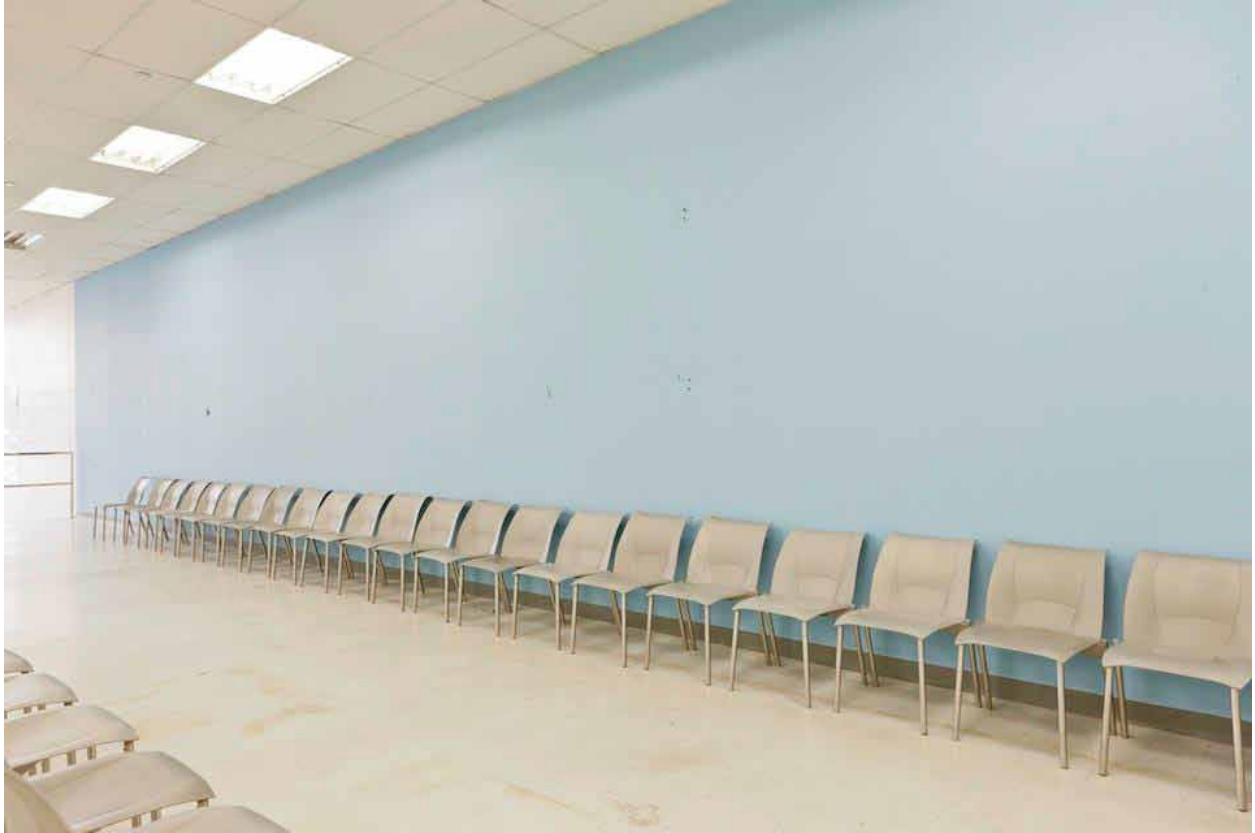


What is Sanatorium?



A transient clinic which provides short, unexpected therapies. Psychological help made accesible to all ages, social backgrounds, and time schedules.

Sanatorium is a set of short, unexpected, experimental treatments where visitors experience up to three sessions from over a dozen options through meetings with a series of "therapists."

Balancing reality and parody, Sanatorium draws from Gestalt psychology, theater warm-up exercises, Fluxus events, conflict resolution techniques, trust-building games, corporate coaching, psychodrama, and hypnosis.

While some of the sessions should be experienced alone, others are specifically catered to couples and larger groups or intended for families.

SANATORIUM MANUAL

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- What is Sanatorium?
- Sanatorium Manifesto
- Frequently Asked Questions [some answers to be added]
- Calendar
- Budget [updated?]
- General Instructions
 - Front Desk/Welcome [to be added]
 - Volunteer Checklist
- Do's and Don'ts
- Prop List
- Therapies ["theory" of each to be added]
 - Goodoo
 - Vaccine against Violence
 - Museum of Hypothetical Lifetimes
 - The Compatibility Test
 - Philosophical Casino
 - Cityleaks
 - Ex-voto

- Location [map, plan of the building]
- Furniture [list]
- Lamps and outlet, electrical [list]
- Release form [find and add, does d13 have one?]

SANATORIUM is a transient clinic that provides short, unexpected therapies. The project can only be experienced this project by signing up as a patient.

SANATORIUM starts with an interview whereby you are diagnosed and then appointed to experience at least 3 of 16 available therapies.

SANATORIUM therapies are variations or mash ups of existing schools such as Gestalt psychology, theater warm-up exercises, fluxus events, conflict resolution techniques, trust-building games, corporate coaching, psychodrama, and hypnosis.

SANATORIUM is a delivery system of placebos. In the same way as a Brechtian play, to be aware of the set up doesn't prevent it from doing the trick. For a skeptical mindset magic has to be deprived of its aura.

SANATORIUM offers a secular space for psychological processes that can be found in religion or shamanism. When you sign in you sign a release form warning you that this is not real therapy nor real therapist. You decide to believe. Suspension of belief has to maintain, eventually you decide to believe, to tell yourself a story.

SANATORIUM works with each individuals narratives...

SANATORIUM is a democratization of therapy, a "psychological first aid". The sessions are conducted by non-professionals. It taps into the excess capacity that we have to help others.

SANATORIUM

MANIFESTO IN PROGRESS

[commentaries on the affinity
and/or critical distance to
the identifiable sources of the
therapies available at present]

SANATORIUM	takes out of and into	COGNITIVE SCIENCE BIOLOGICAL EXPLANATION A THEATER OF PROOF
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SANATORIUM	takes out of and into an	MEDITATION SPIRITUALITY AESTHETIC PURSUIT[xiv]
SANATORIUM	takes out of and into	RELATIONSHIP COUNSELING SELF HELP PRACTICAL JOKES[xv]
SANATORIUM		AIMS TO BE A TOOL IN THE ADVANCEMENT OF SOCIATRY *

*The technique of Healing Social Systems

frequently asked questions

Every edition to DOCUMENTA 13 is a unique experience. Please see below for frequently asked questions on SANATORIUM by Pedro Reyes.

Q: How do I get there?

A:

Q: Does the event still happen if it rains?

A:

Q: How long is each visit?

A:

Q: Is it possible to visit more than one time in a day?

A:

Q: How far in advance do I need to book a visit?

A:

Q: If a particular slot is sold out, is there a waiting list?

A:

Q: Where can I purchase tickets?

A:

Q: Do I need to take cash with me?

A:

Q: How can I get help purchasing tickets online?

A:

Q: What does the price of a ticket include?

A:

Q: Are groups welcome?

A: Yes. SANATORIUM will be an engaging experience and can be experienced individually, or with a partner, friend, family member or a small group of colleagues or friends, etc.

Q: Are sessions available for children?

A:

Q: Does SANATORIUM provide real therapy?

A: This program is an artistic performance, and the facilitators are not licensed health-care professionals. SANATORIUM does not provide medical or mental health advice, diagnosis, opinion, treatment, or services.

Q: Can I leave my personal items somewhere during my visit?

A:

Q: What should I wear to SANATORIUM?

A: It is best to wear comfortable clothing and footwear.

Q: Is SANATORIUM designed for people with disabilities?

A: Yes. With a variety of therapies being offered, visitors of all abilities are welcome to participate.

Q: Will I get to meet the artist?

A: The artist may or may not be present during your session.

Q: What are the hours of operation for SANATORIUM?

A:

Q: Can I visit the other exhibits at dOCUMENTA with my SANATORIUM ticket?

A:

Q: What is the cancellation policy?

A: Please note that all payments are non-refundable. Latecomers will be permitted to enter SANATORIUM at the discretion of the management. Patrons leaving SANATORIUM after the session has begun will be readmitted at the discretion of the management.

calendar

Jan 25 - 29	Kassel
May 14 - 18	Installation
May 29 - Jun 11	Kassel (see breakdown below)
Jun 1	Participants arrive
Jun 2-3	Participants orientation
Jun 4-5	Rehearsal
Jun 6	Press conference
Jun 9	Official inauguration
Jun 11	Pedro back to Mexico City

general instructions

volunteers

volunteer's checklist

BEFORE THE SHIFT

- Report and sign in for your shift half an hour before scheduled time
- Pick up your stipend for that shift/day as you sign in – only YOU THE VOLUNTEER can pick up the stipend.
- Please sign that you have received the stipend
- Pick up your lab coat
- Pick up your name tag
- Make sure you do not have any valuables with you
- Make sure all of your materials are at hand at your station
- Let the Sanatorium Manager know if there are any materials missing from your station
- Check your break schedule for the day
- If you have any questions please refer to the Sanatorium Manager before the beginning of your shift

DURING YOUR SHIFT

- After you have finished with a session make sure to re-arrange, clean up and prepare your station for the next group of guests.
- In case you have any issues get help from the Sanatorium Manager.

AFTER THE SHIFT

- Check your work station and let the Sanatorium Manager know if there are any materials missing from your station.
- Leave your lab coat on a hanger on the coat rack in the volunteer break room.
- Sign put before you leave Sanatorium.

do

Have fun and enjoy Sanatorium

Point using your open hand or 2 fingers

Be descriptive when describing activities and provide instructions before living participants the Tools; don't force people into anything

Model activities for participants as you explain

Stand up when you are waiting to welcome a new group

Be gracious at the end of every session; tell visitors that you enjoyed their visit and hope they enjoyed their therapy as well

Be relaxed

Don't rush – make connections with each individual visitor – create a unique experience for each visitor using the interaction with them interaction

Be pleasant

don't

Make comments about participants' appearance or abilities

Touch participants

Try to diagnose participants

Be upset with anyone who is late

Point or yell to get someone's attention

prop list

THE MUSEUM OF HYPOTHETICAL LIFETIMES

table
chairs
model
pieces
free standing shelves

VACCINE AGAINST VIOLENCE

mannequin
stuffing
manequin stand
500 balloons
Sharpie markers (10)
Tic tacs as placebo
garbage bin

EX-VOTO

two chairs
a desk or drawing table
200 Ready-to-use canvases
paint
scanner or camera?
nails to hang frames
garbage bin

GOODOO

two chairs,
TWO desks
200 goodoo dolls
stuffing
1000 lucky charms
garbage bin
glue
table
containers

ONTOLOGICAL ALGEBRA

white board
2 chairs
whiteboard markers
eraser

COMPATIBILITY TEST FOR COUPLES

20 small glasses
knife
chopping board
soap/sponge
sink & counter area
blender or juicer
variety of fruits veges for daily purchase \$50 x 8 days
bar table
garbage bin

CITYLEAKS

1 metal stock tank
100 empty wine bottle w/corks
500 A4 paper
papermate pens 12 pack 2 x \$2.29
table for writing
5 chairs
long tongs for getting paper out 5 x \$9

PHILOSOPHICAL CASINO

A dreidle (Greek philosophy)
Dice I (Renaissance)
Dice II (XIX century German)
Dice III (Typographic symbols)
Roulette (Far East Philosophy)
Sticks (Middle East Philosophy)
shipping
3x 5 index cards 500 pack
7- 10" x 12" Ballot Box Card
50 x 50 padded carpet
Table

WAITING ROOM/GENERAL

3 sofas
chairs
plants
soundsystem
reception desk
audiotrack
3 tables

BROCHURE

BROCHURE GRAPHIC DESIGN

therapies

museum of hypothetical lifetimes

This activity is centered on a scale model of a hypothetical museum; your entire life as an exhibition. The galleries in this model represent different moments from the cradle to the grave. This is both prospective and retrospective by including your future and your past.

To illustrate each moment select objects from the shelves. In these small figures you may find a formal realization your internal worlds. These should represent as complete as possible a cross-section of all inanimate and animate beings which we encounter in the external world as well as in the inner imaginative world: trees, plants, stones, marbles, wild and domesticated animals, ordinary women and men pursuing various activities, soldiers, fairytale figures, religious figures from diverse cultural spheres, houses, fountains, bridges, ships, vehicles, etc.

Your “therapist” plays the role of the museum’s curator. If you wish, you can explain to them what you are doing or wait until the end. They can clarify how some galleries can be used, however the rules are simple and you are the artist, your vision is what counts.



therapist instructions

Hello and welcome
Read description
Allow participants to select objects
Help clarify the space in which galleries can be used
if needed

participant instructions

Define each space using the "key" provided
Choose objects from the shelf that you feel
represent your world and place them in each of the
spaces.
Explain your choices as you are working or you can
wait until the end
When you have finished the therapist will help you
present your exhibition

notes

Blind visitors will need help choosing different
objects(therapist should describe objects to them)
and placing them into the museum (therapist will
need to describe the space and help them place the
objects).

Deaf visitors can do this on their own but will not be
able to discuss with the therapist unless they have
an interpreter with them.

setup

Number of persons: sole individuals

Time:

Space size:

Furniture: Shelves, table, two chairs

Props: Architecture model, assorted small figures

Therapist qualifications A professional curator

vaccine against violence

To our minds a symbolic act has the equivalent power of a real act. Consequently, destroying symbolically may free us from the need of having to do a real aggression. Based on this premise, the patient faces a headless dummy. The participant is given a balloon and he has to blow it up and draw on it the face of the person who has hurt him the most in his life. Then he is encouraged by the therapist to tell the dummy why he hates him so much and how much he was hurt by him and he is encouraged to get even by hitting the dummy until the balloon bursts. After this, he is given a placebo labeled as "Vaccine against violence". In this way, the catharsis this therapy achieves makes redundant real acts of violence, freeing the subject from long-standing hatred.

For this therapy I consulted with Antanas Mockus (Colombian Mathematician and former mayor of Bogota).



therapist instructions

Hello and welcome

Read description

Help participants with props

Encourage participants to explain why they hate the person they chose so much and why they were hurt by them

After the balloon bursts give participants a placebo tic tac that represents the 'vaccine against violence.'

participant instructions

Take a balloon and blow it up.

Draw a face on the balloon of the person who has hurt you most in your life.

With encouragement from the therapist, tell the dummy why you hate them so much and how much you were hurt by them.

Get even by hitting the dummy until the balloon bursts.

You will be given a tic tac (a placebo) that represents the vaccine against violence.

notes

Blind visitors will need help drawing the face and aiming at the right place to hit

Deaf visitors can do this on their own but will not be able to discuss with the therapist unless they have an interpreter with them.

setup

Number of persons: sole individuals

Time:

Space size:

Furniture: A small table

Props: A dummy on a stand, balloons, Sharpie markers, placebo bottles, egg crates to insulate space

Therapist qualifications Some theatre or psychology background

goodoo

The Voodoo doll, known in Haiti as pwen, is a magical surrogate for an intended target of sorcery. This therapy is a positive iteration of the Voodoo doll, thus called "Goodoo". Here we take a generic cloth doll and personalize it using diverse materials, charms or tokens on different parts of the body to cause a specific good to another person or to yourself.. For example, if you want someone to be kind at heart we may introduce a small bottle of honey in the chest of the Goodoo doll or if you want someone to finish a marathon we may add wings to their Goodoo doll legs.



instructor instructions

Hello and Welcome
Read Introduction
Show demo doll with examples
Help Participants with decorating if needed
Allow participant to explain the meaning of their doll
Invite participant to put hand on the doll to fill it with good energy
Once finished let them know it's always working

participant instructions

From the stack of Goodoo dolls choose one of your liking
Take a moment to think of someone you would like to do good by (it could be yourself).
Choose 5 objects to decorate your Goodoo doll
Make sure it is exactly as you want it
Explain the meaning of the items you have chosen.
Press each point and concentrate your energy
When complete take the doll with you and remember.. "
It's always working".

notes

Blind visitors will need help choosing different materials (therapist should describe materials to them) and making a doll (therapist will need to do gluing and sewing).

Deaf visitors can do this on their own but will not be able to discuss with the therapist unless they have an interpreter with them.

setup

Number of persons: sole individuals

Time:

Space size:

Furniture: Shelves, working table, two chairs,

Props: Generic dolls made in advance, cloth of different kinds, diverse materials to be defined.

Therapist qualifications: human empathy

compatibility test for couples

The objective of this therapy is to discover the compatibility that one person has with another. To test this circumstance couples can take part in the following experiment.

Ingredients:

Two large glasses.
A chopping board.
A blender or a juice extractor.
As many kinds of fruits and vegetables as possible.

Instructions:

- 1) Choose the fruit or vegetable with which you most identify yourself.
- 2) Choose the fruit or vegetable with which you most identify your partner.
- 3) Make juice out of both fruits or vegetables.
- 4) Mix them well.
- 5) Judge your compatibility as a couple by its taste.



therapist instructions

Hello and welcome

Read description

Make sure that fruit is pre-washed to avoid cross contamination (allergies)

Keep the station clean and be sure to wash the blender thoroughly after each use.

participant instructions

Choose the fruit or vegetable with which you most identify yourself.

Choose the fruit or vegetable with which you most identify your partner. (If the partner is present they choose for themselves).

Cut a slice from each fruit and blend them to make juice out of both fruits and vegetables.

Mix them well.

Judge your compatibility as a couple by its taste.

notes

This is completely doable for someone who is blind

As long as a deaf visitor has instructions it is also doable for them

setup

Number of persons: sole individuals or couples

Time:

Space size:

Furniture: A tall and large bar table, preferably with a sink

Props: Four large glasses. (2 sets), A chopping board, a blender or a juice extractor, knife, sponge and dish soap to wash glasses, variety of fruit, to be purchased daily

Fruits: oranges, bananas, strawberries, pineapple, pear, mango, apple, grape

Vegetables: tomatoes, carrots, cucumbers, celery, beets, parsley

Ingredients: 10 different fruits and 10 different vegetables are required for every couple

Therapist qualifications: None

cityleaks

In this activity the therapist asks the patient to think about a secret. So that personal modesty or fear is hidden the confession is written on paper and the therapist covers their eyes. The patient's secret on paper is then rolled up and put inside a glass bottle that is corked and deposited in a large bowl of water. In exchange the patient takes another bottle from the water and reads the secret of another person. All participants are asked beforehand to omit data or names that could jeopardize their reputation or that of somebody else.

The cathartic action comes from getting the other secret and this process is a secular substitute for the ritual confession, offering catharsis without complicated mechanisms or promulgation of judgments.

In the second phase the roles are reversed; the confessor becomes the confidant. Many of these stories have some degree of toxicity (that have been expelled in the purification of the other) and while writing the secret is always a private ritual reading can be done in groups.

By revealing a secret one will almost inevitably succumb to the temptation of wanting to know the others and hearing group stories. The authors, absent and protected by anonymity, become a mirror of the readers.



therapist instructions

Hello and welcome

Read description

Ask participant to think about a question

When participant writes it down cover your eyes

participant instructions

On a piece of paper write down a secret

Place it into a glass bottle and put it in the tub of water

Take another bottle from your own and read the secret from the bottle

notes

Not good for blind visitors

Not good for deaf visitors unless they have an interpreter

setup

Number of persons:

sole individuals

Time:

Space size:

Furniture: shelves, table, two chairs

Props: bottles, tub, water

Therapist qualifications: none

philosophical casino

Philosophical Casino is a series of polyhedra that work as dices or dreidels. Each side of these volumes features a philosophical quote. The player may ask a question and make the top spin, as one may ask an oracle. The act of spinning the dreidel breaks the barriers between the object and the user, an intimate relationship is created and in return for their question a philosopher provides a phrase to reflect on, be it an answer for an abstract question or advice to overcome a specific situation.

This is the Philosophical Casino. In this room there are 4 objects which work as oracles that may be able to predict the future



therapist instructions

Hello and welcome

Read description of therapy

Receive written questions from participants to be added to the Book of questions.

participant instructions

When asking an oracle, the mind is open to an intuitive interpretation of a symbol.

You can ask any of these oracles just one question, with a maximum of 7 questions in total.

Think of your question, write it down in the cards given by your therapist and place your question in the mailbox near to each object.

If your question involves names you want to remain secret use x or y in your question.

Spin the and read the philosophy, how does it apply to your question?

This information is anonymous and solely used for the statistic purposes for the Book of Questions.

notes

Not good for blind visitors

Not good for deaf visitors unless they have an interpreter

For people in wheelchairs, therapist will need to roll the dice

setup

Number of persons:
sole individuals

Time:

Space size:

Furniture: a padded carpet

Props: 4 painted MDF sculptures

Therapist qualifications: none

Ex- voto

Ex-votos can be found in Mexican churches and chapels where worshippers seek grace or wish to give thanks. Ex-votos can take a wide variety of forms that may include texts and images illustrating the passing of an ailment, explaining a miracle or a joyful moment.

They are also two kinds of prayer. The first kind and probably the most common is asking for something. The second kind of prayer is to express gratitude.

Can you remember a time when life was especially kind to you? Perhaps you recovered from an illness, or survived an accident, or got an unexpected promotion or found the love of your life? This is an opportunity to express your appreciation.



therapist instructions

Hello and welcome.

Read description.

Listen to the Ex-voto of the participant and paint a picture to depict it.

When completed help the participant hang it on the wall.

participant instructions:

Take a moment to think about an event and write it down in a few sentences.

A resident painter will paint your story.

When the story is completed, the resident painter will help you choose a place on the wall directly behind the drafting table and hang the painting along with any other written description.

notes

Not good for blind people.

Ok for deaf people if they have an interpreter.

setup

Number of persons:

sole individuals

Time:

Space size:

Furniture: two chairs, a desk or drawing table

Props: cardboard, paint, brushes, lettering tools.

Therapist qualifications: a fast-working painter who can make an illustration of the story in 25 minutes

ontological algebra

Ontology is the philosophical study of the nature of being, in other words it aims to answer questions such as "Who I am?", "What is the purpose of my life?" etc. This therapy uses algebra to cast into a formula the key components of you as a person. You can also take a problem that troubles you and the therapist will translate the problem into an equation or a graph. The aim is to teach you as well to modify this equation by introducing or subtracting new values and operations.



notes

Not good for blind people.

Ok for deaf people if they have an interpreter.

setup

Number of persons: sole individuals

Time:

Space size:

Furniture: two chairs

Props: one large blackboard, chalk, erasers.

Therapist qualifications: command of mathematics and psychology