

About the work *In the Dark Hours* (2008)

This piece is about both the physical/literal and the emotional/metaphorical dark hours of my life, when I stay indoors, playing scrabble on-line. It helps me feel connected to the outside world when I can't get out and experience it with people directly.

Background about the artist

D Rosier showed *Making an Exhibition of Myself* at the MRC SGDP Centre in the summer of 2012.

Her research and practice explores both the internal and external aspects of authenticity and alienation; and her practice explores both the autobiographically and socially "real". She variously makes work that ameliorates or antagonises these normally invisible or hidden elements of people's lives, including her own.

You can contact D by email at d.rosieruk@gmail.com, by phone on 07815 847334, or via her blog, at <http://drosier.wordpress.com/>.

Personal statement from the artist

After another acute hospital admission in 2002, D was referred to a SLaM (South London and Maudsley) therapeutic community programme at Guy's Hospital (IPTs).

Part of the programme was a weekly group art therapy session. Over the nine months of the programme she consistently made work that was hugely powerful to her, and this was the most significant and effective part of the treatment programme for her.

Engaging and communicating without language through making allowed her to process things that years of talking therapy had never got to grips with. She could both express things which she couldn't - or wouldn't - put into words (largely feelings) and she was also for the first time able to externalise them and thence to objectify them - literally get them out of herself.

After this D studied at the Mary Ward Centre, a community art college, first doing non-accredited courses and then pre-foundation and access courses. After another admission just prior to (and probably partly due to the prospect of) starting the course, from 2006 D studied for a BA (Hons) in Fine Art from Central Saint Martins (without a break or another admission: always her aim), graduating with a 2:1 in June 2011.

Since then D has focused her field of enquiry on exploring the possibilities and potential of art engagement with a theme of autobiography on mental well-being; and she runs a number of art workshops on the theme of autobiography, as well as doing illustrated talks about her practice and its therapeutic value to her.