

**WEEK 3** MEDICINE & THE ARTS – MIND, ART AND PLAY  
ISSUES OF MIND, ART AND PLAY

Welcome back to Week 3: Mind, Art, and Play. This week, we'll be thinking about the medical humanities as an invitation - as a very special kind of invitation to branch out from an academic setting and into the world of artists who are engaged in themes of play, creativity, performance, and the relationships between play and health.

So this week, we're going to invite here in conversation Elelwani Ramugondo. She is an occupational therapist at the University of Cape Town and she is invested in the notion of play as an instrumental way to think about health and well-being. She'll be engaging us in discussions around different rhetorics or different registers of play: play as protest, play as health, play as creativity. And she gives us a number of really fascinating ways to think about the role of play.

We will then be setting that alongside the work of Professor Mark Solms, who is a psychologist also here at the University of Cape Town. He's also a neuroscientist and a psychoanalyst, which is a very interesting combination of fields. And he brings a really important dimension for us to think about play as an adaptation, as part of an evolutionary process that has enabled humans to survive. So that the play mechanism, which has been understudied and underrecognised is beginning to emerge in his own work and interestingly, very much in line or in tune with Elelwani's work, play as a human fundamental form of well-being and health-making. And so he will be walking us through, in quite careful ways, around the relationship between art and the brain and also the relationship between play and the brain - and what the relationship is between art, play, and creativity and health.

We then ask Malika Ndlovu, who is a poet, a wonderfully well-known performance theorist here in Cape Town. She's not working at UCT, but her creativity and generosity has been infused in many of our anthropology courses at the university - as well as leading seminars and as I would call her a public intellectual. She calls herself an "applied artist." She has worked in hospital contexts using her performance, her music, her singing to enhance patients' well-being in the context of hospitalisation - and she is doing the work of arts in medicine. And she's going to open up a wonderful place for us to hold these different registers or rhetorics around play in this week.



Susan Levine, 2015

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