

**ERASMUS+ PROGRAMME**  
**Project Number: 610134-EPP-1-2019-1-JO-EPPKA2-CBHE-JP**

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

**Training of Trainers Workshop**  
**Universidade Católica Portuguesa**

**November 15<sup>th</sup> – 19<sup>th</sup> 2021**  
**Monday – Friday**  
**Porto – Portugal**



Co-funded by the  
Erasmus+ Programme  
of the European Union

This Project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



**Day 1**  
**Monday, November 15<sup>th</sup> 2021**

**Location**  
**Universidade Católica Portuguesa, UCP**  
**Escola das Artes / School of Arts**  
**Edifício Central (Main Building)**  
**Ground Floor**  
**Auditorio Carvalho Guerra**  
**Location: <https://goo.gl/maps/mxXq9fBTNQDfLu3G8>**

Time	Task	Presenter
08:30 – 09:00	Registration	Ms. Hanan Hasan, UJ Eng. Sara Twassi, UJ
09:00 – 09:15	Brief welcome by Project General Coordinator and Local Organization at UCP Introduction to the Workshop	Prof. Ahmed Al-Salaymeh, UJ Prof. Luis Teixeira, UCP
09:15 – 09:45	Introducing Participants	Eng. Rasha AlBaik, UJ
09:45 – 10:30	<b>Lecture 1:</b> Cluster 8 : Tools of Art for healing	Ms. Joyce Raie, UJ
10:30 – 11:15	<b>Lecture 2:</b> Cluster 8 : Tools of Art for healing	Mr. Ghassan Abu Laban, UJ
11:15 – 11:30	<b>Coffee Break</b>	
11:30 – 12:15	<b>Lecture 3:</b> Cluster 10.2 : Music Therapy: basic methodology	Dr. Wassim Jomaa, US
12:15 – 13:30	Visit to UCP Facilities	Prof. Luis Teixeira, UCP
13:30 – 14:30	<b>Lunch Break</b>	
14:30 – 15:30	Projects in Music and childhood (babies, children   women's prison establishment) – <b>Part 1</b>	Prof. Helena Rodrigues, Universidade Nova de Lisboa
15:30 – 15:45	<b>Coffee Break</b>	
15:45 – 17:15	Projects in Music and childhood (babies, children   women's prison establishment) – <b>Part 2</b>	Prof. Helena Rodrigues, Universidade Nova de Lisboa
17:15 – 17:30	Information for Site visits	Prof. Luis Teixeira, UCP
17:30	<b>Closing</b>	Prof. Ahmed Al-Salaymeh, UJ



<b>Day 2</b> <b>Tuesday November 16<sup>th</sup> 2021</b>		
<b>Location 1: Magalhães Lemos Hospital</b> <b>Location 2 : Espaço T</b>		
<b>Time</b>	<b>Task</b>	<b>Presenter</b>
<b>08:30 – 09:00</b>	Registration	Ms. Hanan Hasan, UJ Eng. Sara Twassi, UJ
<b>09:00 – 09:30</b>	Public Transport to Magalhães Lemos Hospital	Eng. Rasha Albaik, UJ
<b>09:30 – 13:00</b>	Visit to Psychosocial Rehabilitation Service of Magalhães Lemos Hospital R. Prof. Álvaro Rodrigues. <b>Location 1</b> : 4149-003 Porto <a href="https://www.hmlemos.min-saude.pt/">https://www.hmlemos.min-saude.pt/</a>	Prof. Luis Sá, UCP
<b>13:00 – 14:00</b>	<b>Lunch break</b>	
<b>14:00 – 14:30</b>	Public Transport to Espaço T	Eng. Rasha Albaik, UJ
<b>14:30 – 16:30</b>	Visit to Espaço T <b>Location 2</b> : Rua de Vilar 54, 4050-625 Porto, <a href="https://www.espacot.pt/">https://www.espacot.pt/</a>	Prof. Luis Sá, UCP
<b>16:30 – 17:00</b>	Q & A	
<b>17:00</b>	<b>Closing</b>	Prof. Ahmed Al-Salaymeh, UJ

### **Location 1: Psychosocial Rehabilitation Service of Magalhães Lemos Hospital**

Among the various services operating at the Magalhães Lemos Hospital, the Psychosocial Rehabilitation Service stands out. Its objectives are to support the social, family and labour integration of the mentally ill; promote their autonomy and independence in different areas of life; and involve the family in their rehabilitation process. To fulfil these objectives, the service has various activity areas/spaces, guided by monitors/teachers, namely typography; carpentry; ceramics; painting; crafts; cooking, physical education; football; swimming; Tai-chi; expressive rhythmic activity; dance; choir; movement, body and voice; theatre; history of art; IT; crafts; cognitive stimulation; social skills; and noticeboard.

### **Location 2: O Espaço T - "we have been distributing happiness since 1994"**

Association to Social Support and Community Integration, was founded in 1994 and has been an Private Organization with health purposes since 1998. It has been recognized since 2008 by the National UNESCO Commission, as a UNESCO Club. The work that is developed daily in the facilities aggregates different interrelated areas of intervention: The artistic expression workshops, complemented by daily psychological monitoring; The employment department that ensures professional insertion; The department of TRAINING and projects accredited by Ministry of Labor and Social Security ; The Space t Brigades, which takes the activities of this Institution to other realities; Space t emergency line to support individuals in borderline situations.



**Day 3**  
**Wednesday November 17<sup>th</sup> 2021**

**Location 1: CLEANIC - Therapeutic Community Rua Isabel - Gaia**  
**Location 2 : Instituto Superior De Engenharia Do Porto**

Time	Task	Presenter
08:30 – 09:00	Registration	Ms. Hanan Hasan, UJ Eng. Sara Twassi, UJ
09:00 – 09:30	Public Transport to Gaia	Eng. Rasha Albaik, UJ
09:30 – 12:00	Visit to CLEANIC - Therapeutic Community Rua Isabel <b>Location 1:</b> Muller de Mesquita, 360 4405-566 Valadares – Vila Nova de <b>Gaia</b> lat: 41º 5' 49" N long: 8º 37' 50" W	Prof. Elisa Veiga, UCP
12:00 – 13:00	Public Transport to IPP	Eng. Rasha Albaik, UJ
13:00 – 14:00	<b>Lunch Break</b>	
14:00 – 14:45	<b>Lecture 4:</b> Cluster 6 : Basic of Art therapy	Prof. Carlos Vaz Carvalho, IPP Ms. Joyce Raie, UJ
14:45 – 15:45	Active Learning for Art Therapy – <b>Part 1</b> Instituto Superior De Engenharia Do Porto <b>Location 2:</b> Rua Dr. António Bernardino de Almeida, 431 4249-015 Porto <a href="https://www.isep.pt/ISEP/Location">https://www.isep.pt/ISEP/Location</a>	Prof. Carlos Vaz Carvalho, IPP
15:45 – 16:00	<b>Coffee Break</b>	
16:00 – 16:45	Active Learning for Art Therapy – <b>Part 2</b> Instituto Superior De Engenharia Do Porto <b>Location 2:</b> Rua Dr. António Bernardino de Almeida, 431 4249-015 Porto <a href="https://www.isep.pt/ISEP/Location">https://www.isep.pt/ISEP/Location</a>	Prof. Carlos Vaz Carvalho, IPP
16:45 – 17:00	Q & A	
17:00	<b>Closing</b>	Prof. Ahmed Al-Salaymeh, UJ



**Day 4**  
**Thursday, November 18<sup>th</sup> 2021**

**Location**  
**Universidade Católica Portuguesa, UCP**  
**Escola das Artes / School of Arts**  
**Edifício Central (Main Building)**  
**Ground Floor**  
**Auditorio Carvalho Guerra**  
**Location: <https://goo.gl/maps/mxXq9fBTNQDfLu3G8>**

Time	Task	Presenter
08:30 – 09:00	Registration	Ms. Hanan Hasan, UJ Eng. Sara Twassi, UJ
09:00 – 09:45	<b>Lecture 5</b> , Cluster 2 : Neuroscience of Development	Dr. Aiman AlShara'a, HU
09:45 – 10:30	Presentation Project ENCONTRAR+SE – <b>Part 1</b>	Prof. Filipa Palha, UCP
10:30 – 10:45	<b>Coffee Break</b>	
10:45 – 12:15	Presentation Project ENCONTRAR+SE – <b>Part 2</b>	Prof. Filipa Palha, UCP
12:15 – 13:00	<b>Lecture 6</b> , Cluster 14 : Drawing	Mr. Ghassan Abu Laban, UJ
13:00 – 14:00	<b>Lunch Break</b>	
14:00 – 15:30	Analysis and discussion of art therapy practice contexts) – <b>Part 1</b>	Prof. Alexandra Carneiro, UCP
15:30 – 15:45	<b>Coffee Break</b>	
15:45 – 16:15	Analysis and discussion of art therapy practice contexts) – <b>Part 2</b>	Prof. Alexandra Carneiro, UCP
16:15 – 17:00	<b>Lecture 7</b> , Cluster 19 : Ethics	Dr. Wassim Jomaa, US
17:00	<b>Closing</b>	Prof. Ahmed Al-Salaymeh, UJ



**Day 5**  
**Friday, November 19<sup>th</sup> 2021**

**Location**  
**Universidade Católica Portuguesa, UCP**  
**Escola das Artes / School of Arts**  
**Edifício Central (Main Building)**  
**Ground Floor**  
**Auditorio Carvalho Guerra**  
**Location: <https://goo.gl/maps/mxXq9fBTNQDfLu3G8>**

Time	Task	Presenter
08:30 – 9:00	Registration	Ms. Hanan Hasan, UJ Eng. Sara Twassi, UJ
09:00 – 10:00	<b>Lecture 8</b> , Cluster 15 : Drama & Theatre	Ms. Joyce Raie, UJ
10:00 – 11:00	The patients and their contextual and relational systems – <b>Part 1</b>	Prof. Alexandra Carneiro, UCP
11:00 – 11:15	<b>Coffee Break</b>	
11:15 – 12:30	The patients and their contextual and relational systems – <b>Part 2</b>	Prof. Alexandra Carneiro, UCP
12:30 – 13:00	Evaluation of the training workshop	Eng. Rasha Albaik, UJ
13:00 – 14:00	<b>Lunch Break</b>	
14:00 – 15:00	Distribution of Certificates	Prof. Ahmed Al-Salaymeh, UJ Prof. Luis Teixeira, UCP
15:00 – 15:30	Group Photo	Eng. Rasha Albaik, UJ
16:00	<b>End of the Workshop</b>	Prof. Ahmed Al-Salaymeh, UJ