

**THE HOLOGRAM  
IS A FEMINIST  
HEALTH MILITIA  
THAT PRODUCES  
NETWORKS  
WHERE WE CAN  
PRACTICE SKILLS  
LIKE TRUST,  
COMMUNICATION,  
AND COOPERATION  
THAT WILL HELP  
US OUTLAST  
CAPITALISM.**

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# Dear Reader

By becoming a Hologram, you are entering a dimension where “women’s work” is recognized as powerful, imaginative, and dangerous. When we say “women’s work” we mean having the power to heal and be healed, understanding that sometimes you have to re-break a bone in order to set it straight again. Regardless of gender, we want you to join a growing network of people who have the capacity to heal, and who understand that healing involves destruction, and our healing requires the work of destroying capitalism and its associates: racism and patriarchy.

It’s no problem though, because even though you’ve been told that you are broken by these systems which profit off of your death, you aren’t. Nothing is broken so there is no expensive fix; you can stop saving up to be saved. You have powers that you haven’t found yet, and that you can’t even imagine. We think you just need to know that you are needed, useful, and that you have the skills that will be needed as we transform collectively into a cooperative species. You can handle all the current and future emergencies you and your world will face.

You need an unpaid but socially necessary job in the post-work future, it starts now. You are hired. What are you armed with? Things that pretend to be weak, but which are actually strong? Intuition, attention, and patience? Great. How will you deploy those dangerous weapons with us, to make a coordinated attack on the capitalist imagination? The hologram, gone viral, is a rogue grenade, and we put it in your shaking outstretched hand.

**The Feminist Economics Department  
with Jen Chisholm**

# Summary

The Hologram is a theory and a practice of mutual aid: a new way to cooperate to produce health, well-being and radical social transformation.

It emerged from the collaboration of a group of precarious US women and femmes in 2016 who gathered to develop and experiment with grassroots, small group systems of interdependence and mutual care for an extended community of artists, organizers and healers: an Intentional Community in Exile. Working in the context of a monstrous US medical system that doesn't provide meaningful healthcare, this group was inspired by the experiments of health activists in Greece who, in the face of the austerity unleashed on their country, set up community-run clinics. These clinics not only provided free medical services but tried to reinvent health care from the ground up. The Hologram is inspired by one model from Greece, "The Integrative Model," which attempted to challenge some of the entrenched hierarchies inherent to conventional medical care, and allowed for a different approach to ideas of health, authority, care, and expertise.

Health is not an individual possession but a community responsibility. Looking after someone's health is not only responding to physical illness, but also attending to the conditions of one's life: work, political climate, relationships, money, food, mental strain, housing, interests, and one's social life (memberships, families, friendships, partnerships, or lack there of). In the Integrative Model and The Hologram, three people (not all of them "experts") focus on the holistic well-

being of one person, and that one person, in turn, becomes healthy and capable of being a better part of the community. In contrast to capitalist medicine's obsession with expensive medical technology (drugs, machines, tests), the Integrative Model was an experiment in developing a social technology that exists outside of the broken economy, and so is The Hologram.

This little book aims to give some context for and values to The Hologram. The goal of The Hologram is to give people an experience of social trust and interdependence that they didn't know they could have. It is meant to teach, through experience, that each person's health improves by an increase in the well being of people around them. My liberation and my ability to survive is bound up in yours.

In The Hologram, when we are working on supporting one person's life, we are working on everyone's lives, and we must keep that in mind in order to make that a fact. This is not a self help project, it is a project about creating a new world underneath the current one that is much healthier and long lasting than capitalism. It is about stealing some time back from the economic system so that we can practice being powerful in ways we forgot we could be. It is about redefining what it is to do meaningful work, and what it is to be a valuable person.

The contents of the book are written to support people who are interested in doing this work. The section called "Where does the economy end, and I begin?" is a brief explanation of how our trust has been dissolved by capitalism, and why it is important to do work to build it back up. The *protocols* are the first attempt at providing a groundwork of values and practices that are inherent to this project. The *glossary of terms* is a set of words developed or identified by The Feminist Economics Department for explaining or discussing the difficult to trace social effects and affects of living in capitalism.

# ***WHERE DOES THE ECONOMY END, and where do I begin?***

There is no clean line: we've stewed in this profit- and competition-driven economy our whole lives are we're part of it. It produces us and we reproduce it, even though it makes most of us sick, miserable or dead (literally or metaphorically).

When you live in a system like this, it feels like the only thing that could possibly exist. It becomes your teacher, your mother, your home. Its teachings are not just about money and economics but about who we are, what we're worth, what we're here for, how we should spend our time, and how we relate to one another.

Its various methods for scaring us into conformity are "social technologies", or methods for manipulating, changing and adjusting society and each of us, to get more work out of us.

The Hologram is an ancient and totally new "social technology" that helps us unlearn some of the worst teachings of capitalism, by producing opportunities to have experiences of cooperation and interdependence.

*Here are a few of capitalism's false  
(and disproven) lessons we need to  
unlearn:*

We are individualistic “economic men” ruthlessly competing to survive.

**Nope, we're a cooperative species.**

If we continue to work hard and play by the rules, everything will work out.

**Nope, it will get worse and worse, for everyone.**

We don't need other people to solve our problems; we should be self sufficient.

**Nope, no one has ever had all they need to exist. Needing things from other people is not a weakness.**

## *Questions proposed by The Hologram, to you:*

*What would change about how you live if you believed and lived as if you were a member of a cooperative species?*

*What would it mean to realize that your well-being is produced by those around you, and that you, in turn, helped produce their well-being?*

*What would you do if you felt and saw that many worlds of people, animals, plants, and systems were collapsing around you? What would work mean in those circumstances?*

*What would it mean to be able to trust that you'd be taken care of, and that you can take care of others?*

For now, this economic system produces the threat-world we call home, where, if we don't compete and hustle, we'll be abandoned. Capitalism has become the main way we relate to one another. It shapes how we work together to reproduce our lives and our world. If we are going to overcome it, or even survive it, we need to develop new ways, new "social technologies," for cooperating outside of and against it. To do that, we need to liberate our desires from the things we have been taught to want, and retrain ourselves to work together towards something we *actually* want.

We have nothing to lose but our distrust, our endless competition, our belief that our productivity amounts to our worth, and our constant anxiety. The Hologram is an anti-capitalist social technology to help us become different animals that can cooperate to build a new home, an intentional community in exile, until this shitty phase passes.



# **PROTOCOL BETA**

*In order to transform ourselves from competitive individuals back to a cooperative species-- one that can withstand the pressure created by the destruction of capitalism and the creation of a new world-- we need to remember the powers that we have forgotten or traded-in for a wage or a like on social media. Whether we become holograms or otherwise cooperative, here are a set of risky but forward-facing protocols and practices to help us get our collective powers back.*

## 1. TRUST EACH OTHER AND YOU

Capitalism forces us to compete for what we need, it takes advantage of us when we are most vulnerable, it steals and monetizes our gifts and abilities, and it abandons us when we are not profitable. These experiences are also lessons, toxic lessons that teach us that we cannot trust anyone, or anything.

Even though it is counterintuitive in our political moment, this project asks participants to enact trust instead of building walls of defence.

**Exercise:** *Not if, but when you think that you need “boundaries”, you feel defensive, or you feel like you’ve been tricked, ask these questions before withdrawing your trust:*

- 1. Is this a habitual reaction? Are you used to withdrawing your trust, because it has happened so many times?*
- 2. What do you want for the person who causes you distrust? Can you communicate with them about your desire to trust them, rather than losing your trust in them? Is there something to trust that is below their behaviour?*
- 4. Who do you actually need to protect yourself from?*
- 5. What would it look like to protect yourself and your community from the real threats you are experiencing?*

**Things to trust:** intuition, your skills and capabilities, that everyone has been hurt, abandoned or scammed, that everyone has the capacity to heal and be healed, that we can build a new world.

## 2. MAKE BETTER WISHES

It is dangerous to wish when everything feels hopeless. If you are willing to leave the safety of self defense and disappointment, then what is it ok to wish for on a dying planet?

If you wish for your own survival long enough, you may realize that you cannot survive alone. If you wish for the survival of your community, why not wish for their families too? If you wish for survival, why not wish for them to thrive? What would it look like if you imagine a world where all those people could thrive?

What would it mean to make a commitment to this wish, to make the possibility of thriving the centre of our world, and our work?

**Exercise:** *Before you enter a new social situation, specifically a meeting for The Hologram, it may be useful to picture the various members of the group. Take time to imagine what each of them would be like if they were their best selves, and then imagine what it would take for them to get there. Working beyond individual solutions, try to imagine the social conditions (financial, social, programmatic, values) that would really allow each of them to thrive. This elaborate and growing wish may remove impulses to compete with or feel frustrated by the shortcomings of your co-conspirators, and will support the anarchist world spirit in designing a better system next time around.*

### **3. LET CURIOSITY, NOT EXPERTISE, BE YOUR GUIDE**

To have curiosity means to pursue truths that are challenging to the memes we think we believe in. To bring curiosity is to bring in the unexpected, to seek depth, to ask questions that you don't know the answers to.

Questions that are borne of curiosity are not meant to prove one's intelligence, but to learn from, to communicate care and to support someone to get closer to the answer they are seeking.

In order to use your curiosity, you need to be observant. In order to be observant, you need to be patient. In order to be patient, you need not be scared. In order not to be scared, you need to feel supported. In order to feel supported, you need new positive experiences with people. In order to form these new relationships, you need to ask good questions and listen to the answers.

**Exercise:** *Think of something you love to learn about, something that surprises you and about which you know almost nothing. Maybe it is learning about how plants mate. Whatever it is, imagine the type of spirit and affect that you would have if you could interview the expert on plant mating. Is it possible to import the sense of wonder, and of the unknown, into conversations around care? Is it possible to continue to ask questions without ever understanding fully or having a definitive solution?*

## 4. USE YOUR TIME TO PRODUCE A FUTURE WE WANT TO BE IN

Time is a tricky material that seems to be controlled by the market. It is not. Take your time back from the economy, and put a bit towards our post-work future. Once the economy tanks (the rest of the way) and we have sent all the executives to Mars, we will work to support life, and not for a wage.

In this project, or whenever you take time to help someone else be better, you can practice using time to produce life instead of capital. Notice how it feels and expands.

For now, time is still a scarce material we hoard and sell so we can live. Because it is our lifeline, we have to treat it with care, in ways we believe in, and in ways we communicate about. We must let the way we use and value our time be driven by wishes, and not by rent.

**Exercise:** *To practice taking time away from the market, wait until the next time you feel incredibly anxious because of a deficiency of money, time, energy, or a soup of all of it. When you feel like you are going to blow a gasket, take 30 minutes for the unknown. Force yourself into a conversation with someone at the cafe, call an acquaintance, ask a panhandler if you can take them to lunch, or put on music and draw. See how your time, money and energy fills in around you.*

## 5. OBSERVE AND COMMUNICATE PATTERNS

Patterns are produced when we develop habits that we repeat automatically. Because of the way our brains work, we cannot see them ourselves. The Hologram is a project about developing formal long term relationships in which we can have other people witness our patterns with us, and for us, so they can notify us of our behaviours, and we can compost them if they are harmful.

Many patterns that we enact, which are the most common, are built out of and around cruel optimism, or desires that hurt us when we achieve them. When enough individual people enact a pattern it becomes social, and gains power. If it is a negative pattern, that can lead to moments of blind mass-consumption, authoritarianism, racism, or other natural disasters.

**Exercise:** *Ask someone who you know who has long term relationships about how they interact with their friend's, family member's, co-worker's or partners patterns? Have they ever been shown a pattern in their own behaviour by someone? How did that feel, and why was it a successful or unsuccessful intervention?*

# USEFUL TERMS

*These terms have been developed in parallel to The Hologram project. They describe forces that you have been up against, and that you may come against again in the process of experimenting with any experimental social care. Why? Because all caregivers and recipients have internalized and reproduce some of the shitty experiences we have had trying to live on planet Earth while it was run by white male greedy idiots. These are terms and experiences that describe patterns and states of being that have emerged to me by watching life happen during the bitter end of capitalism. They may be useful to know when you are trying to put your finger on a specifically stale or uncomfortable situation that doesn't quite seem like anyone's fault, but yet it never goes away.*

# BAD SUPPORT

The kind of support that gives you something you really need alongside a promise that from here things will be better (more stable, you will thrive someday), and then takes away more than it ever was able to give. This kind of support is not always intentional, but it is always present in late capitalism. This type of support is the fundamental architecture of our lives in North America.

The concept of 'Bad Support' (also known as BS) arose as I traced the way that Americans receive, expect and reproduce Bad Support. BS is not only normal to Americans, it is the only type of support many people receive, and it often comes when they are the most vulnerable.

Bad Support might look like a personal loan, an internship, a discount "club card" at the grocery store, an automatically generated acceptance letter from a for-profit university for a first generation college applicant, a credit card offer a month after you claim bankruptcy, building an IKEA on an Indigenous burial site, a phone plan that doesn't check your credit first, when Google opens a campus in your city, a payday loan, a Basic Income test program, a subprime loan on a house, or a conditional promise of access to unconditional medical care.

When these too good to be true things are taken away, when the aftermath is more expensive to the recipient than the benefits, that's BS. The feeling generated by the "beneficiary" of this last chance was never offered out of care, generosity or a wish for their betterment. It was actually a part of a humiliating strategy that offered targeted 'chances' to many people in a similarly desperate position to make money off of the exploitation of their needs.

If this is the only kind of support a person ever receives, then it is the only kind of support that person knows how to give. That is why BS is a Toxic Pedagogy which we must unlearn if we are to coexist as the cooperative species that we are. You may reflect on how BS slips into your experience of redesigning care itself, through the way that we over-promise our energy, privilege work over health, through a desire for results instead of process; all of these automatic behaviours are generated by people who have always only received Bad Support.

Bad Support is what we experience, expect and unconsciously reproduce. Our reproduction of Bad Support looks like a world of defensive, isolated, irrational financialized spaces and social norms that are not easy for anyone to inhabit, especially if you are sick, differently abled or non-white. These physical spaces and social systems built for no one are what I call collective psychic architecture. It is our home.

**“The earth is our (financialized) hospital.”**

-Johanna Hedva, plus parentheses added.

# COLLECTIVE PSYCHIC ARCHITECTURE

It's no coincidence that you haven't developed your own health support system, and may never have seen the support you need. There are so many invisible, psychic, financial and social barriers to imagining, inventing, giving or receiving the care that would allow “us all ” to thrive. These (bureaucratic, financial, racist, ableist, ageist, gender conforming, classist) barriers are so common that it is hard to even recognize they are there.

One way to imagine how Collective Psychic Architecture is produced is to imagine that we are a factory for it.

Imagine all the times that you have ever felt scammed, taken advantage of, or ripped off when you really needed something. Feel how that builds a little wall of defense inside of you. Now imagine that everyone you have ever met has had the same experience so many times that it can't be counted. Now imagine if all those individual walls of defense inside of each of us melted out of us and appeared as one giant wall, made of all of our collective disappointment, fear, and distrust. That wall is the collective psychic architecture that keeps us from seeing what is beyond it, which is a society organized around the production of life and health. These barriers are more common than anything else, they are so ubiquitous that their presence is like an obstacle course that we live inside of.

## CRUEL OPTIMISM

A relation of cruel optimism exists when something you have been told to desire is actually an obstacle to your flourishing. The term was developed by Lauren Berlant in her book with a matching title. So often, the thing that you think you want (a house, an education, a flat screen tv) actually takes away from the thing you really want (to peacefully live on a planet filled with life and living things). Many of these desires are not your invention; you and we are coerced by marketing and nationalistic propaganda that we didn't know we were consuming. The desires that we seek, but which hurt us, are so often collective experiences that leave us in a stagnant misery that we cannot see because it is hidden in plain site, in every person we know.

# SELFIE

When someone does something, or speaks, but the only aim was to appear as a quick self portrait, to be noticed by an anonymous 'everyone', but not necessarily to relate to anything that happened or any needs held by an actual person.

# REALITY MAINTENANCE

Taking into account that the largest forces defining, controlling and distracting the experience of reality of most people in 'developed' 'civilizations' are giant tech and financial corporations sometimes called governments, all run by wealthy white men, anything that we do to nurture and reproduce these forces (which we all admittedly do constantly) is a performance of reality maintenance.

The real twinge comes when we imagine that we are undoing some part of this hellish reality, for example by writing academic papers, but in reality we are contributing more to reality maintenance than the righteous chaos and destruction we fantasize about.

# CONTEXTUAL FLUIDITY

"We can only act in time and space from who we are. Every point becomes a centre. What may initially be viewed as an apparent limitation can actually be our greatest asset. All

connections (both big and small) alter the patterns around us as we ourselves shift. These times of enormous complexity offer tremendous opportunity for transformation.”

The above text and the concept of contextual fluidity was written about and designed by Connie Nelson and Dennis McPherson in the 1980s, and has recently been re-awakened by Ivory Tuesday, Indigenous scholar, artist and activist. The way I think about contextual fluidity comes from a story.

One time, on an Indigenous reserve in Northern Ontario, Canada, Ivory and her girlfriend Kris saw a house on fire. When they called the fire department, the operator said that they wouldn't go to the reserve, it was not a part of their jurisdiction. So, Ivory and Kris went into the burning house and retrieved all the people.

You have the skills, tools and knowledge all around you that can help you respond to any situation, any problem. You may not be able to receive help from authorities including the state even if you have depended on them before, because not all states can be trusted nor do they have wisdom or capacity to do what it takes to take care of most people with care. There will be a time when you cannot look up for help from something bigger than you.

But you and your community have energy, tools, hope and optimism to keep going anyway, so that even when nothing seems to work, you sustain your energy and your vision. You become so powerful, skillful, wise and discerning that many other people and organizations begin to rely on you for that. Even though you feel like a point on someone else's map, you can also be a centre.

# EEMINIST ECONOMICS

A form of economics that has no relation to money, but that organizes home on the planet around the production of health and life.

# ***THE PRACTICE***

The Hologram emerges from a conversation with a psychologist working in one of many experimental free health clinics in Greece that was developed during the height of the financial and refugee crises there. As a psychologist named Frosso put it, when a patient was met with a doctor, a therapist and a social worker within their first visit to the social clinic in Thessaloniki, they were trying to make a hologram of every person: a three dimensional image of health. In this project a Hologram is what we call the person who receives care and attention from three people, who we refer to as a Triangle here.

A Triangle is comprised of three people who accept an invitation from The Hologram to make a formal commitment to supporting her health by participating in seasonal meetings between The Hologram and the members of the Triangle. In these meetings, each member of the Triangle focuses on one of the three aspects of her health: physical, psychic, social. The attention they give to her many dimensions makes her into a Hologram. The job of each member of the Triangle is to ask really good questions, help see The Hologram's patterns, and to support her with co-research and in-depth knowledge of her health when she needs to make a big decision.

The Hologram's job is to facilitate a conversation with three people who have accepted her invitation to join the Triangle. Unlike when you go to the doctor as a patient, a Hologram's role is like that of a teacher, helping the Triangle to understand how she achieves her healthiest possible state. The Hologram shares personal stories, powers of communication, and well

articulated vulnerability to inform the Triangle how to care for and with her. She shows great respect and gratitude for the members of the Triangle, and is observant of their needs and desires, helping them to become better at offering useful questions.

### **How will you identify people for your Triangle?**

No one knows what will work until it does. Invite people who make you feel comfortable, whose attention and care you enjoy, and people who would like to do it for you.

Additionally, you might ask yourself these questions before deciding who to invite:

- Do I want the members to know each other?*
- Do I want to see the members of the Triangle on a daily basis?*
- Do I want the members to all be local?*
- Do I want to use this as an opportunity to develop new relationships, or to add a new layer to already existing relationships?*

### **How much personal information do I reveal?**

This conversation is defined by you. Whether we are online, on the phone, or at work, we are constantly warned to protect our privacy, but it is hard to keep in mind what we are guarding it from. The truth is that there are many types of predators who are seeking to profit off of our information and our vulnerabilities, but those individuals and corporations are not here in this Triangle. The goal is to learn to trust, and to want to share as much information as is necessary (but maybe not more) to help your Triangle understand where you are coming from and where you may be going, so they can go there with you!

## **How do I reciprocate?**

Reciprocation is somewhat automatic in this project, but is not 1 for 1, like paying for a hot dog. Every person must be a Hologram as well as a member of someone else's Triangle (not for someone in your Triangle, though) because care is a two way street. The most important healing that you will receive from this project is when you successfully care for someone else. This sideways reciprocation means that you will not be directly giving back what you receive from your Triangle, but you will be a part of a larger cycle of reciprocation and the production of health, which can never be transactional.

## **What does the Triangle do?**

The three members of the Triangle make a commitment to The Hologram to act as a support structure for her. The Triangle will be present for any regularly scheduled meetings with The Hologram. Each person will ask questions about their particular area of focus (either physical, psychic or social) and then take notes to help them remember previous conversations.

## **Important things for the Triangle to remember:**

- 1. No one will be an expert in the Triangle, and no one should pretend to be. This is about asking supportive questions.*
- 2. No one should disappear themselves, their needs or their wisdom. Triangle members are welcome to share anecdotes and stories from their lives that will help The Hologram see their situation, state when they feel that something needs to be addressed in the group, and clearly state their personal needs.*
- 3. The Triangle, with The Hologram, will make group decisions, and will structure the way the group meets.*

When called upon in an emergency or a pressing situation, the Triangle can choose to show up to support The Hologram as individuals or as a triad. The Triangle becomes most active when The Hologram needs to make a big decision. This is when all the accrued knowledge of the Triangle, about The Hologram, and notes, become valuable. At this time the Triangle may support The Hologram by providing in-person support, accompaniment to or coaching for important appointments or co-research. The goal of the Triangle is to back The Hologram to make supported decisions that will preserve her health.

### **What role does each person play?**

Each member of the Triangle makes the same time commitment to each other and The Hologram, for example, committing to this process for 6 months or two years.

Within that time, the three members of the Triangle will select one area of focus in the meetings with The Hologram. One person will focus on asking questions and taking notes on one of the three zones of health, including the physical health (body) of The Hologram, the psychic (mental, emotional, intellectual), and the social (relationships, work, money, housing).

These health zones of each person are completely entangled and overlapping, and the conversation will be too. The important thing is that there is a member of the Triangle to hold the awareness of each of the various zones of health, who can watch for patterns and feel when something is going well or not.

## **What if I want to quit?**

The group should decide what to do in the event that one of the members of the Triangle wants to quit. Because the project is about constructing new experiences of trust and cooperation, it is ideal if the group can adapt to support each member to stay in a healthy way. When that cannot happen, there needs to be an exit plan in place, wherein the Triangle member that exits is replaced, and that the new member is welcomed into the group with care and patience.

## **How do we keep notes and records?**

This is up to your group to decide. The notes are a tool for the future, to help you remember when something occurred in the past. Well labeled and organized notes can be really useful for that. The notes can be shared among everyone in the group, or just kept to individuals who wrote them. Since some people find drawings and diagrams more useful, we have built some tools for how to organize and document some patterns visually. Notes can go into a shared folder online if you feel safe doing so, and we are making a safe space for that to happen.

## **When do I become a Hologram?**

As a member of the Triangle, any time after you finish the intake process for The Hologram you are caring for, you may invite three people to make a Triangle for you. You will learn a lot from being a Triangle, which will help you to understand who to invite and how to set up yours.

# **GROUP DECISIONS TO MAKE!**

## **What is the overall time commitment?**

This project is meant for long periods of time-- for at least a 6 month period, or as long as a lifetime. You can do a 3 month trial and then make a decision based on what you learn.

## **How many meetings will you have per year?**

Perhaps you meet seasonally, or bi-monthly. Be realistic and don't overpromise, because you also want to have time to be available to work together if The Hologram needs support.

## **How long will each meeting be?**

Be clear with the expectations for each meeting. Even though we are strategically wasting our time "doing women's work", we still need to respect that everyone has to organize and sell their time to survive:)

## **How do you want the sessions to feel?**

Meetings can be upbeat, fun, focused, and it can provide energy and positivity if you decide to use it that way.

## **How do you open a meeting?**

You can make this the ritual that you need to create the best conditions for the group.

## **How do you close a meeting?**

You can make this a ritual about making sure that there is clarity, closure, and peace in the group.

## **What happens if someone wants to leave the group?**

The group should decide what to do in the event that one of the members of the Triangle wants to quit. Because the project is about constructing new experiences of trust and cooperation, it is ideal if the group can adapt or work through conflict to support each member to stay in a healthy way. When that cannot happen, there needs to be an exit plan in place, wherein the Triangle member that exits is replaced, and that the new member is welcomed into the group with care and patience.

## **How will you deal with conflict or difficult feelings?**

Have the conversation early, knowing that conflict will play a role in the group, and that is ok. You have the tools to handle it.

## **Will the Triangle ever meet without The Hologram present?**

It's a different kind of labor if you are meeting outside of The Hologram to work on her stuff. When might this be useful to the group, and how does everyone in the group feel about it?

## **What happens with the notes or records?**

This is up to your group to decide. The notes are a tool for the future, to help you remember what occurred in the past. Well labeled and organized notes can be really useful and they can be shared among everyone in the group, or just kept to individuals who wrote them. Since some people find drawings and diagrams more useful, we have built some tools for how to organize and document some patterns visually. Notes can go into a shared folder online if you feel safe doing so.

# THE VERY FIRST MEETING

*This is an example of an intake conversation:*

**What are your goals for becoming our Hologram?** How do you think this process can help you?

**What are your three chief complaints regarding your health that you don't feel supported to deal with?** Remember we are thinking about your bodily, mental and emotional, social and financial struggles. We don't need to know everything now, but just three glaring things that we can begin to learn about. More can be added.

- 1.
- 2.
- 3.

**What do you want your care to look like if you experience an emergency that is health related in any of these areas?** (For example, do you like the idea of a friend or family member coming to you or guiding you from afar, how do you feel about people calling 911, what do you feel about different forms of institutionalization or the use of drugs? Just getting us on board so we can be your advocates)

**Name two types of emergencies that you may face in the next year:**

- 1.
- 2.

**Describe how we can support you in these two specific situations. Be detailed.**

- 1.
- 2.

**Identify a person where you live who you would involve in that emergency.** How are their name and number easy to find? Do they know that they would become central to you if you needed them to? If you are comfortable, can we put their contact info here? We can change this information over time.

**The Feminist Economics Department (the FED) is directed by Cassie Thornton, an artist and activist who makes a “safe space” for the unknown, for disobedience and for unanticipated collectivity.**

She uses social practices including institutional critique, insurgent architecture, and “healing modalities” like hypnosis and yoga to find soft spots in the hard surfaces of capitalist life.

Cassie has invented a grassroots alternative credit reporting service for the survivors of gentrification, has hypnotized hedge fund managers, has finger-painted with the grime found inside banks, has donated cursed paintings to profiteering bankers, and has taught feminist economics to yogis (and vice versa).

She has worked in close collaboration with freelance curators and producers including Taraneh Fazeli, Magdalena Jadwiga Härtelova, Dani Admiss, Amanda Nudelman, Misha Rabinovich, Caitlin Foley and Laurel Ptak.

Her projects, invited and uninvited, have appeared at (or in collaboration with) Transmediale Festival for Media Arts, San Francisco MoMA, West Den Haag, Moneylab, Swissnex San Francisco, Pro Arts Gallery & Commons, Dream Farm Commons, Furtherfield, Gallery 400, Strike Debt Bay Area, Red Bull Detroit, Elizabeth Foundation for the Arts, Flux Factory, Bemis Center for the Arts, Berliner Gazette and more.

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*The Hologram is a project that has evolved through conversations with Tara Spalty, Miki Foster, Tori Abernathy, Yasmin Golan, Aurora Crispin, and everyone who attended the Intentional Community in Exile in 2016. Many of these people have gone on to do other radical feminist health projects incorporating what we learned when discussing social health models together.*

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*This project was experimented with alongside an exhibition called Sick Time, Sleepy Time, Crip Time: Against Capitalism's Temporal Bullying, curated by Taraneh Fazeli in 2017. Many thanks to Taraneh Fazeli, Michelle Levy, and Jen Liu for their patience and wisdom. The project has recently been presented, discussed and worked through with the support of Moneylab at SUNY Buffalo, Dream Farm Commons, with Jess Jurgatis in the Women Studies Department at Lakehead University, and many other places.*

*A book has been released with research that led to this project, by The Carenotes Collective, published by Common Notions, called For Health Autonomy, Horizons of Care Beyond Austerity, Reflections from Greece.*

*Extra eyes, hearts and edits from Max Haiven, Jen Chisholm and Tess Martens.*

*My inspiration as well as my training in care and radical solidarity comes from my collaboration with Wiindo Debwe Mosewin in Thunder Bay, Ontario.*