

PROGRESSION**2021-1-HU01-KA210-ADU-000035074****Video conference****Minutes****Monday, 12.12.2022****1-3 pm****online****Present:**

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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-fejlesztes/>

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.