

AMPHORA Guidance for Participants



Connecting people to the past provides an opportunity to learn, but it can also prompt us to reflect on our own personal experiences. Most of the time reflection is positive. It helps us to make sense of our experiences and take a different perspective. However, there are times when reflection is challenging, and how the past makes us feel can take us by surprise and bring up memories and experiences that are difficult to deal with.

When you are deciding about taking part in an activity, think about the following:



Before the activity

What is the activity/exhibit?

- Organisers should provide information about what the activity is about, what objects might be used, and the types of things you may think or talk about.
- You should be given time to decide if you want to take part and if you want to take a trusted person with you.



During the activity

What if I become distressed?

- Remember that you don't need to keep taking part if you don't want to. You can leave at any point.
- Organisers have thought about the support that may be needed so, if you need help, let the organiser know.



After the activity

Organisers should provide you with a summary of the activity with the details of organisations you can contact if you need further support.

For guidance on organising/taking part in heritage-based projects that are designed as therapeutic mental health interventions see the AMPHORA toolkits: scan here →

