

Coming soon: December 2020

The *Theatre of the Self* A6 box set of art & interactive mental health diaries by Delpha Hudson

*In changing the stories we tell ourselves about ourselves, we learn to survive.*



*Theatre of the Self* 2017:  
read & burn documentation



\* an example of what it  
will look like

A limited edition of 100 box sets of 5 small (A6) books that contain performance documentation of the 2017 project and 4 colour coded mental health diaries: A Little Book of Smoke & Mirrors, The Body Book, The Golden Notebook, and the Little Black Book of Catharsis (with a handy match on the spine).

Book 1 documents the *Theatre of the self* project (2017), in which Delpha read and burned 30+ diaries (1977-2010). They include short excerpts from the diaries and the process and subsequent research explores *psychological narrative reconstruction* - how in changing the stories we tell ourselves about ourselves, we can survive trauma, and improve our mental health. These themes are continued in 4 colour-coded pocket books with suggestions about how we might re-organise our perceptions of self, and our stories for our future selves.

Information and sales: [www.thetheatreoftheself.co.uk](http://www.thetheatreoftheself.co.uk)

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Delpha Hudson BA MA, is based in the South West and has been making art about women, visibility, voice and value for 20 years. She has shown performance, video, and painting Internationally as well as in the UK. Her current work includes a series of paintings and films about re-writing the self.



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