

UNLOCKED

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Different Ways of Using Art Therapy with Marginalized, Vulnerable Social Groups

International meeting and Workshop Booklet - Summary

The comprehensive goal of the UNLOCKED project is to reduce the marginalization of the criminal, detained and released, addicted, high criminogenic risk target group, to support their social integration, to develop strategic partnerships for methodological development, tool development, knowledge and experience exchange; moreover to use innovative, non-formal creative programs and methods - the goal/task/activity during and after the project time is personality development, enhancing and handling learning needs and motivation, reduction of knowledge and competence deficit.

The partnership is represented by 4 organizations (Váltó-sáv Alapítvány, koordinátor szervezet - HU, Antropos Mental Hygiene Association - SRB, Crime Prevention Foundation - IGA, AMAKA NGO, GR) from 4 countries (Hungary, Serbia, Bulgaria, Greece).

Váltó-sáv Alapítvány (hereinafter VSA - HU) is nationwide, civil, professional support organization for deviant, disadvantaged/marginalized, vulnerable groups and their relatives; moreover, supporting the social and labor market (re)integration of the socially disadvantaged, offenders, addicts, prisoners and released people. Our main activity is the care, training and mental health support of the target group, as well as the reduction of prejudice and sensitization and the strengthening of social inclusion (www.valtosav.hu).

The Antropos Mental Hygiene Association (Udruzenje za mentalnu higijenu Antropos - SRB) was founded in 2010 with the collaboration of mental health professionals. It became clear to the founders that young people are the population that is most neglected in terms of mental health, while they are the most sensitive and vulnerable generation, and at the same time, they are also the most receptive to novelties. We are responsible for the prevention of contemporary aggression, and the organization of individual and group consultation, psychotherapy (psychodrama self-knowledge groups), psychological workshops, self-reinforcing trainings, lectures, films, performances and grandstands on mental health.

Crime Prevention Foundation - IGA is an independent professional organisation which initiates civil activity and works for the reduction of crime. The organisation works for the benefit of

socially excluded persons and groups; children at risk; offenders; crime victims; relevant institutions. IGA studies social processes in the area of crime and social exclusion; develops, and introduces innovative programmes and models; implements training, consultancy, educational and publishing activities; improves the social dialogue and the interagency relations; carries out advocacy campaigns; delivers social services, develops national and international partnerships. Among IGA's achievements is the decisive push for the introduction of probation in Bulgaria, the first probation center and probation officers in the country, an achievement that was awarded the International Community Justice Award in 2004. IGA also was the first to transfer to Bulgaria risk assessment for juveniles, to develop specialized community and prison based programs for work with offenders, the first to do scientific research on sex offending and sex offenders, to develop specialized training program for professionals working with offenders and deliver it as part of the curriculum of the Plovdiv University. In 2010 IGA consulted the development of the first Municipal Crime Prevention Strategy – the Strategy of the city of Plovdiv.

AMAKA NGO (AMAKA ASTIKI MI KORDOSKOPIKI ETAIPIA - GR) AMAKA is a non-profit organization founded in Athens in 2008. The main aim of the organization is to provide help into underprivileged social groups. As underprivileged groups we define any group lacking opportunities or advantages enjoyed by other members of one's community. Amaka's target group mostly focuses on migration minorities, children with special needs, adolescents at risk, high poverty groups, prisoners, elder people, psychiatric patients, homeless, victims of sex trafficking etc. AMAKA believes that Art as creation- is liberating one self – And once oneself is liberated the path for social change opens. AMAKA has chosen Art as its basic tool to promote positive change to groups and individuals, offering workshops of Art Therapy, Phototherapy, Literacy through Photography, Drama Therapy and Participatory video. A workshop of its kind differs from a conventional art workshop because it focuses on the creative process, in those specific moments that an individual gets inspired and creates something. Amaka's discipline does not emphasize in the art outcome-product, but in the essence of making

The topic of the first Intellectual Output and the first transnational project meeting in Hungary (Budapest, 23-24.06.2021) was the inventory of creative programs, art therapy sessions, opportunities, methods and techniques, and the collection and processing of good practices.

The first meeting due to the pandemic (COVID-19) and the situation created by it took place only in June 2021, before that the partners had "met" and worked online. Everyone was already very eager for personal professional discourses. In Hungary, in connection with the first international meeting, we were first on a professional study trip to the Vác

Strict and Medium Regime Prison, and in the afternoon the special program of Váltó-sáv Alapítvány Half-way Flat Complex Reintegration Program was presented.

The next day, participants were able to try out the ChocolateWorkshop (they could participate in a creative program of this nature), and in the afternoon we prepared the next intellectual output.

All organizations were actively involved in the development of the first intellectual output: Váltó-sáv Alapítvány presented literature therapy programs developed and evaluated for inmates, as well as Arts&Crafts sessions, supplemented by special techniques that can be implemented and had been implemented in totally closed institutions: paverpol (textile sculpture, re-use), enchaustic painting (wax ironing), and ChocolateWorkshop had been introduced as new creative techniques and opportunities.

Antropos Mental Hygiene Association elaborated on the possibilities of tale therapy in drug prevention, presenting a specific processing session.

IGA presented a theater art therapy program, method and technique for juveniles in risk with practices and session plans that can be applied immediately to everyday work.

AMAKA presented the implementation of phototherapy as a type of art therapy for female prisoners, also with specific practices and feasible possibilities.

Further information: <http://www.unlocked.hu/io1-art-therapy.html>,
<http://www.unlocked.hu/workshop-booklets.html>