



Justine Esquivel-Petrov is a researcher and artist who uses design as a method of inquiry to explore the intangible, complex, and innately subjective space of care. Her work centers around those who are typically excluded from the conversation to ask what they would design for themselves by way of practices, tools, and systems. To that end, her approach is interdisciplinary and collaborative. The outputs are not precious; they are meant to be activated by imagination, physical use, and dialog that asks the tough questions of “*What if...?*” and “*How will we...?*” in order to move together toward a different reality in which every individual feels safe, seen, and whole within our system of care.

Justine recently received her MFA from the Media Design Practices program at ArtCenter College of Design.

# ENSOMA

Justine Esquivel-Petrov

Ensoma, a variation of the Greek word *ensomatóno* meaning embody, is one of many potential responses to the question of what gynecological care would look like if re-designed by survivors of sexual violence. Existing within the liminal space between the home and care clinics, Ensoma supports survivors prior to and throughout their exams. The embodied practices and people that make-up this space are based on intimate research with survivors who articulated a collective desire to move from universal routine care toward informed, personal, and ritualized care that helps them to feel safe and seen.

This project is in response to our collective lack of discourse about the embodied ramifications of trauma on individual well-being. We are in a time of cultural reckoning as personal stories reveal the severe and pervasive impacts of sexual violence. One of our responses must be to center care around survivors and, more specifically, collaboratively re-design gynecological care practices which can trigger responses such as flashbacks, dissociation (leaving the body), or even avoidance of potentially lifesaving care.








IMAGE	TITLE	PRODUCT DESCRIPTION	MEDIUM	DIMENSIONS (HxWxD)	RETAIL PRICE
	"The one time I was asked about my history of sexual violence..."	Blue Shirt w/ MP3 One Size	Linen	29" x 25 1/2"	\$180
	"I have felt really heavy and at times angry this week..."	Yellow Shirt w/ MP3	Linen	42" x 26"	\$250
	"I feel a lot of shame down there."	Green Dres w/ MP3	Linen	39" x 25 1/2"	\$190
	"Sucking it up and getting through it doesn't work anymore."	Pink Robe w/ MP3	Linen	36" x 26"	\$220

IMAGE	TITLE	PRODUCT DESCRIPTION	MEDIUM	DIMENSIONS (HxWxD)	RETAIL PRICE
	"I felt guilty taking up space."	Weighted Blanket	Cotton, Flannel, weighted pellets	78" x 39"	\$450
	"The body reacts viscerally..."	Lavender Aromatherapy Necklace	Linen, leather, lavender	19" x 4"	\$70
	"I rub my palms to feel."	Blue Yoga Mudra Bag w/1 piece Stockmar modeling beeswax	Linen, braided cotton, beeswax	4" x 4 1/2"	\$70
	"See me as a whole person."	Sun Breaths Breathing Tool	Linen, cotton batting, faux fur	6" x 34" x 1/2"	\$150

IMAGE	TITLE	PRODUCT DESCRIPTION	MEDIUM	DIMENSIONS (HxWxD)	RETAIL PRICE
	<p>"Healing is not one size fits all..."</p>	<p>Yellow Bag w/paper inserts (quotes, movements, thoughts)</p>	<p>Linen, paper</p>	<p>10 1/2" x 7 3/4"</p>	<p>\$70</p>
	<p>"I want to feel like I'm a part of my own care process..."</p>	<p>Gyno Tools Bag w/tools (Speculum, Biopsy, Forceps). Not recommended for personal use, please consult a physician</p>	<p>Linen, braided cotton, metal, plastic</p>	<p>13 1/2" x 6 1/2"</p>	<p>\$120</p>
	<p>"Each day is different..."</p>	<p>Yoga mat cover</p>	<p>Linen</p>	<p>68" x 24"</p>	<p>\$100</p>