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Give & Take Care

Jeff Kasper

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BOUNDARY OBJECTS
new work by Jeff Kasper
Herter Art Gallery
University of Massachusetts
Amherst



FEBRUARY 5-26, 2020

GIVE & TAKE CARE

GIVE & TAKE CARE was produced as part of BOUNDARY OBJECTS an interactive exhibition by Jeff Kasper at Herter Art Gallery, University of Massachusetts Amherst.

This guide adapts exercises from RELATIONAL ATHLETICS (ed. 1, 2019) an upcoming book in development for a 2022 public release.



The guided exercises in this publication encourage intimate conversation, physical touch, and vulnerable contemplation, both in pairs and solo. If you are not in the body-mind-emotional space for these sort of activities, this may not be for you. Make sure to take care of yourself!

This project was supported in part by Massachusetts Society of Professors Research Grant, faculty support from the University of Massachusetts Amherst Department of Art, and the OCAD University Ada Slaight Visiting Artist Program. Recent iterations of GIVE & TAKE CARE were led at Downtown Art with Janae Sumter and Ro Garrido in 2019.



Jeff Kasper is an artist, designer, facilitator, and educator who creates workshops and interactive projects that enact trauma-informed support and cultures of care.

INSTAGRAM:

@JeffKasperStudio

#WrestlingEmbrace

ENJOY THE AUDIO GUIDE:



bit.ly/31s2vAo



Imagine a place where you could “recover” from corporate care culture and get away from harmful and unrealistic #relationshipgoals. What if you chose to carve out space and time to get familiar with yourself and the people you care for (or might care-for in the future)? What if on Valentines Day you ditched the heart-shaped boxes and roses and got to know someone who you trust but with whom you’ve never talked about what makes you feel safe and loved.

All of this is possible. Let’s start, today.



The exercises that follow have been gathered to offer some practical tools for exploring care, conflict, and accountability—three important components of love.

Find a partner, a friend, an accomplice, or feel free to participate solo. If you are daring, try these exercises with a stranger.

SCORING CARE (20 mins)

write your 'choreography for care' below

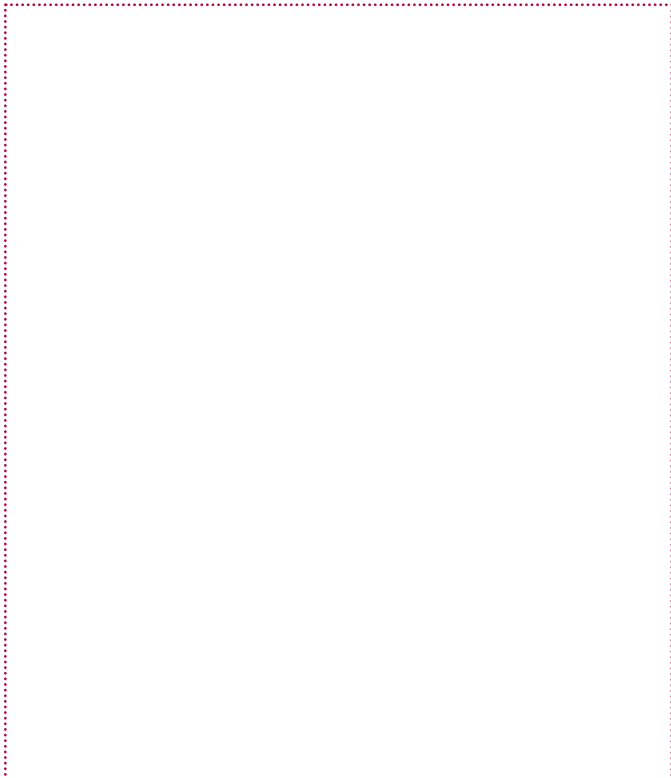
Introductory questions

track ideas on paper for 5 mins.

- What do we mean when we say "care"?
- Is care a "choreography"?
- How do choreographies influence behavior?

In this exercise you will create 'choreographies for care'. **Take a maximum of 15 minutes to complete the following steps:**

1. Start with 5 minutes of free writing. Think about a time when you either offered or received care. If you can't remember a time like that, make up a scenario. Describe it in great detail.
2. Create a numbered choreography where you break down each moment of care into little moments, bits, pieces, and gestures. You can use the space in this guide or make your own on a separate sheet of paper.
3. Take 5 mins. to share your choreography with a partner, or read it back to yourself.



001 009

002 010

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Notes and Reflections:

Did you compromise?
If so, how do you feel about the compromise?
Did it benefit your needs and your partner's?
What was the end result?

WHO IS IN YOUR POD? (30 mins)

This exercise, termed “pod mapping” was adapted from the work of The Bay Area Transformative Justice Collective. Check out their ongoing work here: <https://batjc.wordpress.com>

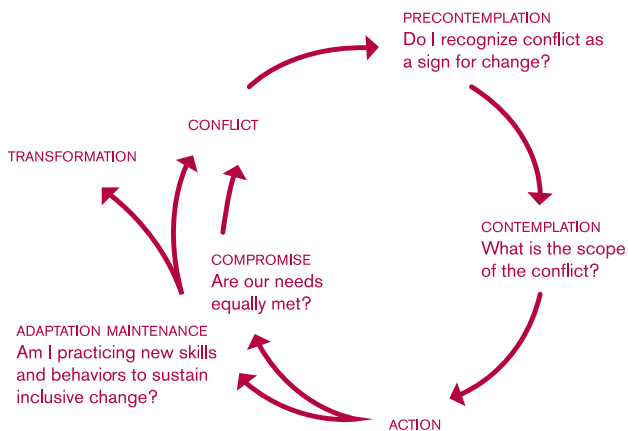
In this exercise you will start to identify who could be in your “pod(s).” A “pod” is composed of people who you would turn to for support around violent, harmful and/or abusive experiences in relationships, whether as survivors, bystanders, or people who have committed harm.

“Pod people” are folks in your life that you would call on to support you with things such as immediate and on-going safety, accountability, and conflict mediation.

Please re-draw and fill out multiple worksheets for different pods. Featured in this guide is a basic template, people are welcome to create their own pod maps.

Follow these steps:

1. Write your name in the middle circle.
2. The surrounding bold-outlined circles are your pod. Write the names of the people who are in your pod. Write the names of actual individuals, instead of things such as “my church group” or “my neighbors.”
3. The dotted lines surrounding your pod are people who are “movable.” They are people that could be moved in to your pod, but need a little more work. For example, you might need to build more trust with them. Or maybe you’ve never had a conversation with them about harm or what makes you feel safe.
4. The larger circles at the edge of the page are for networks, organizations, or groups that could be resources for you.



“cycle for transformation” Jeff Kasper (2020)

Your pod(s) may shift over time, as your needs and relationships shift, or as people's geographic location shift. Have conversations with your pod people about pods and transformative justice* as well as to actively grow the number of people in your pod and support each other in doing so. Growing your pod is not easy and may take time.

Measure success by the *quality* of relationships and invest in the time it takes to build things like trust, respect, vulnerability, accountability, care, and love. Building pods is a concrete way to prepare and build resources for harm reduction and conflict transformation.

*Transformative justice is a way of addressing an individual act of harm that relies on community members instead of the police, the law, or the government (also known as the State). It is a response to the racism, ableism, and gender-based oppression that shapes contemporary life. Though models differ widely based on place and time, all reject the criminal-justice system, choosing instead to rely on community support networks and mediators.

The Bay Area Transformative Justice Collective

notes and reflections

pod mapping template

