

# BİPOLAR

fatmagül mutlu



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*BU KATALOG SANATÇI FATMAGÜL MUTLU' YA AİT BİPOLAR, SANAT VE SANAT TERAPİSİ PROJESİNE AİT OLUP SANATÇININ;  
ULUDAĞ ÜNİVERSİTESİ BİLİMSEL ARAŞTIRMALAR TOPLULUĞU' NUN; AURA PSİKOTERAPİ, SANATLA TEDAVİ VE EĞİTİM MERKEZİ' NİN;  
BİPOLAR YAŞAM DERNEĞİ' NİN VE SANAT PSİKOTERAPİLERİ DERNEĞİ' NİN İZİNİ OLMADAN PAYLAŞILAMAZ, KOPYALANAMAZ VE ÇOĞALTILAMAZ.*



# bipolar

30-31 MART 2017  
Uluslararası Dünya Bipolar Günü

FATMAGÜL MUTLU' NUN BİPOLAR KONULU SERGİSİ,  
PANEL VE WORKSHOP PROGRAMLARI

küratör : öykü özer - sercan caner

31 MART

## 30 MART

- 10:30 Açılış Konuşması  
Fatmagül Mutlu
- Doç. Dr. Nurhan Eren  
11:00 "Sanatın Ruhsal Bozukluklardaki  
İşlevi, Sanat Psikoterapileri Derneği
- Prof. Dr. Sibel Çakır  
11:30 "Bipolar Bozukluklar"
- Dışavurumcu Sanat Terapisti  
12:00 Bihter Yasemin Kaya  
"Bipolar Hastalarda Sanat  
Psikoterapisi"
- 12:30 Kahve Arası
- 13:00 Sergi Açılışı  
(Basın Lansmanı)
- Workshop**  
14:30 Klinik Psikolog Dr. Olcay Güner  
Psikolog Nur Dinçer Genç

- Sanatın Yaratıcılık Boyutu ve  
Ruhsal Denge  
13:30 Oturum Başkanı:  
Yrd. Doç. Dr. Nevin Eracar  
"Benliğin Bütünleşme Süreci ve  
Psikodinamik Açıdan Sanat"
- Uzman Psikolog Zeynep Maçkallı  
14:00 "Bipolar Hasta Grubu ile Yapılan  
Sanatla Terapi ve Yaratıcılık  
Çalışmaları"
- Uzman Psikolog Burak İsmanur  
14:30 "Sanatla Terapi Uygulamalarının  
Ulaşabildiği Alanlar"
- Psikolog Çimen Güldöker  
15:00 "Sanatla Terapi Tekniklerinin  
Koruyucu Ruh Sağlığı Amaçlı  
Kullanılması"
- 15:30 Kahve Arası
- Workshop  
16:30 Fatmagül Mutlu Eserlerinde  
Duygunun İki Yönü Üzerine  
Çeşitlemeler

ACIBADEM TAKSİM HASTANESİ



Art is the transformation of the subconscious stimulus ,by going through creative process, to the visual, audio and kinesthetic material. The materialized energy helps its creator to feel fullness, and functional.

To use the creative nature of art in therapies is increasing rapidly. I own the 'Bipolar Project' due to several reasons, which are to help arts usage in psychotherapy, to increase the consciousness about bipolar affective disorder and to stop labeling people without real knowledge.

The conceptual theme of the Project is to observe patients and to view the researches. As a result, there were common problems in commitment among bipolar patients found.

The researches in neurology found that the only chance for healthy bonding is not only in infancy but also in early period. There are ways to reshape and repair the experiences. Art therapy is way to reshape the healthy bonding through therapist and client. (Malchlodi,2003)

In artistic imagination what I want to say is that people can be made to realize their inner healing power. This power comes from expressionist and restorative nature of art.

Fatmagül Mutlu

As an artist it is seen that Fatmagül Mutlu s in a phase of research both in her art and in different fields. It can be argued that she investigates not only painting and three dimensional Works but also design, printing and other technical approaches. The main point of these Works is that mos of the time she focuses on societal subjects. It is interesting that fine arts education, art therapy and creative drama and usage of special techniques in coexistence of art and individual.

Due to the international prizes she took as an artist, it is obvious that as a young artist she draws attention not only in our society but also in other cultures.

I can proudly say that her energy is reaching from her works to her audience.

Sincerely,

Prof. Tomur Atagök

Yıldız Teknik University

Master Program of Museology, Founder Of Faculty Art And Design

Prof. Dr. Sibel akır

İstanbul Medicine School Head of Psychological Disorders Department

Bipolar Life Association, Founder

Bipolar affective disorder- manic depressive disorder with its old name- is a psychological disorder that is known as bipolar disorder in Turkey. 30 March World Bipolar Day, is celebrated on famous painter Van Gogh's birthday to raise awareness about bipolar affective disorder. It is aimed to raise awareness World wide and stop societal labeling. With international collaboration, the main goal of World Bipolar Day is to provide events that increase the education and consciousness about the disorder in all communities.

Bipolar affective disorder is psychological disorder in which there are manic and depressive periods, emotional up and downs and some normal states of mind. In todays terms, bipolar affective disorder is diagnosed succesfully and treated effectively. However, due the repetitive nature of disorder the patients relatives and medical staff should constantly collaborate.

Even though it is known that bipolar affective disorder is a medical disorder like diabetes and heart diseases, in our country unfortunately the patients are blocked to reach healthcare and to have early diagnosis and effective treatment.

The initiator of World Bipolar Day,the head and founder of International Bipolar Foundation Muffe Walker had said that ' I am dreaming of a World in which my son, who had spent most of his life with bipolar affective disorder, is not judged and evaluated only by his qualifications and characteristics. I believe that World Bipolar Day would help me fulfill my dream.

In our country, World Bipolar Day is celebrated with some events for three years. It is thought that bipolar disorder is effecting between 1% and 2% of World population and at most it can raise only as high as 5%. According to World Health Organization it is the sixth reason that causes ability loss. The focus is mostly on biological reasons of the disorder, the medical treatments aims, better treatments, better diagnosis methods, genetic side of the disorder and having a better lie with bipolar disorder. Even though the results are not there yet, with the researches, the collaboration of the supporting groups is increasing.

Under the light of all these information, Dear Fatmagul Mutlu had shown the appearing of the disorder to life, the waves between storms and quiescence with the wellknown creativity of the disorder. Art ad painting had always helped for better understanding of the bipolar emotions, expressionism. We had enjoyed working with Fatmagül Mutlu in this Project, we had rejoiced, we thank her for that.



March 2017


## The Project of Bipolar

Bipolar; a periodic happiness and a depression, a mental ups and downs; or in other words an affective disorder. Bipolar has many definitions and has different researches, treatments and also some projects.

The Project of Bipolar takes place as an art therapy to cure people and provide their needs with the art. Turkish artist and curator Fatmagul Mutlu makes it real with the exhibition to be displayed her new artworks, and in addition the panels and the workshops based on the project.

The art is a significant therapy nowadays, and always has good consequences. Living with the art is like to heave a sigh of relief or to move away from our manic lives. When we communicate with an artwork, it impresses us from the beginning to the end of communication, and it takes away from our chaotic life to a new experience, for the time.


Real artists faithfully express their feelings and thoughts when they create an art piece, even if this process continues painfully. And people once more feel their 'freedom' when they start to understand an artwork through a relationship with the art, and their feelings. Either the artists present their artworks in different places to make awareness and distinctness to the society they belong through communicating with the audiences.



The Project of Bipolar curated by Fatmagul Mutlu points out Bipolar and raise awareness of people within this special concept. Every unique artwork by Fatmagul Mutlu reflects her expressions and feelings to the people who have Bipolar or have connections with this serious disorder. Thus, the actual purpose of an art project comes true through the connection between the artists and the people.

The panels and the workshops based on the project make this dialogue more significant and influential. Especially in Turkey, people start to learn and have knowledge about Bipolar more carefully with this artistic project. In our world and society, people need to connect with the people who have Bipolar more kindly and closer. Beside, people need to do interdisciplinary researches and art projects to support those people and find alternative solutions for Bipolar. In this context, The Project of Bipolar materializes as an art project and a social responsibility project as well.

Oyku Ozer





Manic, hypomanic and depressive..

These three concepts are so tightly bound to one another that actually they are not so tightly bound. For a moment they are extremely happy and then for a moment they are extremely sad and depressed. It's not easy to catch and distinguish the opposite thoughts that pass through our minds. Perhaps bipolar is the one who does not prefer to catch and distinguish...

We sometimes have difficulties keeping our thoughts, feelings and behavior under control. These difficulties are not really difficulties. Because when we have difficulties, we start to bear fruits. Just like painters, musicians and maybe litterateurs...

Bipolar makes us see, hear and perceive the world differently. Just like the painter Vincent Van Gogh... Thus, Bipolar Day is celebrated each year on the birthday of Vincent Van Gogh.

"You can't be at the pole and at the equator at the same time. You must choose your own line, as I hope to do, and it will probably be colour." said Vincent Van Gogh...

Sercan Caner





**D E P R E S Y O N [DEPRESSION] 60X90**

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KARIŐIK TEKNİK (MIXED MEDIA), 2016



**P S i K O Z [PSYCHOSIS] 75X100**

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TUVAL ÜZERİNE YAĞLI BOYA (OIL ON CANVAS), 2016

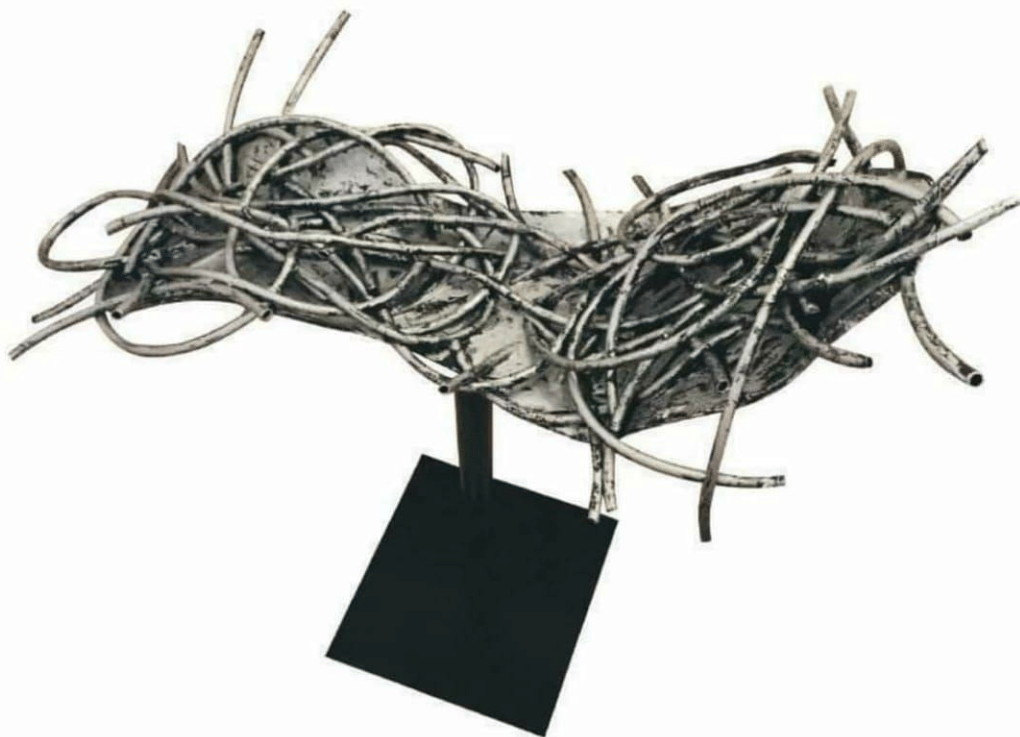




i R R i T A B i L i T E [IRRITABILITY] 120X150

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KARIŞIK TEKNİK (MIXED MEDIA), 2016



**M A N i [MANIA] 200X200**

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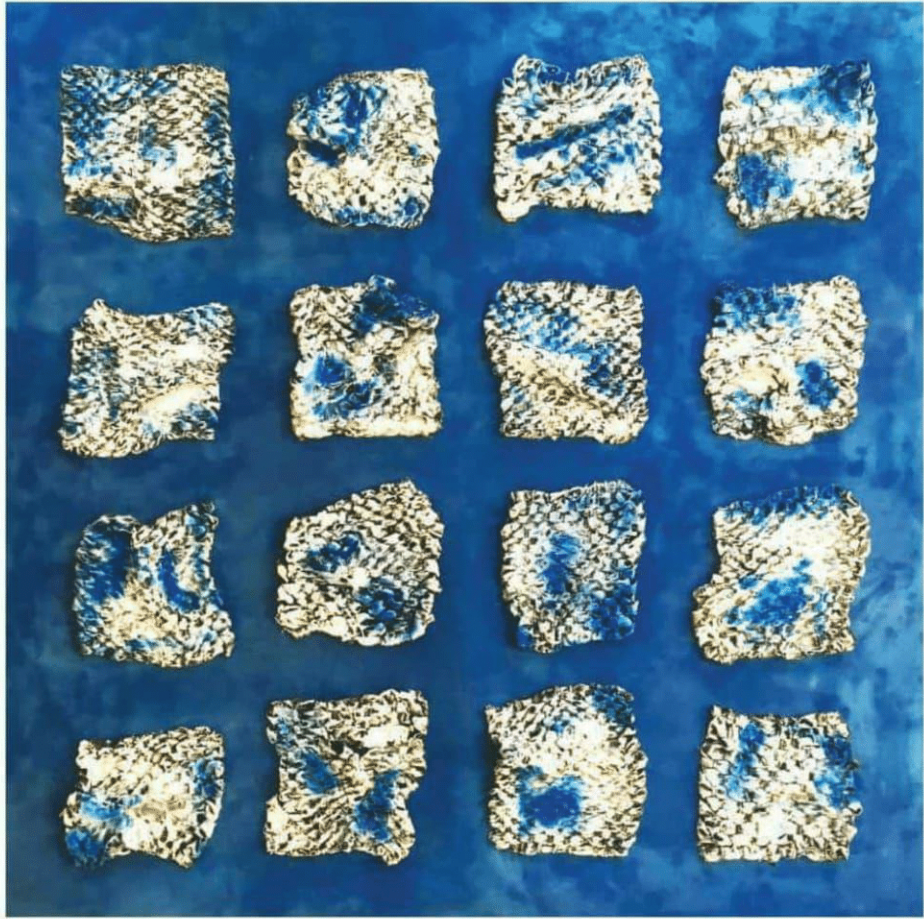
KARIŞIK TEKNİK (MIXED MEDIA), 2016



**H i P O M A N i [HYPOMANIA] 200X200**

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KARIŞIK TEKNİK (MIXED MEDIA), 2016



**Ö T i M i [EUTHYMIA] 130X140**

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KARIŞIK TEKNİK (MIXED MEDIA), 2016





**D E N G E L E Y i C i   [STABILIZER] 100X100**

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KARIŐIK TEKNİK (MIXED MEDIA), 2016



**P S i K O T E R A P i [ P S Y C H O T H E R A P Y ] 1 7 0 X 7 5**

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KARIŐIK TEKNİK (MIXED MEDIA), 2016



Ç O C U K L U Ğ U M (MY CHILDHOOD) 90X110

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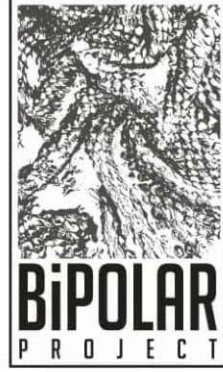
ENSTALASYON (INSTALLATION ART), 2016





Fatmagül Mutlu (1989, Bulgaristan) İstanbul ve İspanya'da yaşamakta ve çalışmalarını sürdürmektedir. Uludağ Üniversitesi Güzel Sanatlar Eğitimi Bölümü'nü derece ile bitirmiştir. Bologna Üniversitesi ve Boğaziçi Üniversitesi'nde eğitimler alan sanatçı, uluslararası yarışmalarda ödüller almıştır. Amerika Sanat Terapisi Derneği; İngiltere Eğitim Liderliği, İdare ve Yönetimi Derneği gibi uluslararası yayınlar çıkaran derneklere üyedir. Ayrıca PÜYED (Potansiyel Üstün Yetenekliler Derneği) kurucusudur.

Fatmagül Mutlu (1989, Bulgaria) has been living and studying in Istanbul and Spain. She has graduated from Uludağ University Department of Fine Arts Education with degree. Having had educations in Bologna University and Boğaziçi University the artist have received awards in international competitions. She has membership such as AATA (American Art Therapy Association) BELMAS (British Educational Leadership, Management & Administration Society) Furthermore, she founded PÜYED ( Gifted and Talented Children Association).



TUSWORLD



ACIBADEM











[WWW.FATMAGULMUTLU.XYZ](http://WWW.FATMAGULMUTLU.XYZ)