

PROGRESSION

2021-1-HU01-KA210-ADU-000035074

Video conference

Minutes

Friday, 29.07.2022

1-3pm

online

Present:

Giba András, Crime Stop Alapítvány

Mészáros Mercedes, Crime Stop Alapítvány

Pósa Kornél, Crime Stop Alapítvány

Mesut Budak, Bozyazi Kultur Sanat Ve Muzik Dernegi

Ayşe Gül Kaba, Bozyazi Kultur Sanat Ve Muzik Dernegi

Kader Solgun, Bozyazi Kultur Sanat Ve Muzik Dernegi

Responsible organization: Crime Stop Alapítvány

Topics: Body and Soul - Art therapy close to the body I - training

1. Theoretical background

What is art therapy?

Art therapy can take the form of individual support or group sessions. The idea is that participants use some form of artwork in the therapy process. The goals can be varied: self-awareness, personal development, socialisation, community building, competence development, education, and treatment of psychological problems.

Types of art therapy

Active art therapy is when the participant creates something themselves. Receptive art therapy is when the process takes place through something (made by someone else).

Active art therapy can be further broken down into two types. The first is creation-focused art therapy, where the creative process itself has a therapeutic effect, the creation of the artwork is the main thing, and there is no verbal processing afterwards. In this case, the aesthetic quality of the work is often important, as the finished pictures are often exhibited, the resulting choreography/play is presented, the poem is published, etc. In the case of processing-oriented art therapy, the "beauty" of the finished work is not important, but its meaning is the main thing, and after the artistic activity, there is a longer verbal processing of the symbols used and the feelings expressed.

The easiest way to group the different types of art therapy is to classify them according to their artistic disciplines.

Visual arts therapy - The therapeutic process is through drawings, paintings, sculptures, woodcarving, montage, ceramics, etc.

Music therapy - Listening to a specific piece of music, discussing the emotions, thoughts, memories and associations that it evokes, and in active music therapy, playing instruments, singing, repeating or improvising an existing piece.

Literary therapy (bibliotherapy) - A literary work (poem, short story, novel excerpt, etc.) can be read by the therapist, but also a piece of writing chosen by the client(s) can be presented. In addition to discussing feelings, thoughts and free associations, it is also important to explore the client(s)' own life parallels with the given works. In active bibliotherapy, creative writing takes place within a specific topic and/or genre.

Movement therapy, dance therapy - They express their feelings through movement and dance, either through choreography or improvisation. The focus may be on the movement itself, but there may also be a processing-oriented movement therapy, where the movement or dance presented is the focus of understanding.

Focal areas of art therapy, possible elements of online training:

- mindfulness
- experiencing free expression and creativity through visual creative activity
- development of self and peer cognition
- self-awareness, self-discovery and self-discovery of self
- strengthening the capacity for resilience
- preventing burnout
- individual, pair or group exercises
- developing cooperation.

What will we need during the online training?

- Openness and cooperation.
- A computer and good internet connection.
- A drawing board, A4 paper, drawing utensils, pencil, pen, coloured pencil, etc.

2. Tasks, exercises

During the first creative task, meditative music is played, which is intended to serve the contemplation and quieting down. As a starting point, it helps us to get out of our habitual situation.

Source: https://www.youtube.com/watch?v=6_wK18NtmBo&ab_channel=EviHerceg

1. TOTEM ANIMALS – Finding our inner strength

Tools needed: sheet of paper, coloured and black pencils/pens.

Choose three animals to draw! The first one symbolizes our appearance, our physical appearance (the way we move, the way we look), the second one usually symbolises our emotions, and the third one symbolises what is most characteristic of our inner world, our thinking. Draw all three animals on a sheet of paper. They don't have to be perfect - feel free to get creative and make them whatever you feel right at the moment. Then draw around each animal its environment - where it lives, in the mountains, forest, house, zoo, etc. Finally, colour it in as you like.

Self-reflection questions:

- What are the strengths of the animals you have drawn?
- How do they describe us?
- How can we use these strengths to cope with a difficult situation?
- How can we use these strengths to help us to cope with situations?

2. EMOTIONAL LANDSCAPE

Our emotional states can often feel overwhelming. However, the more we formalize, visualize and name it, the more it develops. We know it, we can look at it detached, and we have control.

Tools needed: watercolour, brush, a glass of water, sheet of paper.

First, just start tuning in, noticing what emotions, thoughts, physical sensations you are having right now. Then let all of what we are feeling now appear on the paper in the form of a landscape, representing our current state.

Self-reflection questions:

- How long have we felt this way?
- What are the first feelings that come to mind when we look at the landscape?
- If we could shrink ourselves down to be part of the landscape, where would we be in the picture?
- What opportunities does this landscape hold, and what might be difficult here? What else does this image tell us?

5 areas of emotional intelligence

- Self-awareness and self-control: the ability to fully understand oneself and use the information to deal effectively with oneself. Competences include: influencing others, emotional and inner awareness, expressing emotions, resilience, etc.
- Empathy: our ability to understand the perspective of others. Competences such as: listening with understanding, being of service, etc.
- Sociability: our ability to build honest relationships and bonds, and to express our caring, concern and conflict in healthy ways. Competences include: relationship building, cooperation, conflict management, etc.
- Personal influence: our ability to lead and inspire others as well as ourselves in a positive way. Competences such as: leadership, creating a positive work environment, assertiveness, etc.
- Confidently setting a purpose and vision: our ability to bring authenticity to our lives, to live according to our intentions and values. Competencies include: credibility, understanding our purpose and values, etc.

Closing

How do I feel now (physically, emotionally, mentally)?

How the topic relates to the project: as a contribution to the methodological guide, as well as a personal experience.

PROGRESSION

2021-1-HU01-KA210-ADU-000035074

Video conference

Minutes

Monday, 12.12.2022

1-3 pm

online

Present:

Giba András, Crime Stop Alapítvány

Mészáros Mercedes, Crime Stop Alapítvány

Pósa Kornél, Crime Stop Alapítvány

Mesut Budak, Bozyazi Kultur Sanat Ve Muzik Dernegi

Ayşe Gül Kaba, Bozyazi Kultur Sanat Ve Muzik Dernegi

Kader Solgun, Bozyazi Kultur Sanat Ve Muzik Dernegi

Responsible organization: Crime Stop Alapítvány

Topics: Body and Soul - Art therapy close to the body II - training

1. Theoretical background

What is resilience?¹

The concept refers to the ability to adapt positively to challenges. We usually need this ability in difficult situations. How quickly can we regain our balance? How do we cope with difficulty? How do they affect the rest of our lives? How do we feel about change? How do we adapt? Do we have ready-made responses brought from our childhood? What resources do we have? What can we rely on in a difficult situation? Examples of such resources are: self-

¹ <https://www.kepezo.hu/muveszetterapia-fejlesztés/>

strength, self-identity, knowledge, relationships, support networks, family, coping strategies, culture, religion, art, stability, (preventive) health awareness, material assets.

Focal areas of art therapy (in the light of resilience), possible elements of online training:

- the development of emotional intelligence
- discovering (new) inner resources
- discovering our new, creative side
- becoming aware of multiple perspectives
- recognizing our inner patterns
- building self-esteem
- discovering the potential in a crisis
- awareness of the challenge, not the problem
- increasing openness to new things
- increasing acceptance
- developing the ability to cooperate.

What will we need during the online training?

- Openness and cooperation.
- A computer and good internet connection.
- Drawing board, A4 paper, drawing utensils, pencil, pen, coloured pencil, etc.
- Glue - other tools for the task described below

1. BRIDGE TO OUR GOAL

The bridge symbolises stability and connection. The exercise helps us to examine our approach to a problem and what resources and factors can help us to overcome this challenge.

Tools needed: brush, paint, (a glass of water), pencil, sheet of paper

To get in the mood, we allow our thoughts to wander a little around a particular problem or challenge in our lives. Calmly close our eyes, listen to what is within us, and then allow a bridge to appear before our mind's eye.

When we have opened our eyes, draw the bridge with a pencil. On the left side, draw things that relate to what we leave behind when we cross this bridge. And on the right side, draw things that relate to the direction we are going, what is waiting for us on the other side, what it

will be like when we arrive Under the bridge, draw any obstacles that have or may come in our way as we cross the bridge. Finally, draw yourself on the picture.

Self-reflection questions:

- Where are we now on this journey, at what stage?
- What has prevented us from overcoming the obstacles?
- What steps can we take to overcome them?
- What are the steps we can take to overcome these obstacles?

2. GENRE PAINTING – PAINTING OF MY LIFE

The collage technique is similar to montage, except that instead of pictures, small objects (buttons, paper clips, pieces of ribbon, chewing gum, pebbles, bark, cigarette butts, bird feathers, etc.) that best match the artist's inner feelings are glued to the drawing page or to the colour sheet of your choice as a background.

We treat these objects as symbols, because they model the qualities of ourselves. Through this technique, unconscious desires, problems, complexes, neglected parts of the personality are revealed. Collage making activates and harmonizes the four personality functions of perception, feeling, thinking and intuition. These techniques are widely used in art therapy because, as described in more detail above, they have a number of beneficial psychic effects that promote personality development and deepen self-awareness. However, spontaneous creation also has many positive effects, such as anxiety relief and differentiation of emotional life.²

Self-reflection questions:

- What are the first feelings that come to mind when we look at our collage?
- What qualities do we see in the finished collage?
- Can we group these qualities?
- What are the qualities we would like to get rid of?
- How would the collage describe our thinking?

Closing

How do I feel now (physically, emotionally, mentally)?

² <https://mindsetpszichologia.hu/kiszineznem-vele-az-eletem-avagy-a-muveszetterapias-technikak-psziches-hatasairol>

How the topic relates to the project: as a contribution to the compilation of the methodological guide, as well as to personal experience and experience-gathering.