



ARTS AND LITERATURE & NATURE (ALAN)

As cited by Sukhanova, Freud declared, “The creative writer cannot evade the psychiatrist nor the psychiatrist the creative writer.”[1] Freud’s ideas on creativity have remained controversial. Although there is ongoing debate regarding the psychodynamic purpose of creativity, psychiatry has continued to embrace art as a form of expression and therapy. The joint conference of the Canadian and American academies of child and adolescent psychiatrists in Toronto in 2022 featured an art exhibition. The Helen Beiser Art show attracted talents from both sides of the border. Anastasia Levinta, a psychiatry resident who participated in the art show, is featured in this issue of JACAP. In addition, Jordan Cohen reviews ‘Undone’, a movie. Finally, Nikhita Singhal and John McLennan bring a different perspective on the artistic process through nature photography. In continuation of the celebration of creativity, JACAP readers are encouraged to submit nature photography for the open call. The deadline for submission is the 5th of March, 2023.

In addition to the open call, readers are encouraged to submit to the regular ALAN sections, such as book and movie reviews.

Lind Grant-Oyeye

Reference

1. Sukhanova E. Psychiatry and art [Internet]. Psychiatric Times. MJH Life Sciences; 2013 [cited 2023Jan16]. Available from: <https://www.psychiatristimes.com/view/psychiatry-and-art>.
2. The Complete Psychological Works of Sigmund Freud: Sigmund Freud: Free download, Borrow, and streaming [Internet]. Internet Archive. 2001 [cited 2022Dec17]. Available from: <https://archive.org/details/the-complete-psychological-works-of-sigmund-freud>

Art: Still with me

Anastasia Levinta is a fourth-year resident in psychiatry at the University of Toronto, having completed medical school at the University of Manitoba. She currently works at the Centre for Addiction and Mental Health.

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Levinta’s clinical interests include psychopharmacology for mood disorders, trauma-focused therapy approaches, and acute care. Most recently, she has conducted research into the efficacy of ketamine for treatment-resistant depression.

Art has always been a part of Levinta’s life. Throughout the years, she explored various forms of visual art, including drawing, photography, and painting. Although photography has been the predominant medium, Anastasia developed an interest in acrylic painting, which provides an enjoyable challenge of skill development while facilitating a state of mindfulness and emotional expression. With the increased demands of residency training, she found it was all the more important to dedicate time to artistic expression, seeing this as a necessary ingredient for self-care, empathic patient interactions, and recognizing of humanity in all its diversity.

Film: Undone

Recommended by Jordan Cohen

I was pleased to be asked to contribute as an art reviewer for this issue. I love movies and I must admit that over the last two years, I have been watching lots of great content on television (mainly due to avoiding movie theatres). So today I chose a very interesting new series that I found binge worthy.

“Undone” builds the story of Alma, a young adult who, after a car accident, develops challenges with reality. This experience leads her on a journey in which she further connects with her Latinx culture. As the story unfolds, we find out about her family history of mental illness. At points in the episodes we are unclear of whether we are in a dream state, psychotic experience, and/or in the past, present or future. The story explores the stigma of mental illness and cultural elements that overlap with an individual struggling with possible schizophrenia.

The great cast is dominated by wonderful female, Latinx actors, lead by Rosa Salazar performing the main character, Alma Winograd-Diaz. Daveed Diggs (from the Broadway musical “Hamilton”) joins Alma as her early childhood

Title: Still with me
Medium: acrylic on canvas
Year: 2022

Description: The world around us changes at a rapid pace, influencing and changing us as a result. Stillness is something we all access. An antidote to chaos. A substrate for creativity. A medium for empathy.



educational boss, Tunde. Finally, Bob Odenkirk (from “Breaking Bad” and “Better Call Saul”) does an excellent job threading us through this family’s history playing Alma’s father who spends his life dedicated to solving his own family puzzle.

I really enjoyed this series, not just for the story, but also the use of animation. The animation art allows for the fantasy scenes to be filled with believable imagery. The characters are realistic to the point that one has difficulty telling whether the art was overlaying the previously acted scenes, or the actors were voicing over wonderfully accurately drawn animation. Spoiler, it is a novel process referred to as rotoscope, in which animators trace over film footage to create realistic characters and scenes.

The challenges of youth development, family relationships, trauma, substance use, and early psychosis, in combination with cultural beliefs that overlap psychiatric symptoms, are some of the themes discussed in this fascinating series. I found it compelling and after the first two seasons I hope they bring us more in 2023. However, for those of my colleagues who do not like more than two seasons, I promise you will not be left hanging if there is no continuation. For those of us that like to use media to teach psychiatry. This is potentially a great tool, but also very enjoyable just to watch. Get your popcorn and enjoy!

Jordan Cohen is a child & adolescent psychiatrist based in North Vancouver

Photography

Off the Beaten Path



**Nikhita Singhal is a psychiatry resident based in Toronto, Ontario
The photograph was taken in Vancouver, BC**

Autumn Canopy



**John McLennan is a child and adolescent psychiatrist based in Calgary, Alberta
The photograph was taken in Penetanguishene, Ontario**