

# Arts and Minds: Asemic Writing and Invented Text

By [Sheila Ceccarelli](#) (*artist*) and [Yael Pilowsky Bankirer](#) (*Psychotherapist*)

This was the third session working with students at [Cambourne Village College](#) as part of the 'Young People's Pilot', coordinated and managed [Arts and Minds](#), a leading arts and mental health charity in Cambridgeshire.

[Back to "Heart-Work" Arts and Wellbeing Project](#)



Following on from week two [A 'Heart-Work' Conversation](#), students were given the opportunity to further explore expressive mark making as a tool for self-expression and a vehicle for communication.

Whereas in the previous session students had made marks in response to each other's work in the form of a 'visual conversation', in this session students worked alone.

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