



**HEALING:
Developing a Multidisciplinary Diploma on Art Therapy in Health Education**

**Training Workshop Report
University of Josip Juraj Strossmayer in Osijek
UNIOS
Academy of Arts and Culture in Osijek
Location:
Osijek, Croatia
May, 2022**



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Training Description

In five days of May 2022, Osijek University and Academy of Arts was a host institution for the Staff TOT week.

Halls and classrooms for event was provided with wifi and projectors so that the sessions were also visually enhanced.

At the beginning of the day, welcome speeches, introducing of participants was primarily made. Also, we connect professors and students.

Professors from Osijek University introduced guests with our fields and results of work. First personally (background, education, relevant experience,...) but also from UNIOS as an organisation. We also presented video materials, example film stories from students (for example, short films in which students show what projects they are working on). In this way, we hope to better inspire students but also professors.

First Day

First session was given given by professor Tihana Škojo by title *Wellbeing of amateur singers*. That was followed by prof. Joyce Raie: *Art Therapy, Sensory Activation*.

Dr. Škojo have second lecture under title: *Music pedagogy of children with disabilities*. This lecture was followed with practical part too where the some children was involved too.

Day events was followed by workshop of prof. Antoaneta Radocaj Jerkovic and asistent Anja Papa: *Workshop – Mindfulness and Music*. In this session participants was also involved in practical training.

Day program was finished with lectures of prof Wassim Jooma: *Neuro - Music Therapy*.



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Second Day

TOT program of second day started with the field visiting. For that purpose prof. Amir Begic bring all participants to the Association *MOGU*. There, on the open air classrom he gave him lectures and practical experiance by title *"SOMETHING DIFFERENT" TEACHING: EXTRACURRICULAR CLASSES* - Visit to The Association for Horse Therapy and Activities *MOGU* Osijek. That learning program last for whole morning and then it was followed by second part in the school for people with disabilities. This session was titled *"SOMETHING DIFFERENT" TEACHING: EXTRACURRICULAR CLASSES* - Visit to the *"Ivan Stark" Center for Education*.

After lunch, TOT program was followed by whole afternoon lectures, workshop and practical training of prof. Vuk Ognjenovic, dancer and body therapist. His session was held by title Dance and art therapy.

Third Day

TOT program of the third day started also with the filed visit. This time prof. Tihana Skojo and Martina Hojsak, art therapist take all participants to the Centar for AUTISM. In this institution they



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presented goals and acivments of the work. Also, they held lectures and practical lessons for the next topics: speech therapy, music therapy, sensory integration...

After lunch, prof. Mirna Sabljar have a lecture with interesting law documents connected with our project topics: Policies and Practices of support and the participation of people and students with disabilities in arts, science and education – the Croatian Framework.

Afternoon session was continued by prof. Antoaneta Radocaj Jerkovic and assistant Anja Papa workshop by title: *Singing as a therapy - Healing Voice*. Participant learned to use their voice as the instrument but also healing tool.

The third day program finished by prof. Ivan Radoš and Iva Dimitrijević – psihologists. They teached about *Active Learning for Art Therapy – Stress and negative emotion management techniques*.



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Fourth Day

This morning was started by practical music training made by prof. Tomas Ondrusek (gust from Czech Republic): *Percussion, rhythm, energy*. In the multi instrument and body percussion workshop, prof. Ondrusek waked many rhythm and physical centers in body and mind of participants – usable in Art Therapy too.

Prof. dr. Alen Biskupovic, vicedean of Academy of arts held a lecture by title: *Curricula development – experiences of Academy of Arts*. He introduce participans with the procedures, experiences of our institution in Curricula development of many profiles – Study programs, Multy Art fileds, Syllabusses, many study levels etc. Including also Art Therapy programs.

Guest professor Danilej Topic, from the Faculty on informatic scienses held lecture and workshop by title *ONLINE TEACHING – creation, procedures, tools*. This topics became standard in last few years, also project HEALING have a challenge conceted with this so this topics was very usable.

And of the day was practical workshop of art knitting and embroidery held by prof. Jelena Kovacevic. Meditation, concentration, devotion was the main topics of the course...

At the end of the day all participants have Group Dinner Party in Hotel Osijek.



Fifth Day

Final, fifth day of the program started with the field session in University Clinic of Osijek. Participants visited Center for pain treatment. The session was leaded by Ivan Rados and Iva Dimitrijevic, psihologist and psihoterapiest. Participants have view in practical work with patients of many conditions and learn numerous tools and protocols.



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Afternoon was reserved for the final observations, evaluations, discussions of the week, distribution of Certificates and Group photosession.

What is it and how can art therapy play a role in this. In this interactive session different examples of therapy by a.o. music, dancing and other art forms are discussed.

To enhance the quality of life of persons with dementia, we developed an interactive harp in an interdisciplinary context that responds to the senses of persons with dementia and also gets them moving. By touching the bars of the dementia harp, light and sound fragments are activated, stimulating residents' memory. This often creates lucid moments in the residents, allowing interaction with family back and limiting behavioural problems due to social isolation.

The dementia harp responds to sensory stimulation. It lets patients feel, see and hear and stimulates multiple senses at the same time. When you touch the bars of the harp, these bars light up, sound fragments are echoed and images are projected on a monitor. The sounds and images can be personalised for each resident. This innovative example was presented and discussed by interactive tools.



Second session

Second session given by Sebastiaan Jans was about Soft skills. **Soft skills** are non-technical skills that relate to how you work. They include how you interact with colleagues, how you solve problems, and how you manage your work.



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The meeting was conceived from the point of view of how soft skills at UCLL are conveyed to students and the importance of soft skills. The difference of soft skills and hard skills and which softskills are important on a personal and professional level were also discussed.

Third session

The third session was given by Chloe Mentens and discussed the topic of Professional attitude: How to brand your personal skills on LinkedIn. This is a practical implementation of the previous session and how to show your hard and soft skills to the online network of LinkedIn. Also a specific session on the added value of a linkedIn page for students of art therapy, interesting links and initiatives to follow, how to set up an art therapy network and so on.

Forth session

The forth session was given by Sebastian Jans and was about the European Credit Transfer system and more about the possibilities of the European educational system that is relevant for Art Therapy students. As a group discussion, international organisations with an expertise in art therapy where presented.

Fifth session

The fifth session was the second part of the soft skills session.

Annexes

Agenda

<https://drive.google.com/drive/folders/1NuWR9l5TzYTiiNlzGemQk54--9B75MkE>

Attendance sheet

https://drive.google.com/drive/folders/1Oos8GTrZaVr3wnOqjumQ_GfVPCXiNTCA

Photos

<https://drive.google.com/drive/folders/165VzRDlOxxlboLooe5PH8sT9zyWt3Gzp>

Certificates

<https://drive.google.com/drive/folders/1CDvg7KqyUtJQfk-j7KyJEs9ZbTCHqSBl>

Videos

<https://drive.google.com/drive/folders/1hCSSi4NGqq-RAAdQwoQT9jLiz8P16A7v>



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