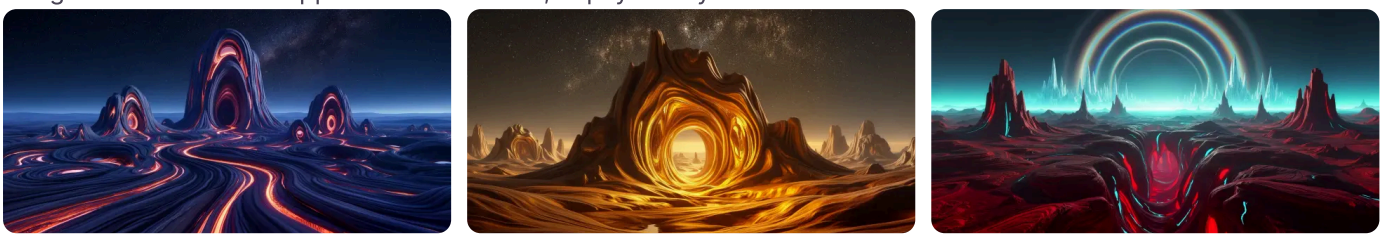
A world to build, a moment to share

A digital art mediation support for care teams, in psychiatry and mental health.



Three worlds created with Astra Generis. Each image is unique.

IN BRIEF

Astra Generis invites the person to build an imaginary world, choice after choice, without having to draw, write or explain.

The image is born from the artistic model created by Anemale, an artificial intelligence trained on the artist's own works. It starts from the person's visual choices alone and appears in about 20 seconds.

For the caregiver, it is another way of being present: a moment shared around an artwork, which can become the starting point of a conversation, or simply remain a moment together.

A SESSION, IN FOUR STEPS

1. **Invite.** "Build a world of your own." Nothing to explain, no right answer.
2. **Compose.** An overall form, night or dawn, atmosphere, terrain, lights. Everything is chosen through images.
3. **Look together.** The person can look at their world without saying anything, adjust it or create another one.
4. **Take it or erase it.** Download the image or print a sheet, if the person wishes. Otherwise, everything is erased.

Equipment: a tablet or a computer connected to the internet. Nothing to install.

WHAT IT IS

- ✓ Something to do together, without knowing how to draw or write.
- ✓ A way of meeting the person other than through their illness.
- ✓ A possible starting point for a conversation, if the person wishes.

WHAT IT IS NOT

- – Neither a medical device nor a diagnostic or clinical assessment tool.
- – Neither a questionnaire nor a measurement.
- – Not an interpretation: the artwork says nothing about the person in their place.

PRECAUTIONS

For adults and adolescents. Points to discuss as a team.

- Always in the presence of a caregiver, as part of the care plan.
- An offer, never an instruction. Declining has no consequence.
- A calm moment. The team judges the situations in which it is better to wait.
- Say that the image is born from an artificial intelligence model created by an artist.
- What worries is taken up in the usual clinical setting.

ASTRA GENERIS KEEPS NOTHING

- No identity, no medical information and no free text are requested.
- No gallery, no profile, no record. The image expires after one hour at the service that creates it.
- The worlds are erased when the session closes, or after 30 minutes without activity.
- Two American technical providers receive the IP address of the device, as with any web page, and no information about the person.

WHERE THE PROJECT STANDS

The project is in a testing phase. It has not been evaluated yet.

It is looking for care teams willing to try it, and for guidance to evaluate it within a research framework.

WHO IS BEHIND THE PROJECT

Astra Generis Mediation is designed and carried by Camille, a nurse who has worked in psychiatry for more than twenty years, also a digital artist under the name Anemale.

See, try, write

PRESENTATION AND INTERFACE
miniane.vercel.app/mediation

WRITE
weareanemale@gmail.com

WHO IS BEHIND THE PROJECT
LinkedIn profile