings. The sun shined the whole afternoon and with nobody there, their songs were amplified by the old stones of the cloister one after another, shy applauses at the end and jokes made by Rober finished with the special collaboration of two composers Marc and Pedro who made the chorus of the 'Vamos Despertando' song.

Naïa prepared their scenario, also in the cloister of the Kings. Daniel, the singer shared with us the idea of creating 'Luna Llena' song, and said that he could not have created something similar without the co-production sessions. 'This song belongs the composers, we only put music to it' he said before the concert. Naïa started playing one of their songs, it was evening already, the natural light went down and we felt the music and the chilly air until 'Luna Llena' song, where some applauses could be heard from the organizers. It was so exciting to have the chance to play in the Museum and we relived it one week after when the recorded concert was launched.

**Watch the live concert recorded at the 'Patio Herreriano' Museum in Valladolid with the participation of Nacho Prada, Rober y los Optimistas and Naïa.**

<https://www.ime-project.com/ime-concert-from-the-patio-herreriano-contemporary-art-museum-of-valladolid/>

More info about this concert here: <https://www.ime-project.com/ime-en-vivo/>

### IME LIVE CONCERTS in VALLADOLID, SPAIN





## IME LIVE CONCERTS in ATHENS, GREECE

EDRA decided to include our local concert in the programme of the annual arts & mental health festival ART4MORE, since it is an already established festival, which has been organized for 13 years and therefore is known by the public. It is an annual innovative International Arts Festival that brings awareness on social issues, with an emphasis on mental health.

Therefore, The Greek first concert for IME Project was held online on the 27th of November, where the warm and inspirational collaboration between participants with and without mental health issues resulted on the production/recording of four songs; these along with some other songs from our artists' personal projects sounded during this 50-minute concert.

IME concert opened the ART4MORE festival, giving the project a dynamic boost. Before the concert, we briefly presented the project, highlighting its main objectives and explaining how it is related to the festival. Our concert premiered through EDRA's youtube channel.

As mentioned above, the IME concert in Greece was recorded in the Specialized Day Center "Center for Social Dialogue", which is a Mental Health Unit that promotes psycho-social rehabilitation and acts towards stigma elimination, inspired by the principles of restorative justice and therapeutic art.

Our artists admitted that it was a very strange experience to perform with no public in front of them; however, it was a first-time experience, therefore they tried to make the best out of it! However, Katerina was unable to attend the filming as she was in Paris at that time; that is why, we recorded her song separately. The project's Art Director, Mr. Kladas, joined the other artists on stage, creating a warm and collaborative session!

At the end, the concert was published on our YouTube channel and IME Website, so that everyone who missed it could access it at any time. Our videographer and director George Ktistakis was in charge of filming and editing the concert.

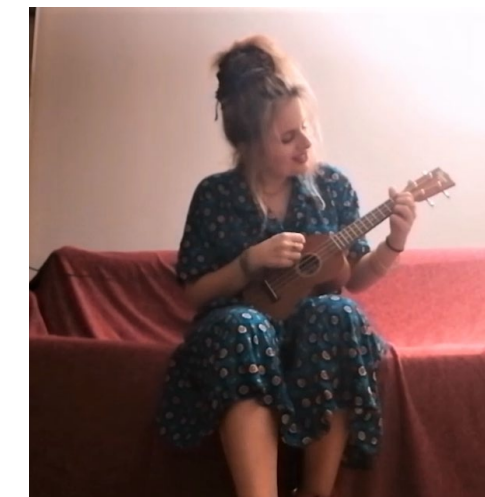
Enjoy 50 minutes of music and more than 15 songs among which are all three created jointly in a unique collaboration between the musicians themselves and people living with the symptoms of mental illness.

Watch the live concert recorded at the 'Centre for Social Dialogue' in Athens, with the participation of Azat Helvatzian, Christina Tsaliki, Ioannis Bairaktaris, Katerina Pipili, Nassos Polyzoidis and Christos Kladas as guest performer here: <https://www.ime-project.com/the-greek-first-concert-for-ime-project/>

More info about this concert here: <https://www.ime-project.com/first-ime-concert-available-online/>

More info about the ART4ALL Festival here: <https://art4more.org/>

## IME LIVE CONCERTS in ATHENS, GREECE





## IME LIVE CONCERTS

### in GENT, BRUSSELS

During the Introspection Music Experience project (IME) musicians Chloë Nols, Korneel Muyll&Slow Lee and KRANKLAND made music during a residency at KAOS. Their new songs talk about stigma and psychological vulnerability and want to start a dialogue about this.

On 25 February 2021 at 8 pm the songs were presented during a live stream at the Museum Dr. Guislain.

Because of the Covid-pandemic all the scheduled concerts were cancelled and we had to search for a good online alternative. We got in contact with the Museum Dr. Guislain in Ghent. This museum is housed between the old walls of a psychiatric hospital. A part of the building is still used for mental health care services. They present exhibitions on the history of psychiatry, have an extended and renewed collection of Outsider Art and show contemporary artists. We collaborated before in exhibition project and they were so kind to host us for the recording of the concert in the museum. With strict Covid-rules we were able to record 4 songs per artist: 2 from IME and 2 of their own repertoire.

It became a quite emotional journey since it was the first time since the start of the pandemic for the artists to perform. We had the opportunity to stream the concert on the Sound of Ghent platform where there was an interactive part for the public which was fun and enlarged the involvement at the concert. We put the concert later on the KAOS YouTube channel so people who missed could watch it.

Now Covid-measures or getting more open again in Belgium we plan to have some live concerts with the artists and the project during summer anyway.

Watch the live concert and some interviews to artists here: <https://www.ime-project.com/ime-live-concert-at-the-museum-dr-guislain-belgium/>

More info about this concert here: <https://www.ime-project.com/newsletter-3-kaos-article-newsletter/>



## EUROPEAN IME TOUR

A big tour across Valladolid, Brussels and Greece was supposed to be organized. All artists from the three countries would have the opportunity to meet again and perform the songs produced during the whole project together. However, the covid-19 pandemic modified once more our initial planning. The IME tour took place online with the participation of all artists from the three countries. A strong message about the valuable contribution of everyone to the Music and Cultural sector travelled around Europe as artists from Spain, Belgium and Greece performed the songs together, at least virtually, and created a universal language through music, also against stigma associated to mental health challenges.

Watch the IME online Tour on our website: <https://www.ime-project.com>





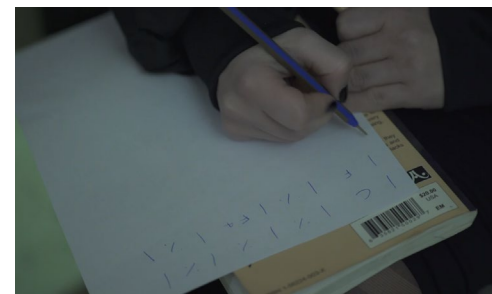
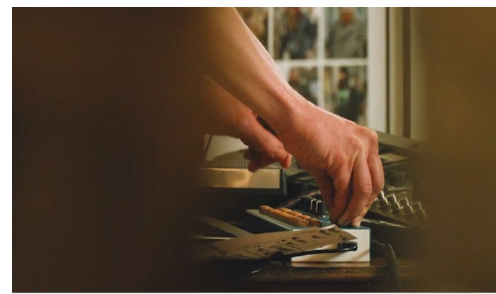
# THE DOCUMENTARY FILM

The IME Documentary film is a unique document that illustrates through images the way to the final songs, or in other words: how IME Methodology created songs inspired by working with people living with the symptoms of mental health issues. The purpose of the IME Documentary Film is to share with the public the artistic process, the collaboration between the participants, as well as the final product, which is the IME music album.

The documentary film reflects the project's artistic results, which result from the freedom of expression all participants had throughout the whole project.

The film contains live recordings from both the Inspiration and the Creation stages, such as the co-existence of artists and composers, the consultations, the production of the songs, the recordings, some mini interviews, the local concerts etc. All in English, Spanish, Dutch and Greek.

Watch the IME Documentary Film on our website: <https://www.ime-project.com>



# THE POWER OF MUSIC BEYOND IME PROJECT

The broader planning of IME included organizing further collaborations between local emerging artists and composers living with mental health symptoms. On the IME Website, apart from all the info, songs, videos, documentary films, video clips, articles or posts, there is a space for the IME Collaboration Programme. We called this section “Get involved”. Through this section, partners sustain the project after EU funding by facilitating further co-production projects between new emerging artists and composers from external organizations. Partners provide new organizations/emerging artists with the info and support needed to carry out new co-production experiences, not only in the field of mental health, but also working with other communities (refugees, migrant people, victims of gender based violence, etc.) to explore human diversity through Music or any other artistic discipline.

For additional information visit: <https://www.ime-project.com/get-involved/>

## IME AND GENDER BASED VIOLENCE

This program was developed through 12 sessions, one per week, held from January to April 2021 at the 20-metros day care centre in Valladolid, Spain and was attended by 6 woman victims of gender based violence.

In this case, the objective of the workshop was more focused on enriching the creative process of the participating women than that of the artist who led the sessions: Nacho Prada, one of the local artists who has been involved in the project from the beginning. Given the complexity of the experiences that could emerge in the group, one of the main objectives has been to build a cohesive group, in which participants will find the space and the necessary confidence to talk about their experience, thoughts, feelings, memories, etc. Relaxation and self-care techniques were also encouraged and a song was created during the last sessions.

Music has been used, above all, together with self-care and relaxation techniques, creation of soundscapes, improvisation, group percussion (use of sound tubes and small percussion instruments) and use of the voice, group dynamics and the common creation of songs, all this helped to establish a relationship of trust between all participants that transgressed the margins of the sessions. Through these exercises, listening, group expression and acceptance of group experiences were encouraged.

After conducting 12 sessions, we concluded the program, everyone knew that these sessions had a beginning and an end and knew the objectives of these sessions. Most of these objectives have been met, the experience has been so satisfactory that Intrás decided to give continuity to the sessions, promoting a new weekly music creation workshop. In fact, this space has become a space for support, help and care and a place to enjoy and express emotions through



music, which in addition to promoting cultural expression, it is very therapeutic.

During the evaluation session, participants expressed their satisfaction with this activity, which they also demonstrated by never missing a session (on average each participant has missed less than one session) and in turn they proposed new activities that they would like to have worked on.

## IME AND HOMELESSNESS

The sessions were held at the municipal shelter for homeless people on Paseo de Extremadura, in Valladolid, Spain. All have been in the afternoon, a weekly session of one hour that took place from 18:30 to 19:30. The sessions took place from April to the end of June 2021 and were attended by seven people. Participation was regular for three of them, but more variable for the other four.

Through the music and these sessions, it has been possible to verify that there is a lot of potential to work with this group. The participants have shared the problems associated with their situation, complicated life stories, injuries and ailments that have led them to their current situation using Music creation techniques. These sessions have also helped them to discover music, they have accepted the support that the music offers to them and the attention and care of Nacho Prada. It was already an objective, since it is more difficult for this group to accept support, given the lack of hope in a system who has turned his back on them. In fact, it has been difficult to establish a connection with the group and for the participants to attend the sessions at a previously established time. The conditions of participants' day to day life without a too structured routine means that closed schedules do not work well for them. In this case, twelve sessions were not enough to establish a strong commitment or to create a song about their experiences, but other equally important objectives have been achieved: the participants have discovered music (one of them is left with an instrument between sessions to play it in their spare time), they have accepted the attention provided and they felt they deserve this opportunity.

creation processes, at the end they collaborated together for more than two years, in the conceptualization of their experience first, then in the musical composition and finally in the audio-visual creation. Now, composers with mental health issues are able to continue writing and inspiring songs based on their experience and emerging artists had also benefited from this experience, which surely helped them to find their personal styles.

## FINAL REMARKS

The main challenge during the projects has definitely been the pandemic. As with many other cultural events, we had to adapt to the new circumstances and come to terms with the fact that nothing was going to be as we initially imagined it. It was a shame that we were unable to implement the European IME Tour and bring together all the artists and participants of the project. However, we never stopped working as a team. We organized frequent meetings online to talk about the project's next steps, as well as get information about the situation in each country at that particular time. Unavoidably, there were delays regarding the implementation of certain aspects of the project, no matter how hard everyone tried to deliver everything on time. Country situations changed every day and all of this uncertainty made the organization of the events a great challenge for all of us. We wanted our message to be delivered, but most importantly, we wanted it to be listened to by our target audiences, and one of the most important things we learned was to be flexible and ready to adjust our plans. It was a challenge to even find places for recording the concerts and launch them online.

But regardless of all the difficulties, composers and artists managed to form trusting relationships with each other to implement co-creation sessions. IME has been for them an uncommon and enriching experience to discover alternative creation processes, at the end they collaborated together for more than two years, in the conceptualization of their experience first, then in the musical composition and finally in the audio-visual creation. Now, composers with mental health issues are able to continue writing and inspiring songs based on their experience and emerging artists have also benefited from this experience, which surely helped them to find their personal styles.





## **INTROSPECTION MUSIC EXPERIENCE**

*A manual for those who believe that Art and  
Music should be accessible to anyone and  
represent all of us*





# INTROSPECTION MUSIC EXPERIENCE

A Unique Experience to  
Put Music to Stories about Mental  
Health

Co-funded by the  
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