

ERASMUS+ PROGRAMME

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HEALING:

Developing a Multidisciplinary Diploma on Art Therapy in Health Education

UCP - Training Workshop Report

Universidade Catolica Portuguesa

Porto-Portugal

November 15th – 19th 2021



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Description

First Day: 15.11.2021

The meeting took place at Universidade Católica Portuguesa - School of Arts, Main Building, Ground Floor, at Auditorium Carvalho Guerra

The meeting started by a welcome from the Project Coordinator, Prof. Ahmed Al-Salaymeh. Then, the Local Organization Coordinator at UCP, Prof. Luís Teixeira, introduce to the workshop, and the participants introduced themselves (Name and Institution).

During the morning, three lectures were presented based in the contents produce for WP2: Curricula Development, followed by a visit to UCP Facilities:

- ❖ Lecture 1: Cluster 8 : Tools of Art for healing, by **Ms. Joyce Raie** (University of Jordan)
- ❖ Lecture 2: Cluster 8 : Tools of Art for healing, by **Mr. Ghassan Abu Laban** (University of Jordan)
- ❖ Lecture 3: Cluster 10.2 : Music Therapy: basic methodology by **Dr. Wassim Jomaa** (P8: University of Sousse)

During the afternoon, Prof. Helena Rodrigues, and Prof. Jorge Graça, from Universidade Nova de Lisboa, present Projects in Music, and childhood (babies, children | women's prison establishment).

Three projects of the Companhia de Música Teatral were presented in which education and therapeutic effects of Music intertwine in the idea of promotion of social and human development: i) the project *Bebé Babá* in its special edition directed to Mothers with babies in the Special Prison of Santa Cruz do Bispo; ii) the Project X involving the collaboration of the Association Pais em Rede and students of the UA ; iii) the Project *GamelIN* in which the collective instrument *Gamelão* of Porcelain and Crystal is played by all, each one with its difference. Music creates bonds, creating communities; other ways of listening create other ways of looking. In line with the referred projects, immersive training modalities were presented, and connections established with some of the conceptions present in the "artistic-educational constellations" model developed by the Theatrical Music Company.

As the second day was dedicated to external visits, the day ended with a session with information regard site visits, led by Prof. Luís Teixeira.



Second Day: 16.11.2021

09:30 – 13:00

In the morning session, the participants visit the Psychosocial Rehabilitation Service of Magalhães Lemos Hospital, at R. Prof. Álvaro Rodrigues, 4149-003 Porto. The visit was organized by Prof. Luís Sá.

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. At the Magalhães Lemos Hospital Rehabilitation Service, participants were divided into two groups to visit the Therapeutic workshops. In each of these spaces there is a professional responsible (monitors/teachers) for the different areas, who described the work carried out there: binding and typography, plastic arts with recycled materials, pottery, cooking, performing arts, among others. Throughout the space and corridors there are artistic works, designed by users, in a permanent exhibition that was greatly appreciated by visitors.

14:30 – 16:30

After lunch, Prof. Elisa Veiga, organize a visit to Espaço T - "we have been distributing happiness since 1994". Espaço T, 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.

In this visit, participants were enrolled in a brief presentation regarding the organization background and the projects ongoing. Then they had the opportunity to participate briefly in theatre workshop, art history session and dance activities where they interact directly with professionals and beneficiaries



Third Day: 17.11.2021

09:30 – 12:00

Visit to CLEANIC Therapeutic Community locate at Rua Isabel Muller de Mesquita, 360 4405-566 Valadares – Vila Nova de Gaia

The visit was organized by Prof. Elisa Veiga and conduct by Prof. Mariana Barbosa. CLEANIC is a therapeutic community that develops the Portage Program in Portugal. It is dedicated to supporting



people who suffer from problems related to substance use, substance abuse and other addictive behaviors, to overcome their addiction and manage to live their lives in a healthy, balanced, and positive way.

The visit allowed the group to get to know Cleanic's facilities and the different dynamics that take place there. Afterwards, they watched a brief scene from the show "Celebração" - directed by Theater Professor António Maia - which introduces the participants to the work that has been developed in this therapeutic community over the last few years

14:00 – 16:45

The afternoon session took place Instituto Superior De Engenharia Do Porto, Rua Dr. António Bernardino de Almeida, 431 4249-015 Porto. It was divided in the presentation of Lecture 4: Cluster 6 : Basic of Art therapy, by Ms. Joyce Raie, from University of Jordan, and the presentation of Prof. Carlos Vaz Carvalho, focus in Active Learning for Art Therapy, followed by a visit to IPP facilities.

Fourth Day: 18.11.2021

09:00 – 13:00

The morning session started Auditorium Carvalho Guerra (UCPP), with the presentation of the project "IrROMPER Project: Theater and psychological development", by Prof. José Eduardo Silva, from Centro de Estudos Humanísticos da Universidade do Minho.

Evidence that artistic and creative methodologies, when properly applied, enhance psychological, social, human (and even economic) development has been, especially in recent decades, abundantly demonstrated and documented by scientific studies carried out in various parts of the world.

Specifically in the field of Theater, projects have been carried out (namely in Portugal) that have produced scientific evidence about the potential of this artistic language, not only in cognitive, emotional, and behavioral dimensions, but also in areas ranging from community intervention to participation civic and political, from the development of autonomous competences to social empowerment. Supported by scientifically validated work, the IrROMPER theater project brought together users of ENCONTRAR-SE: a community organization that addresses the promotion of mental health and of the Vozes de Esperança team to a group of show professionals, under the direction of José Eduardo Silva, with the aim of contributing for the empowerment and empowerment and personal development of the participants through theatrical practice. The session included the viewing and discussion of a 30-minute documentary.

The morning session end with the presentation of two Lectures:

- ❖ Lecture 5, Cluster 2 : Neuroscience of Development, by **Dr. Aiman AlShara'a**, HU
- ❖ Lecture 6, Cluster 14 : Drawing, by **Mr. Ghassan Abu Laban**, UJ



14:00 – 17:00

The afternoon was divided in two sessions: Analysis and discussion of art therapy practice contexts, by Prof. Mariana Barbosa and Prof. Elisa Veiga, and the presentation of Lecture 7, Cluster 19: Ethics, by Dr. Wassim Jomaa, US.



The lecture “Analysis and discussion of art therapy practice contexts” aimed to promote participants' reflection about the visits that took place all week. Each participant should answer the question: What have I found as a value or particular interest in this visit?

Participants were divided in 3 groups in an aleatory way and each group elects a leader. After a brief period of reflection, each group stays 10 minutes in each poster and their impressions are registered by the leader. After all the 3 groups rotate for all 3 registration points, each leader shares with all lecturer participants all the comments registered.

Participants report the importance of being in different contexts (Psychosocial Rehabilitation Service in a mental health hospital, Association to Social Support and Community Integration Rehabilitation community for substance abuse), the hospitality of professionals and beneficiaries, and the importance of the variety of activities in which they were involved (typography, plastic arts with recycled materials, pottery, cooking, arts history and performing arts such as theatre and dance) contributing to address their particular interests, promoting their well-being.



Fifth Day: 19.11.2021

09:00 – 13:00

The last day started with the presentation of Lecture 8, Cluster 15 : Drama & Theatre, by **Ms. Joyce Raie**, from the University of Jordan, followed by the lecture “The patients and their contextual and relational systems”, by Prof. Alexandra Carneiro.

The lecture “The patients and their contextual and relational systems” aimed to sensitize the learners to the need to be aware of the importance of the different contexts were patients take part and to the people with who they interact. It was stated the importance of considering each patient with many, and different, demands to respond to, and accordingly to the contexts and people. Was also stated that the professional interaction with patients should be guided by high levels of emotional and cognitive support, organization, positive communication, promotion of autonomy, routines, constant and effective reinforcements, and trusty relationships. It was underscored the role of art therapy as being a humanised intervention that enhances the relieve of stress, anxiety and pain to patient, caregivers, and families. Finally, the Person- centered communication approach was mentioned as promoting empathic responses to emotional and cognitive needs, exploring cues and concerns, and establishing trusty relationships. In this kind of therapy, the therapist was evidenced as the “bouncer”, the “broker”, and the “glue” of all systems and people around the patients.

The morning session ended with the evaluation of the training workshop, organized by Eng. Rasha Albaik.

After lunch break, Prof. Ahmed Al-Salaymeh, the project coordinator, and Prof. Luis Teixeira, the local organization coordinator, distribute the certificates, and all the participants took the Group Photo.

Prof. Ahmed Al-Salaymeh presented the HEALING Project the outcomes of the project so far, and briefly outlined the project objectives, indicators, expected results and work packages.



Annexes

Agenda

<https://drive.google.com/drive/folders/10GtEie8yJO5GoeCkIQhU3Uss95I9MYO9>

Attendance sheet

https://drive.google.com/drive/folders/1IT9F8xwPFJbVxG8X0uq_shc6R6dZzmad

Photos

https://drive.google.com/drive/folders/1UWgiU4hW8eoOkELXco7Q7XzrA47zGG_b

Certificates

<https://drive.google.com/drive/folders/1PxaQICuSby9o4HTpjH37-p-x4OQVh7S4>

Videos

<https://drive.google.com/drive/folders/13ThyX6iTGPfxAwgmIKiqGRPLPDbaN2JH>