



# HEALING PROJECT NEWSLETTER



09th June, 2020



HEALING



## In This Issue



Dear reader,

Welcome to the first newsletter from the HEALING project

Healing is a 3-year project that started on the 15th January 2020 and is co-funded by the Erasmus+ programme of the European Union. It is coordinated by The University of Jordan with 13 partners from Jordan, Tunisia and European countries.

Arts Therapy has long proved its benefits on one's mental and physical health. It suits all age groups and covers a wide range of difficulties, disabilities or diagnosis, making it essential for the well-being of any individual, therefore society in general. While some of the countries involved in this project may be advanced in certain areas or medical fields, they lack sufficient outlets for other types of health care. Health institutions are not always capable of meeting the demands of patients for a variety of reasons; being under-staffed, unequipped spaces, limited resources, etc. resulting in the exclusion of some treatment methods. These and other elements combined create a challenging environment for health care providers and limit their output. From here comes the need for this Arts Therapy Center. Where it

will raise awareness of the role of arts therapy, raise the number of professionals in this field and provide therapeutic services.

The center will work on two tracks:

1. *Offering a Professional Diploma in Arts Therapy.*
2. *Providing clinical therapeutic services to all the different populations who are in need of support.*

The findings illuminated that most of the teachers strongly believe of the concept of art therapy, they are motivated to practice art therapy and have positive attitude towards opportunities for students to improve their learning quality in art for health education.

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- HEALING Online meeting
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- What's Coming Up Next

About HEALING project



The main objective of the project is to represent and encourage the development of Arts Therapy education in partner countries, in particular, to design professional educational program (e - learning package) that will enable all staff and students working with patients with long term conditions to offer their patients art-based therapeutic activities.

The consortium will collaborate to create materials for the e - Learning package of vocational training for staff and students in how to use *art* as a therapeutic tool. This new learning package will enable staff from a variety of professional backgrounds to include *art* as part of their therapeutic work.

The Arts Therapies include *paint therapy, dance therapy, drama therapy and music therapy*. European countries will share their experiences and knowledge of how *art* can be used in different cultural and medical settings through conducting training workshops.

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*Healing's Project main objective is to develop a multidisciplinary diploma in Art therapy in Health Education as well as to establish Art Therapy Centre in each partner University.*

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#### **Specific objectives:**

- *Improve the integration of refugees with psychological or emotional problems through development of Arts Therapies resources as a way to deal with trauma.*
- *Develop innovative approaches to strengthen the training paths of Arts Therapists equipping them with all competences and skills needed to deliver high quality therapy.*
- *Strengthen cooperation and exchange of best practice between PCs and European organizations in the development of co-produced training packages and new approaches to the integration of refugees and students with special needs.*
- *Engaging Medical health centers and centers supporting Disabled people in designing training packages thereby, challenging stigma and increasing awareness on how to face their challenges through Arts Therapies*
- *Creating a Network of Arts Therapists and Community Support professionals.*
- *Promote co-production and collaboration to develop training modules and a "toolbox" for Creative arts therapists and their supervisors. These resources will also be accessible to therapists and other health professionals in the region.*
- *Establishing Art Therapy Centre, providing practical training for students and staff*
- *Develop Art Therapy Diploma with (8) new courses will be designed and implemented according to Bologna process for undergraduate & graduate students, accredited and adapted into the involved departments, which equals to 40 ECTS*
- *Design of e- courses and training materials deals with Art Therapy for people with learning difficulties and disabilities.*



## HEALING Partners



- 1) The University of Jordan, Jordan, (Applicant)
- 2) Hashemite University Jordan
- 3) Irbid National University, Jordan
- 4) Isra University, Jordan
- 5) Jordan University of Science and Technology, Jordan
- 6) University de Gabes, Tunisia
- 7) University of Sfax, Tunisia
- 8) University of Sousse, Tunisia
- 9) University of Brescia, Italy
- 10) Polytechnic Institute of Porto, Portugal
- 11) National and Kapodistrian University of Athens, Greece

12) Universidade Católica Portuguesa, Portugal

13) Academy of Arts and Culture in Osijek, Josip Juraj Strossmayer University of Osijek, Croatia

14) University College Limburg, Belgium





 **جامعة الإسراء**  
Isra University







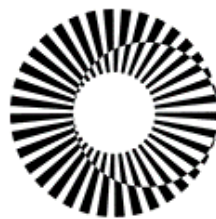
**P. PORTO**



HELLENIC REPUBLIC  
National and Kapodistrian  
University of Athens



UNIVERSIDADE  
**CATÓLICA**  
PORTUGUESA



**UC** Leuven  
Limburg  

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**MOVING MINDS**

## Meet the Partners

**Academy of Arts and Culture in Osijek, Josip Juraj Strossmayer University of Osijek, CROATIA**

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**Promotional video of Academy of Arts and Culture in Osijek:** AUKOS<sup>3</sup>

**Postgraduate specialist study of Creative Therapy:** CREATIVE THERAPY<sup>4</sup>

*Management:*

*Dr. Helena Sablić Tomić, Full Professor, Dean*

*Dr. Antoaneta Radočaj-Jerković, Associate Professor of Arts, Vice-Dean for Academic Affairs*

*Dr. Saša Došen, Associate Professor of Arts, Vice-Dean for Arts, Quality and Strategy*

*Dr. Krešimir Purgar, Associate Professor, Vice-Dean for Research and Projects*

*Dr. Jasmina Pacek, Associate Professor of Arts, univ. spec. art. therap., Vice-Dean for Study Programmes*

*Anđelko Mrkonjić, Associate Professor of Arts, Vice-Dean for the Development of Cultural and Creative Industries*

**The Academy of Arts and Culture in Osijek** is the member of the Josip Juraj Strossmayer University of Osijek, Croatia. The Academy is the only member of the University that is both an artistic-teaching and a scientific-teaching institution. The Academy of Arts and Culture in Osijek consists of six departments: Department of Music, Department of Instrumental Studies, Department of Theatre Arts, Department of Creative Technologies, Department of Culture, Media and Management, and Department of Visual and Media Arts.

The Academy of Arts and Culture in Osijek continuously prepare students for their professional and life challenges in a highly competitive world of arts, culture, creative industries and intellectual property. Today, the Academy is a higher education institution that creates and delivers university studies, scientific and artistic work in several scientific, educational and artistic fields; it delivers undergraduate,

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<sup>3</sup><https://www.youtube.com/watch?v=0V58b6u0Rag>

<sup>4</sup><https://www.youtube.com/watch?v=egY0EA4q1Yw>

graduate and postgraduate university studies of visual, musical, theatre and applied arts, media culture and cultural management, and creative therapies. The Academy is the only member of the University that is both an artistic and a scientific-teaching institution (and the only such institution in the Republic of Croatia) that offers state-of-the-art education by integrating artistic content with strong scientific underpinnings in social sciences and humanities. This could only be achieved by setting up various study programmes that are constantly revised and improved and that incorporate the latest scientific findings. The Academy's long-term objective is to promote and present cultural, artistic and regional specificities against a wider European context, i.e. to establish criteria for the local development of all regional specificities.

The Academy delivers university undergraduate, graduate and postgraduate artistic and scientific studies in the fields of arts, social sciences and humanities, and interdisciplinary fields of arts and sciences, and makes state-of-the-art artistic production and research, which makes it an institution of broad horizons, open to the most diverse profiles of students who can recognize it as a place to acquire the artistic and scientific competencies necessary for life and work in modern society. The Academy delivers study programmes in the fields of music education, vocal studies, composition and music theory, instrumental studies, fine arts, visual arts, illustration, acting, puppet animation, theatrical, film and television design, costume design, set design and puppets for theatre, film and multimedia, puppetry directing, nonverbal theatre, and scientific studies in the fields of culture, media and management, media and public relations, and management in culture and creative industries.

The Academy, in cooperation with the Faculty of Medicine in Osijek, has launched the first Postgraduate University Specialist Study of Creative Therapies in the Republic of Croatia, with specializations in art (fine arts) therapy, dramatherapy, music therapy and dance movement therapy. This unique postgraduate study programme in Croatia and wider region started in 2017. and until this point the second generation of creative therapies students have just completed their studies and preparing for their final specialist' dissertation. Beginning of next academic year 2020/21, 3rd generation of creative therapies students will begin their studies. Postgraduate University Specialist Study of Creative Therapies programme includes both scientific and artistic approach within a variety of medical, artistic and art therapy subjects, as well as supervised clinical practice and therefore has necessary scientific/artistic broadness. Students have to take mandatory courses from each of three segments: Arts, Medicine, and the chosen Arts Therapies field (music therapy, dance movement therapy, dramatherapy or art therapy) which creates adequate balance. There are a variety of elective courses offered from all three segments of study. Additionally, each major of this speciality study program has been developed based on good international practices (University of Roehampton London, UK, George Washington University, USA, Karol Szymanowski Academy of Music, Poland etc). The programme is well balanced, and it is a valuable base for the establishment and recognition of the arts therapy's professions in the region, and a good reference point for future research.

In addition to regular teaching activities, the Academy organizes conferences, festivals, seminars, book presentations, concerts, exhibitions, performances, film screenings, listening rooms and workshops such as: International Festival of Theatre Academies *Dionysus*, International Puppetry Revue *Lutkokaz*, International Festival of Vocal Music *InterVox*, International Student Sculpture Workshop *Jarčevac*, International Workshop od Art Graphic, International Scientific and Artistic Symposium on Pedagogy in Arts, International Singing Competition *Lav Mirski*, Days of Julije Knifer, SOS – Osijek Student Scene, *Art and Woman* Festival, *Glazbos*, International Student Biennial, International Scientific Conference



*European Realities*, Final exhibition of the Department of Visual and Media Arts students, Annual exhibition of the Department of Creative Technologies students and more. We also invite lecturers from Croatia and abroad to give visiting talks, mostly as part of various thematic cycles coordinated by the Centre for Interdisciplinary Research in Arts and Sciences of the Academy. Students and teaching staff of the Academy regularly participate in different international programmes, exchanges and competitions in all artistic and scientific fields represented at the Academy. As part of international cooperation, students and teachers participate in numerous events, such as festivals, competitions, group or solo exhibitions, art colonies, scientific conferences and forums. The Academy of Arts and Culture in Osijek is the organizer of national and international projects involving music, fine and performing arts and science.

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*Dr. Antoaneta Radocaj-Jerkovic, Associate Professor of Arts*

***Healing project team AUKOS Osijek***

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***Vuk Ognjenovic, Assistant Professor of Arts***

***Kristina Vinkovic, mag.cult., Team member***









## Work Packages

### WP1: In-depth analyses of the overall situation on Art Therapy in Education



**Duration: M2 to M7**

**Lead University: University College Limburg VZW**

**Co-Lead University: Irbid National University & University of Sousse**

This work package aims at scoping the current situation on Art Therapy in Education. Education in the beneficiary partners including the extent of how the resources is represented in the study programmes, as well as *identifying the real competences* that have to be provided to teachers and students and *verify the facilities of partners* to develop the existing resources.

- Preliminary analyses have already been done in the project's preparation phase by all partners involved. It allowed to define needs of each partner and set common objectives of the project. Now, In-depth analysis will approach these questions:
  1. *Art Therapy in Education Curricula Status*

## 2. *Real competences to be developed*

- Three in-depth analyses will be conducted by all partners, with cooperation of EU partners
- The investigation will commence with desk research, survey on paper and online formats, and interviews with appropriate stakeholder, including national enterprises, governmental bodies and education experts and advisers.

## WP 2. Curricula Development



**Duration: M7 to M36**

**Lead University: University of Brescia**

**Co-Lead University: Al-Isra'a University & University of Gabes**

The updated curricula will be based on the findings of WORK PACKAGE 1 (WP1) to develop innovative and flexible techniques that respond to the target group's educational needs, challenges and required art therapy education skills and competencies identified in WP1. Work package 2 (WP2) aims at preparing detailed educational materials on the basis of the surveys carried out, aligned with bologna standards for HEIs. Therefore syllabus for the new and adapted courses will be defined, lecture material will be collected and put together and adapted into study plan.

*The Development of HEALING Courses includes:*

- Selection of Courses to be updated. (Based on state of Arts Report).
- Design of new Courses.
- Creation of a detailed syllabus.
- Creation of Didactic materials.
- Validation and Accreditation of New Curricula.
- Workshop on Curricula Updating.

### WP 3. Capacity Building and Training Workshops



**Duration: M12 to M36**

**Lead University: Universidade Católica Portuguesa UCP**

**Co-Lead University: Hashemite University & University of Sfax**

WORK PACKAGE 3 (WP 3) intends for developing PC HEIs' Teaching staff Back from TOT courses the trained trainers will adjust TOTs to the local needs and organize in-house teacher training (TT) courses.

Each couple of trainers will train at least a group of (10) teachers in their HEIs with the active support from European partners. Based on predefined selection criteria will be defined by the quality committee In total (32) teaching staff will be trained per (2) TOT rounds in Europe. Furthermore, TOT for technicians and students on art therapy will be conducted (4) representative (2 students & 2 technicians) from each partner institution will attend a training (16) technicians and (16) students.

## WP 4. Development of the Art Therapy Centre



**Duration: M7 to M18**

**Lead University: Technological Institutes of Porto**

**Co-Lead University: University of Sousse & The University of Jordan**

The main goal of the *Art Therapy Center* is to raise awareness of the importance and role that *art* has in therapy, raise the number of professionals in this field and provide therapeutic services.

The center will work on two tracks:

- *Offering a Professional Diploma in Arts Therapy.*



This will provide the health sector with trained therapists who will be an addition to the sector as a whole and encourage established institutes to reconsider arts therapy as part of its therapeutic programs. The increase of interest will lead to an increase of investment in the field and improve services provided and the increase in demand will provide more work opportunities for individuals. The center will be the first of its kind in Jordan making it a leader of development in the arts and health sectors alike.

- *Providing clinical therapeutic services to all the different populations who are in need of support.*

A state of the art center that is open to patients from all over the country and abroad if they do arrive gives the opportunity for those in need of supplementary or additional treatment a place to visit and receive what has been missing from their previous medical programs. They will be looked after by specialized therapists and given the time and space required for speeding up their recovery. The center while independent will be connected to other medical and health institutes to allow patients to be guided or transferred in between to get a more comprehensive program.

## WP5: Quality Control and Monitoring



**Duration: M2 to M36**

**Lead University: National and Kapodistrian University of Athens**

**Co-Lead University: Jordan University of Science and Technology & University of Gabes**

Quality control and monitoring of the project implementation will oversee all the tasks necessary to ensure that the project is running within the scope, on time, and of expected quality. The project coordinator (UJ) will carry out biannual monitoring of activities within each WORK PACKAGE (WP). They will monitor progress and track milestones of each WP implementation, and regularly communicate to respective WP lead partners.

The monitoring activities will include progress review, study of documents and review of interim, partial or pilot products/outputs. Drawing on the results of monitoring N.K.U.A along with (UJ) will produce a report reflecting on both the progress and accomplishments as well as existing shortcomings and problems followed by specific suggestions/recommendations on how to overcome problems and improve processes.

Respective WP leader will follow up the recommendations and the results will be reported to P1&P 11 at its biannual coordination meetings. Furthermore, P11, after each training session, seminar/workshop and meeting will conduct post-event surveys/questionnaires of participants to check the effectiveness of the activity and ensure further improvement of similar ones.

## WP6: Dissemination & Exploitation



**Duration: M1 to M36**

**Lead University: Josip Juraj Strossmayer University of Osijek**

**Co-Lead University: Irbid National University & University of Sfax**

As an initial dissemination source an interactive project website (allowing to subscribe and receive notifications and news, download and upload information) will be create and maintained to provide thorough information to general public on all aspects of the project. It will be periodically updated as new events and results become available.

Next, the e-learning platform will be crated informing academic community on its mission and vision, offered services, OER repository as well as functionalities and utilization. Staff and students of all HEIs will have free access to the platform services and make use of its OERs. State of the art web technologies will secure interactivity of the portal by providing sophisticated online tools for building personal OER websites, creating e-portfolios for teaching and learning and online courses, it will also provide social networking services to encourage collaboration and dialogue among its community members (discussion forum, Facebook, Twitter, YouTube channel).

## WP7: Project Coordination



**Duration: M1 to M36**

**Lead University: University of Jordan**

## Co-Lead University: All

Main responsibility for coordination and management rests with P1: UJ as a project contractor. UJ will appoint a project manager (PM) to carry out overall executive management. To ensure an accurate and effective management on a daily basis, a project management team, responsible for financial, operational and day-to-day management and keeping track records of all project activities. PSC will involve per one representative from each partner and will meet biannually in order to review the project progress and its performance and to make necessary changes if needed.

To give all partners opportunity to participate in decision-making process PSC will take collective decisions by consensus voting. All decisions will be reproducible, i.e. documented in order to avoid misunderstanding.

Project scope management will be carried out through WP lead partners (LP) who will take care of WP implementation and reporting on the achievements. This ensures active involvement of all partners and sense of ownership. LPs will take responsibility for achieving objectives of WP and overseeing its timely and effective implementation.

## HEALING Kick off meeting



The meeting was conducted via video conferencing due to the global crisis, Coronavirus, on *19th of March 2020*.

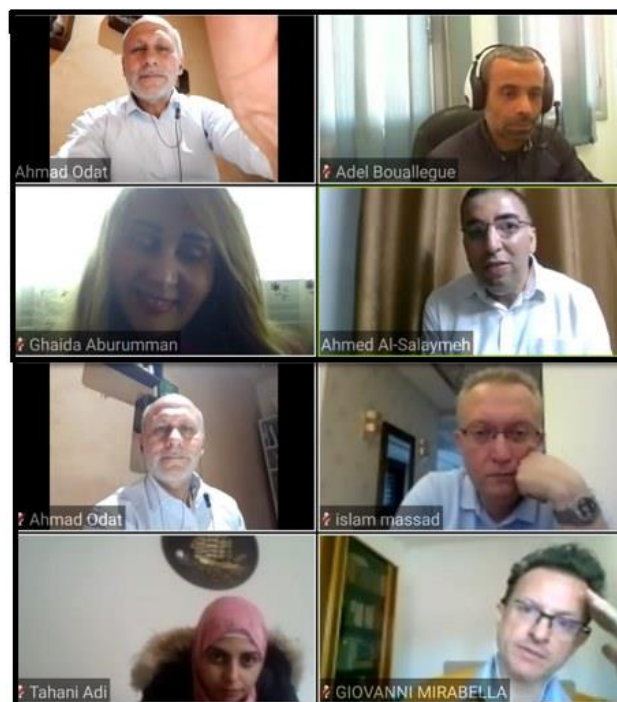
Meeting started by a welcome from the Project Coordinator, *Prof. Ahmed Al-Salaymeh*. After introduction of other participants, *Prof. Ahmed Al-Salaymeh* presented *HEALING Project* in Brief. He outlined the project objectives, indicators, expected results work packages and their overall plan.

Each partner has delivered a short presentation about their Organization, Staff, Related expertise to Art Therapy, Available programs in Art Therapy.

After the first session, it was concluded that the European partners have an excellent expertise and facilities that servers the project. The second session is related to work packages and how each WORK PACKAGE (WP) leader has to present a preliminary plan of the (WP) and discussed it with all the partners.

Each partner from Jordan and Tunisia presented the accreditation procedure for new programmes in their institutions, the specific target groups and the requirements to enrol in the diploma and the plans to include some courses into existing programmes courses.

Prof. Ahmed Al-Salaymeh thanked all participants in the conducted online meeting and scheduled the second online meeting.



## HEALING Online meeting's

After the first Kick off meeting, there were three meeting's after, also conducted via video conference call.

*Prof. Ahmed Al-Salaymeh* presented HEALING Project in Brief, he also talked about project progress in different work packages according to the set plans in the minutes of meeting. Then other Partners presented their work packages progresses.

Finally the last meeting was on the 14th of July, 2020., on which HEALING Project partners discussed on the results of the conducted surveys in the framework of Work package 1 (WP1).

The results of the survey were:

1. To make an assessment of the current curricula and e-learning facilities at school of Arts / school of Medical Sciences/ other related schools at the partner universities.
2. To identify which competences in Art Therapy students already have (self-assessed) and which competences they still lack (based on the newest trends and methodologies in art therapy).
3. To identify which competences in Art Therapy teachers already have (self-assessed) and which competences they still lack (based on the newest trends and methodologies in art therapy).
4. To identify which competences in Art Therapy teachers and students already have (self-assessed) and which competences they still lack (based on the newest trends and methodologies in art therapy).
5. To assess the Equipment possibilities of setting up courses that fit the needs of the partner institutions.

## HEALING - so far



On the 24th of April 2020., the representative of Erasmus + Bureau University of Sfax together with the President of the University, celebrated a local event with the members of the local HEALING team.

They presented the project:

- List of Partners
- Project Objectives
- Project Indicators
- Work packages
- Ongoing work

## Contact<sup>5</sup> Us

### HEALING

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