

CATHARSIS

TAMARA COHAS
S/S 2021

ART, TEXTILES, OCCUPATIONAL THERAPY

CRAFT AS THERAPY

✍ Crafts With Interwoven Occupational Reflections

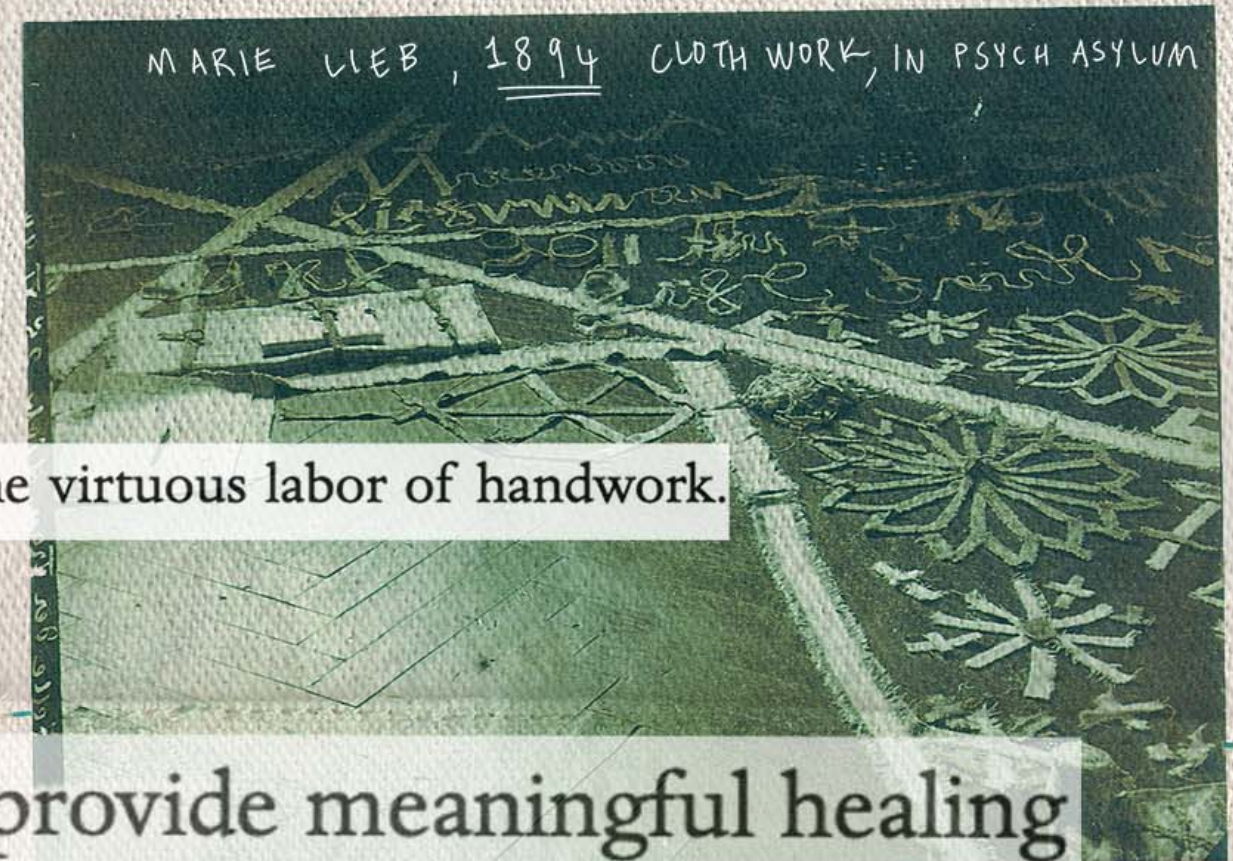
art-making can be most
beneficial by orienting
people away from
distressed feelings and
towards more
positive feelings to create
short-term mood repair.

TEXTILES AND THE ACT OF "MAKING" / PROCESS — AS THERAPEUTIC

generate healing

through the virtuous labor of handwork.

purposeful handwork could provide meaningful healing



PORTRAIT OF LEE MILLER BY MAN RAY, 1929

OUTSIDER ART



BY HEDWIG WILMS
1874-1915
"CASE NO. 14"
DIAGNOSIS: "DEMENTIA
PRAECOX"

"TRAY WITH COFFEE
POT, MILK JUG"
"COTTON YARN,
PROBABLY
MACRAME"

DETERIORATION OF
MENTAL STATE +
CLARITY

GABRIELE
VRBACH
(DEMENTIA PRAECOX)
EMBROIDERY
(COTTON THREAD),
COTTON YARN,
ON CANVAS



create an aesthetic
feel grounded,
psychological fulfillment;
loving the aesthetics of textiles;
grounding quality
social fulfillment;
cognitive coping;
coping with illness/disability;
not wanting "idle hands."

THERAPEUTIC TEXTILE-MAKING

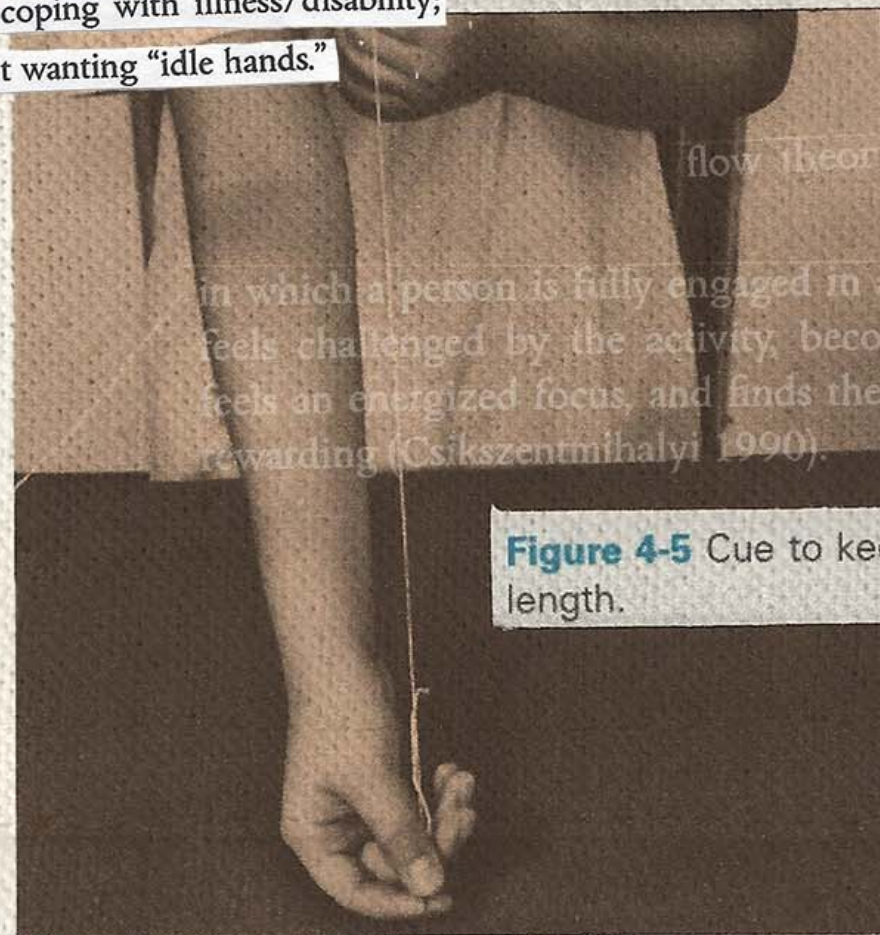


Figure 4-5 Cue to keep sewing threads within arm's length.

PROCESS IS INTEGRAL

"YOU HAVE TO HAVE
DARK IN ORDER TO
SHOW LIGHT"

BOB ROSS



HAND-WOVEN

KNITWEAVING

DECORATIVE
OPENWORK
CROCHET

4x1 DROP-NEEDLE
MOLK RIB

FELTED
KNITWEAR

100% BULKY MERINO WOOL

CYANOTYPE DOILY PRINT ON VOILE

FELTED IN WASHING-
MACHINE

JERSEY KNIT

MESH

COTTON MONK'S CLOTH

TEA-DYED, WITH
CROSS-STITCH EMBROIDERY

VINTAGE
WOOL
SCARVES

WOVEN WITH
IN-LAID DESIGNS

SYNTHETIC BRUSHED
KNIT JERSEY

YARDAGE FROM THRIFTED
GREEN CORDUROY GARMENTS

BALLET TIGHTS

COTTON — SYNTHETIC
BLEND

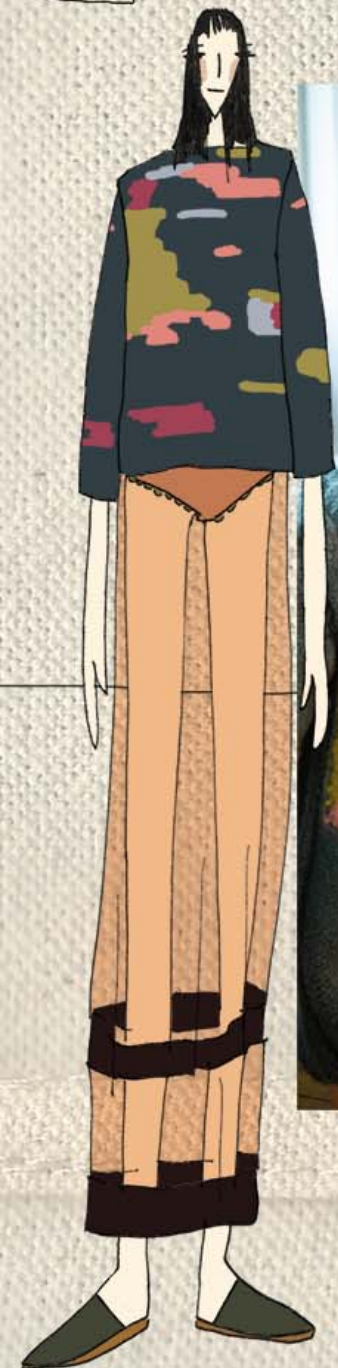
SHEER
VOILE

SYNTHETIC BLEND



1

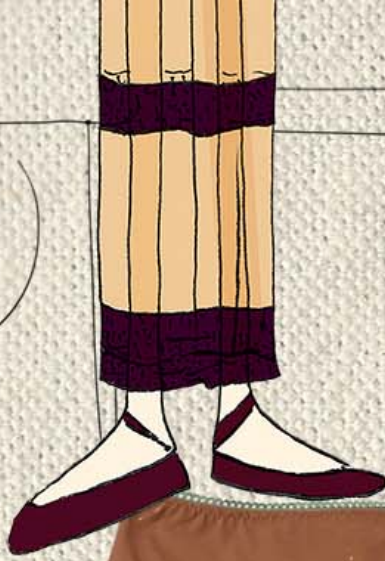
FELTED INTARSIA SWEATER & MESH AND CROCHET DRESS



HAND-KNIT INTARSIA
SWEATER, 100% MERINO YARN
— WET-FELTED IN
WASHING MACHINE



CROCHET USED
TO SEAM MESH
TOGETHER



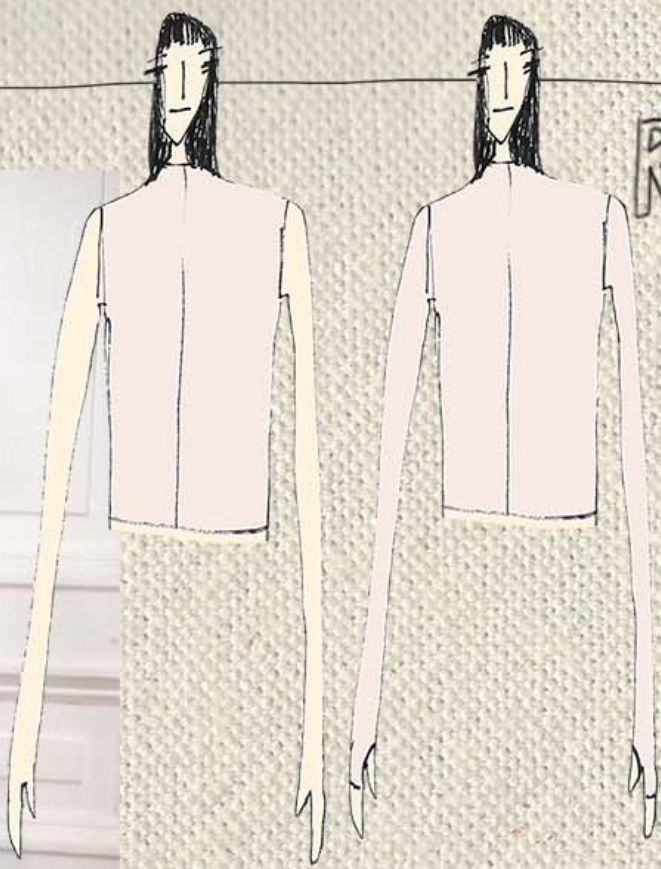
HIGH-WAISTED UNDIES
IN BRUSHED JERSEY KNIT
WITH SCALLOPED ELASTIC TRIM



ARMHOLES + NECKLINE
FINISHED WITH
CROCHET IN
POLY SEWING
THREAD

2

BALLET TIGHTS TOP &
HAND-WOVEN PANTS



REIMAGINING CHILDHOOD BALLET TIGHTS



BRUSHED FOLDED
ELASTIC, HAND-
PAINTED WITH TEXTILE
DYE



CONTRAST COLOR
TIGHTS - "BALLET" PINK
VS "JAZZ" TAN

ORIGINAL EMBROIDERED
ELASTIC LOGO WAISTBAND
FROM BALLET TIGHTS
DECONSTRUCTED FOR
ARMHOLE BINDING FINISH



2



FIRST WAIST FINISH
SAMPLE: FOLDED OVER WITH
SPACING FOR GROSGRAIN
RIBBON

SOLID WOVEN WAISTBAND



USING MERCERIZED
COTTON THREAD

"LENO" WEAVING
STYLE, THAT HAS
MANUALLY TWISTED
WARP THREADS

WEAVING PROCESS ON LOOM



the formal components of

weaving,

could generate healing

DENSE WOVEN
WAISTBAND AS
CASING FOR
GATHERED ELASTIC

"THE OBJECT OF THERAPY:"
2011 PAPER BY ERIN MORTON

"the therapeutics of weaving."

3

DRAPED SCARF TOP &
MULTI-RIB KNIT SKIRT



VINTAGE MERINO
SCARF/PASHMINA
WITH DECORATIVE
WOVEN SELVEDGE



VISIBLE DARNING
TO MEND HOLES ON THE
VINTAGE WOOL SCARF



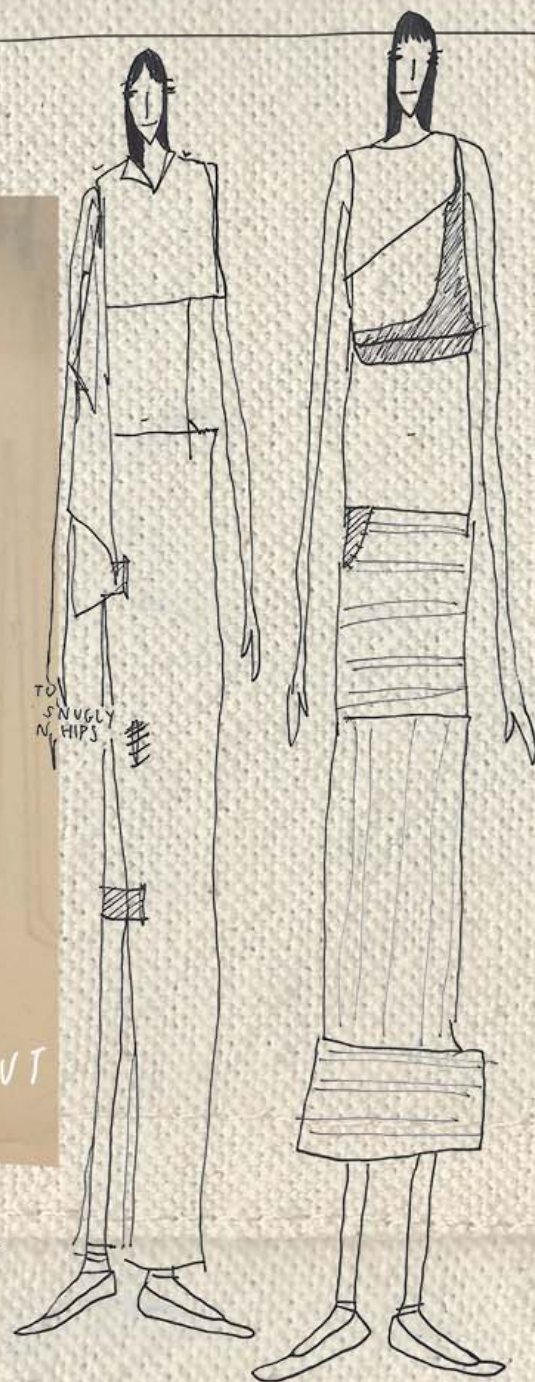
MIXED HARDWARE,
FOUND FROM OLD OVERALLS & OLD LUGGAGE

FIRST FITTING
11/9/2021

3



EARLY SKIRT DEVELOPMENT



DROP-NEEDLE
"RIB" KNIT

SCALE =
11" (STRETCHED)
x 15"

COLLAGED
MOCK-UP OF
KNIT PANELS



4

INTARSIA COLORBLOCK TUBE TOP & KNIT PANEL WRAP SKIRT



100%
SCRAP YARN
COLORBLOCKING



VINTAGE SHEER
VOILE CURTAIN FABRIC
(COTTON - SYNTHETIC
BLEND)

→ FABRIC "SIDEWAYS"
(ON THE CROSS-GRAIN)
AT LEAST ON THE
MOST FRONT PANEL
SO THE FABRIC JOIN
IS ALONG THE WRAP EDGE



5

DRAPED SCARF PANTS & RACERFRONT TOP



1ST FITTING - 10/26/2020



HAND-WOVEN,
OPEN, LOOSE,
SOFT 'DRAPE' WITH
INLAID PATCHES

"KNIT-WEAVING"
WITH BIRD'S EYE PUNCH CARD

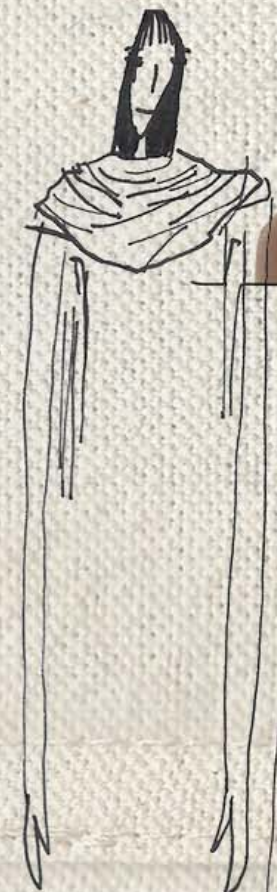
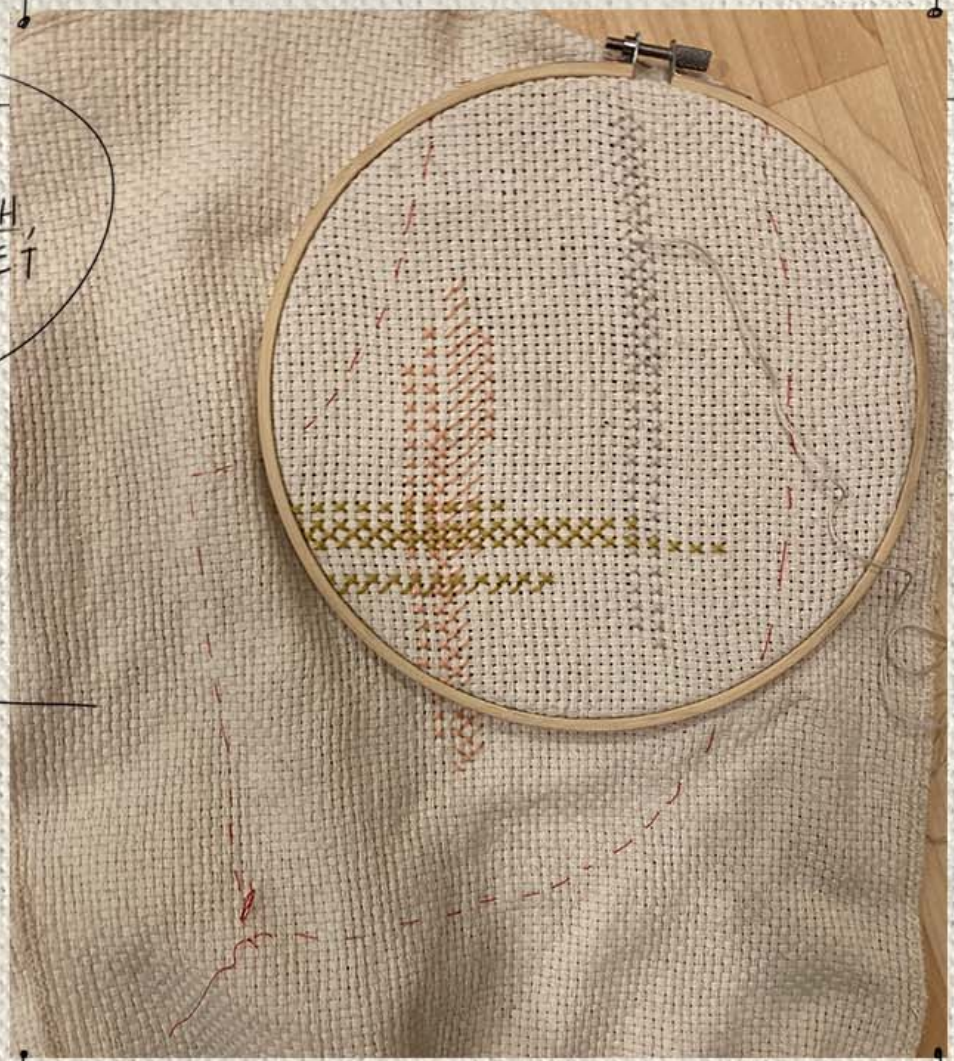


CROCHET EDGES
AT NECKLINE &
ARMHOLES



5

DECORATIVE
CROSS-STITCH,
PATCH POCKET
DETAIL



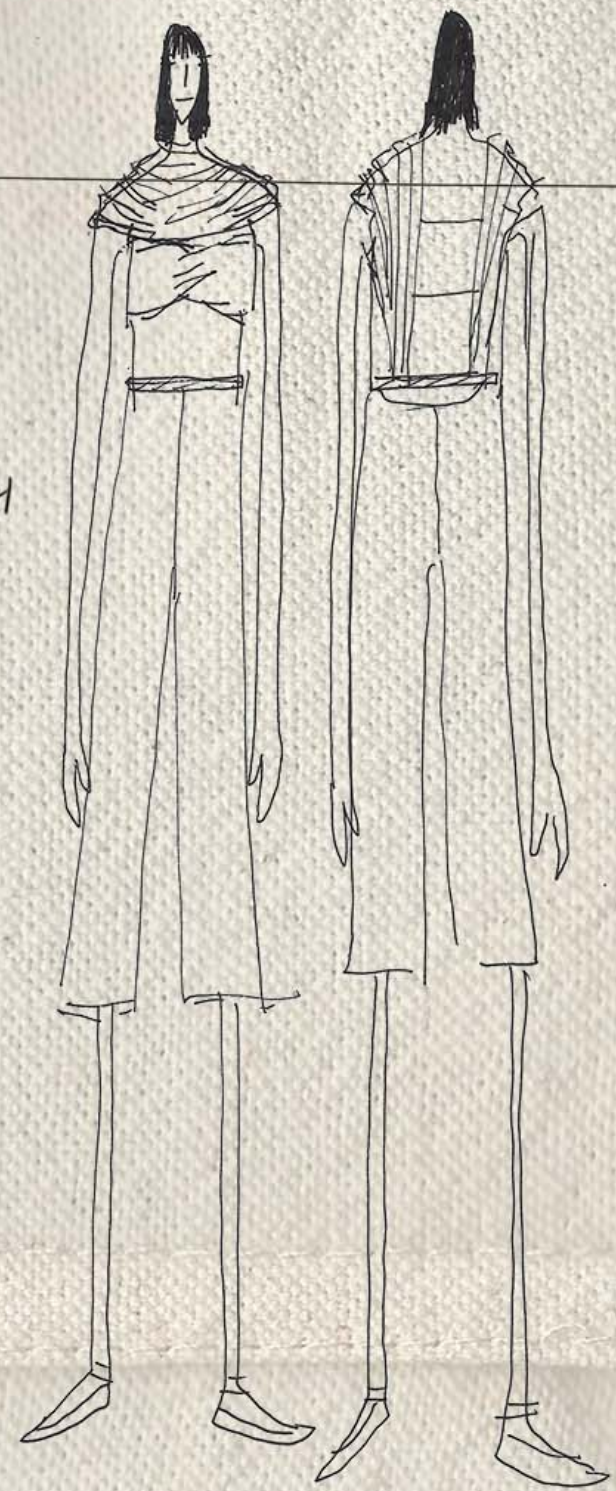
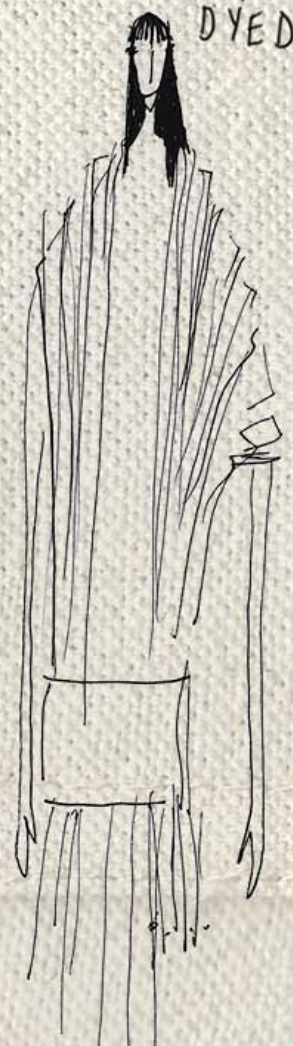
BACK

DRAPING
AND COMING
DOWN TO BE CAUGHT
IN A SEAM — BOTTOMS
— REVERSE-QUASI
JUMPSUIT
— TROUSERS

MONK'S CLOTH

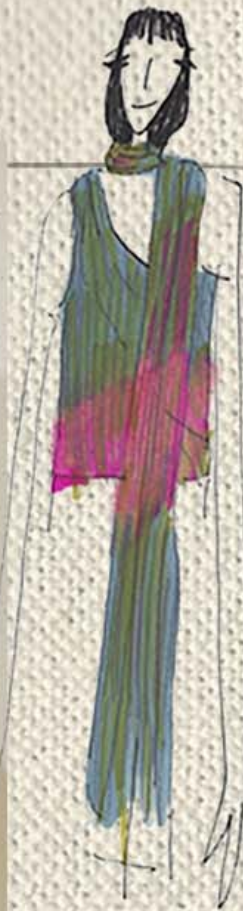
100% COTTON
MEANT AS 'EVEN' FABRIC
FOR NEEDLECRAFTS

→ PRE-WASHED &
DYED IN TEA BATH



6

RIB KNIT SCARF TOP &
MIX ED CORDUROY PANTS



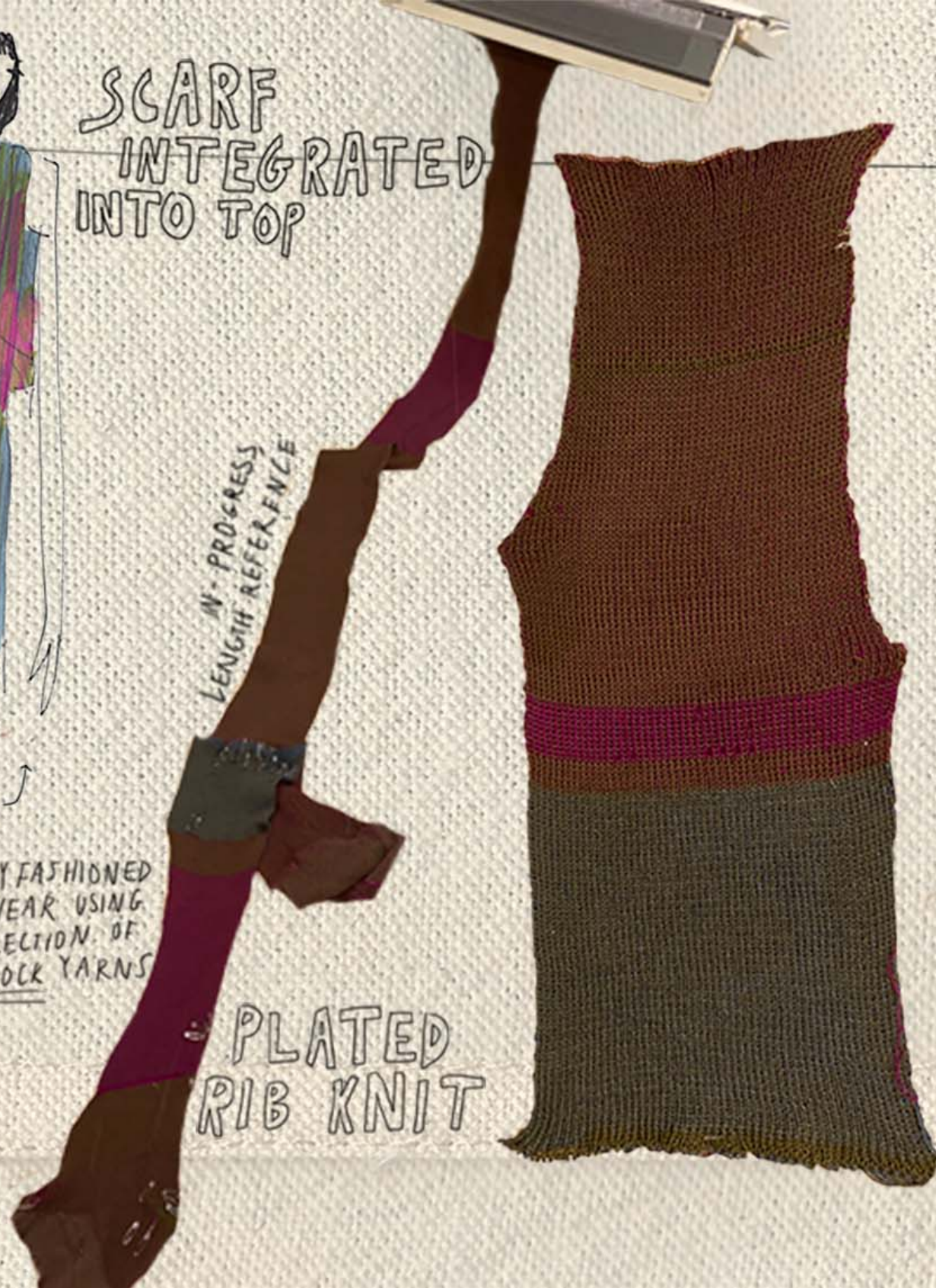
SCARF
INTEGRATED
INTO TOP

RIB-KNIT
SCARF TOP

FULLY FASHIONED
KNITWEAR USING
A SELECTION OF
DEAD STOCK YARNS

W-PROGRESS
LENGTH REFERENCE

PLATED
RIB KNIT



6

"COLLAGE" YARDAGE

VARIOUS PAIRS OF
SECONDHAND GREEN CORDUROY
PANTS PATCHED INTO YARDAGE,
AND PATTERNS CUT FROM
THE YARDAGE



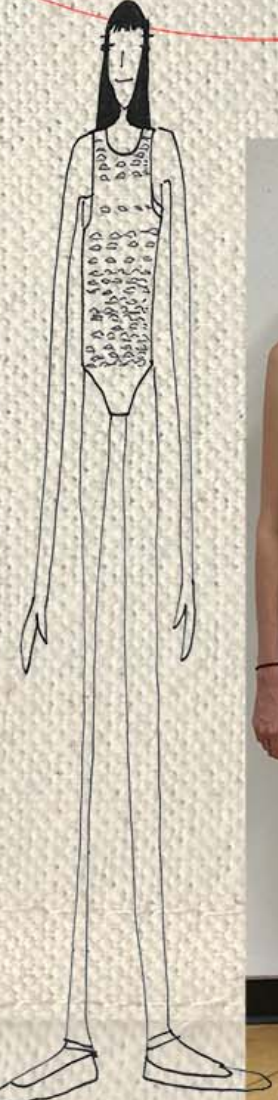
HIDDEN BUTTONHOLE
PLACKET INTO
FRONT LEFT SIDE
SEAM



7 WOOL SCARF COAT & CROCHET DRESS



INITIAL CROCHET SILHOUETTE DEVELOPMENT



DECORATIVE OPENWORK CROCHET IN MERCERIZED COTTON THREAD



7 10/26/2020

11/9/2020

2/15/2021

4/5/2021

1st MUSLIN



FINAL FITTING



7

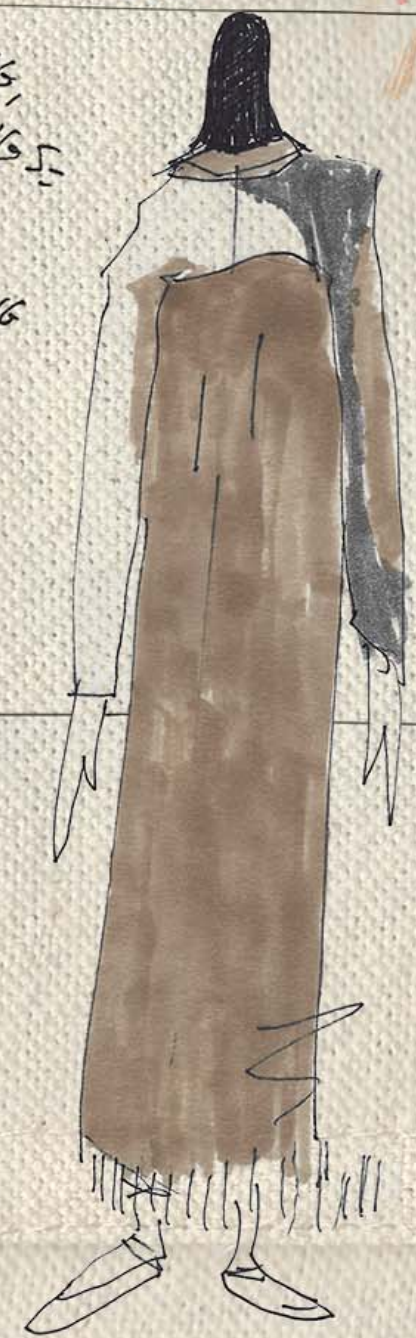
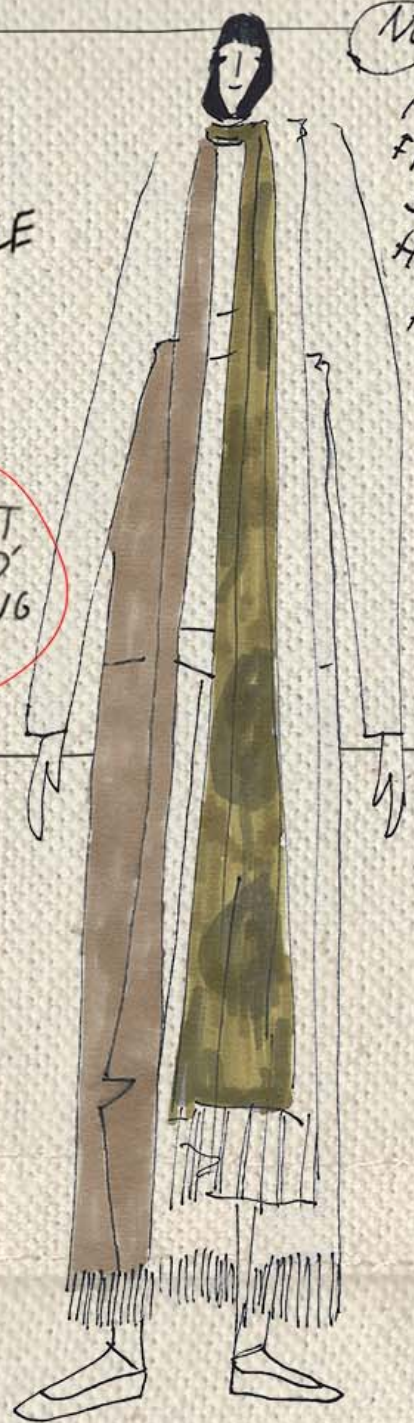
VINTAGE MERINO WOOL SCARVES

REPAIRING STAINS &
MOTH HOLES WITH VISIBLE
DARNING

UNLINED COAT
FULLY FINISHED
WITH HONG KONG
SEAMS

UPDATE:
NO LINING,
FINISHINGS:
FRENCH
SEAMS +
HONG KONG
FINISH
SEAMS
W/ CONTRAST
BIAS BINDING

WELT POCKETS
WITH FLAPS



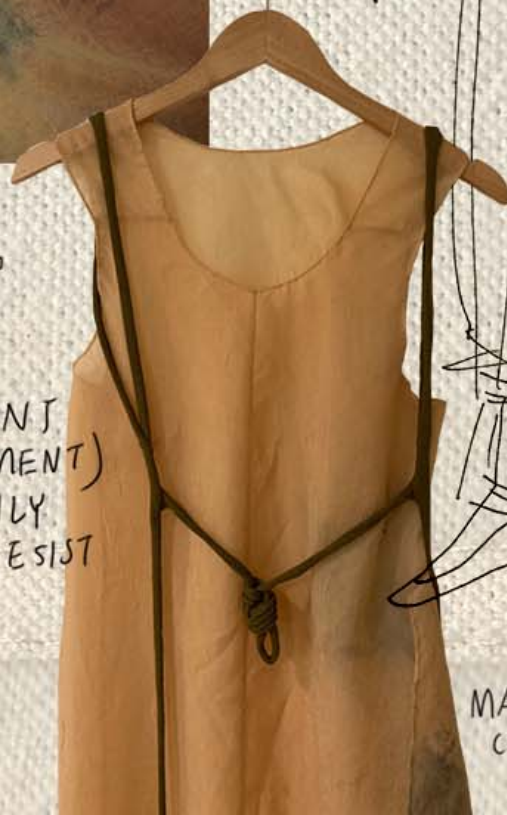
80

CYANOTYPE DRESS & STOCKING BODYSUIT



CYANOTYPE
PRINT

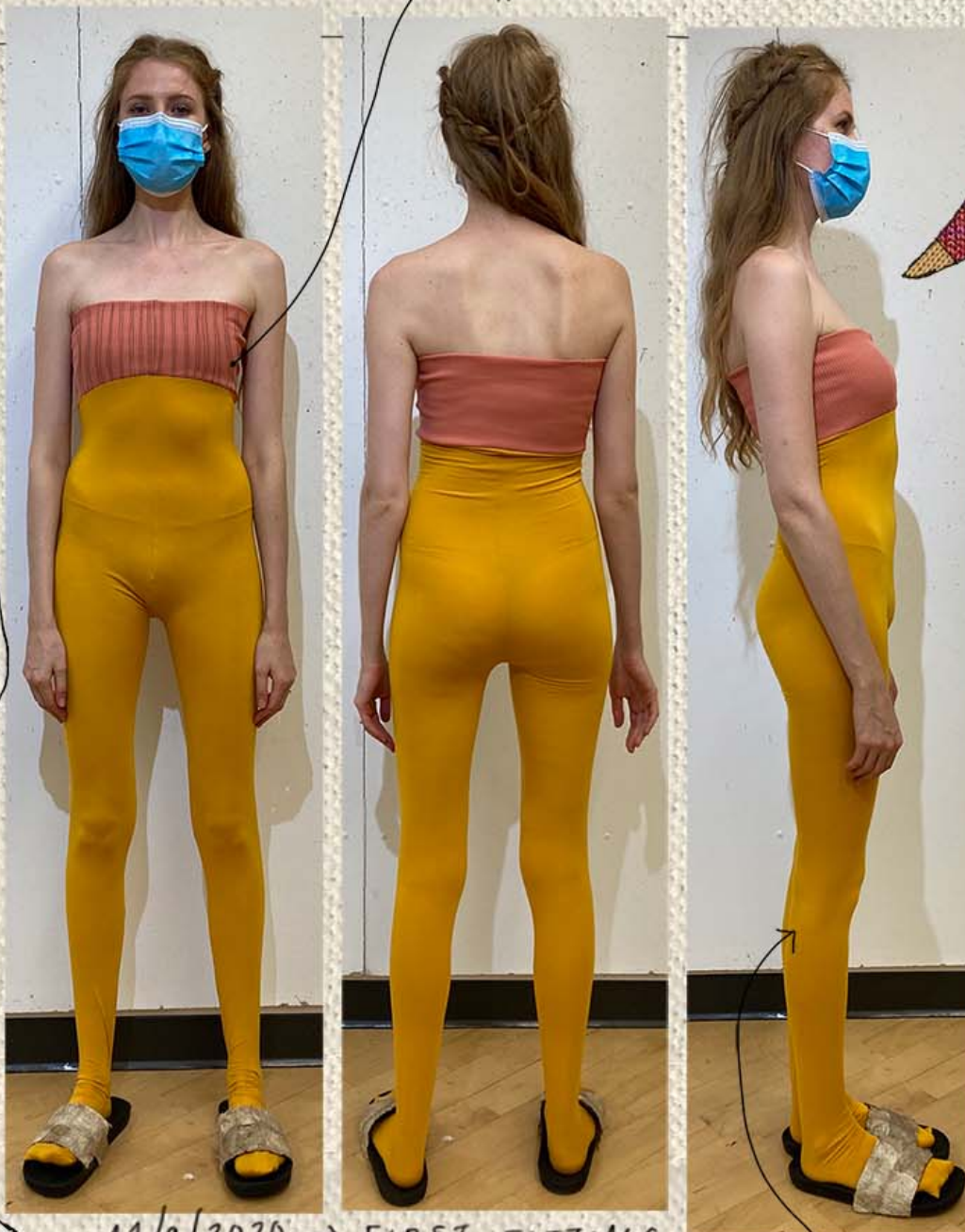
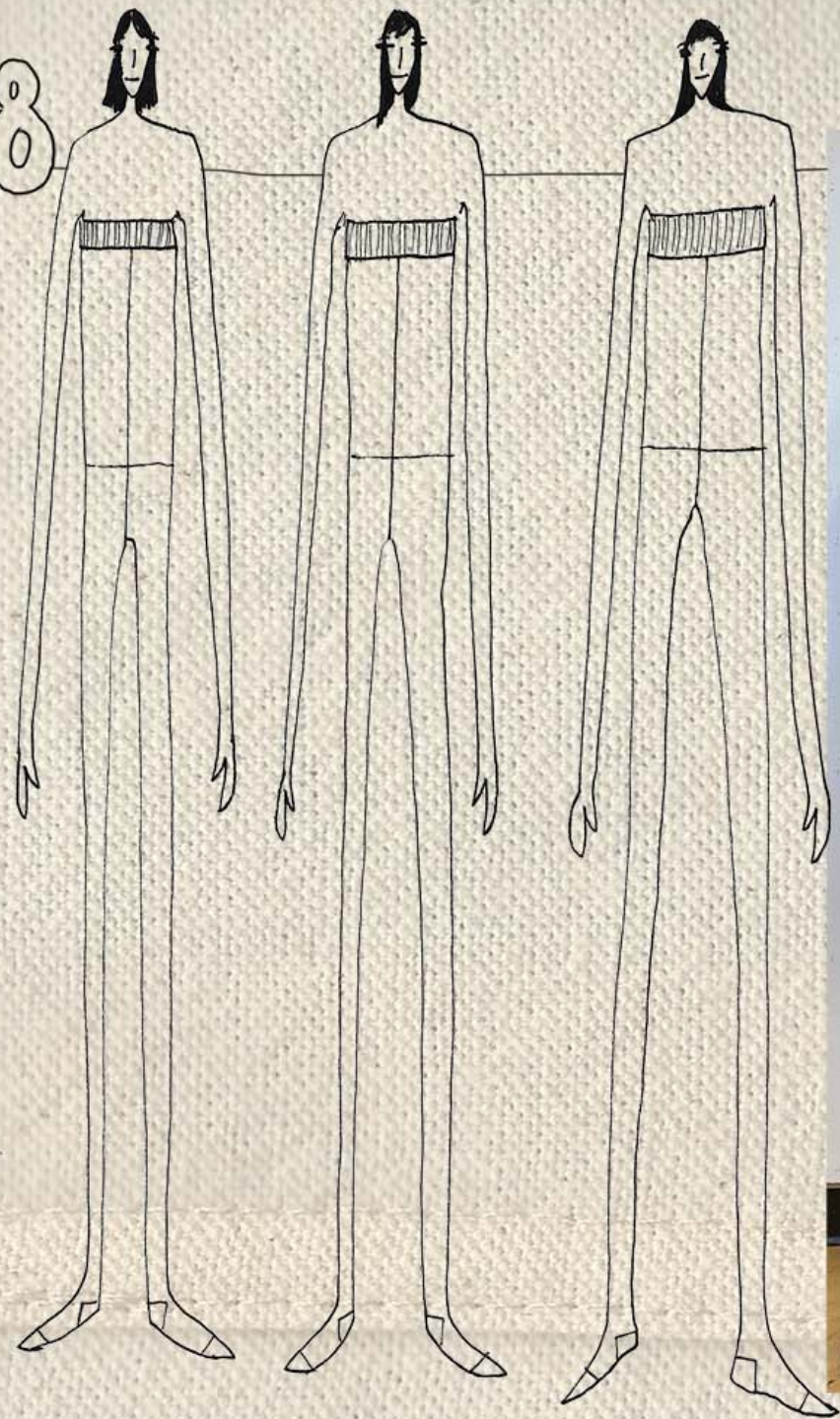
CYANOTYPE PRINT
(ENGINEERED PLACEMENT)
MADE USING A DOILY
I CROCHETED AS A RESIST



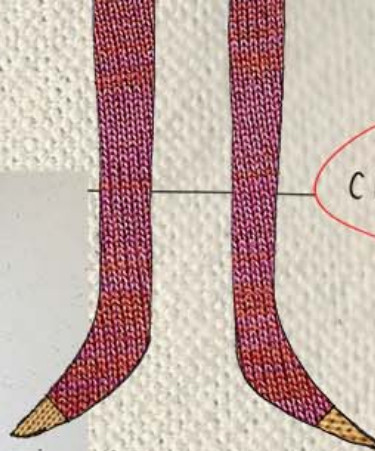
MACHINE KNIT
CORD, 2 PLY
COTTON



80



STRETCHY RIB KNIT BAND
(WITH ELASTIC STITCHED
INSIDE FOR BEST FIT)



CONTRAST TOE

STOCKING FEET

FULLY FOOTED KNITTED BODYSUIT
FULLY FASHIONED

MACHINE-KNIT
JERSEY, (2)PLY, NATURAL
FIBER BLEND OF DEADSTOCK
YARNS.

CONTRAST + EXPOSED
LINKED SEAMS

11/9/2020 → FIRST FITTING

NO SIDE SEAM



SOLES
DECONSTRUCTED
FROM
THRIFTED
SANDALS



SLIPPER UPPER
MADE FROM A CHILDHOOD
SWEATER WITH LOTS
OF MOTH HOLES

& A NEW FOAM SOLE
WITH DECORATIVE
STITCHING

SLIPPER SHOES



EARRINGS



CROCHET

IN THE MIDDLE
IS A SMALL JUMP
RING THAT WAS
THE INITIAL BASE
FOR THE CROCHET





