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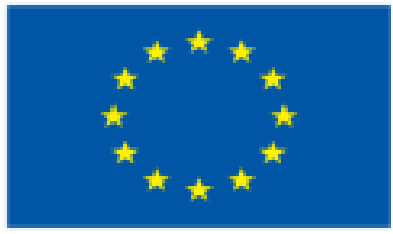


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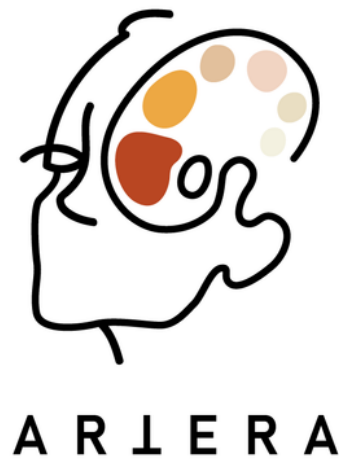
Art therapy - a unique resource for personal development



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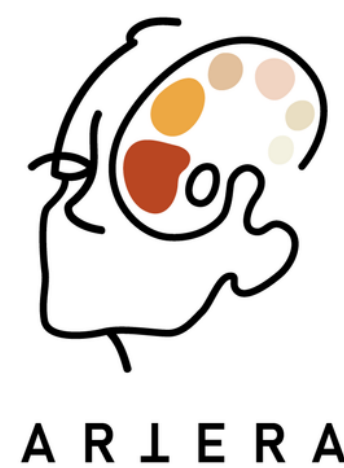
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Project Partners

- Telšių kurčiųjų ir neprigirdinčiųjų draugija, Lithuania



- SIA RK "VILORI" Inovaciju izglības centrs "IDEJA", Latvia



- TEATRO METAPHORA - ASSOCIACAO DE AMIGOS DAS ARTES, Portugal



- ASOCIATIA DEMETRIUS, Romania



- LUETEC, Italy





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Introduction

"Art therapy - a unique resource for personal development: exchange of good practices"

Erasmus+ strategic partnership is 24 months' project designed by partners from Lithuania, Latvia, Romania, Italy, Portugal.

Partners will support of extending and developing the competences of educators, social workers, youth workers and other personnel who support youth learners. Supporting educators in their learning process and by exchanging and providing new teaching materials this project partners also will support youth as final beneficiaries what is priority for Erasmus+ Programme.

This strategic partnership project aim is to share good practice examples in interactive and creative learning of youth with disabilities by using Art Therapy. Partners will develop "Methodology of expressive art therapy application." E-Book - a sustainable training tool for youth trainers which will be one of tangible results of this project. This project is an attempt to summarize the available experience in the European countries, the experience of practicing teachers in the use of elements of art therapy as a kind of art pedagogy, give an overview of the positive effects on different children, including children with developmental disabilities.

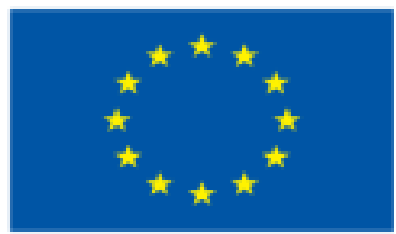
The objectives of the project are:

- *to share good practices among project partners,
- *to increase professional development of youth workers,
- *to collect and develop methods for the project E-Book,
- *to develop and reinforce EU networks for disabled youth teaching and learning,
- *to enrich the network of disabled youth education providers in partners' countries and Europe.

The term "Art Therapy" refers to treatment based on the practice of art creation. However, the tasks are not only related to treatment, but also to mental harmonization, human development, resolution of social conflicts.

Art therapy is probably a concept heard by many, but not well understood by everyone. This form of psychotherapy can make a significant contribution to a child's maturity and growth, providing assistance to both traumatized and disabled children who have difficulty concentrating. So we suggest you learn more about art therapy.

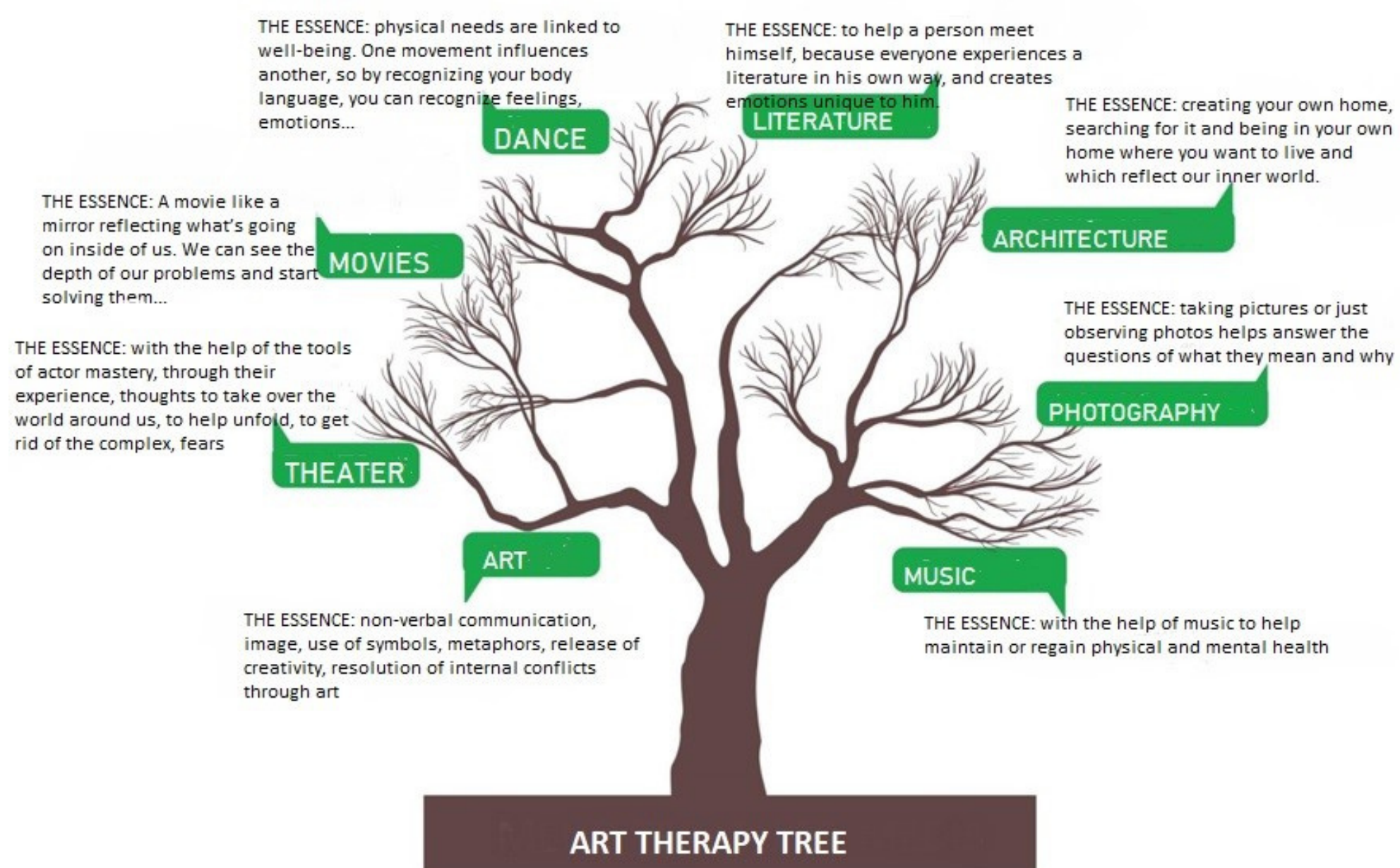
There are many types of art therapy, the most common: theater, music, dance, and a variety of artistic practices such as photography, collage, ceramics, digital arts, textiles. Most sessions can take place in groups where children work together, taking responsibility for their own actions and those of others. These activities can also take place privately or with the participation of the child's parents - then the relationship, trust and social skills are strengthened.



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"Art Therapy is an area that is being used in many different settings. We cover various forms of arts therapy to help with self-discovery and self-healing.

Art and the therapeutic creative process of creating art, can be incredibly useful for youth who may have experienced bullying or trauma and can provide a safe sanctuary to share our feelings and emotions.

Therapeutic Art can be described as being an expressive and creative, form of therapy, using arts therapy in its various forms. The therapeutic, creative process of self-expression, can improve our physical and mental health, as well as our emotional wellbeing. It helps us to manage our feelings in a more positive way, can give us the confidence to address and resolve issues from the past and present, increase self-esteem and develop a greater self-awareness.

Creating art through Therapeutic Art, provides an outlet to express yourself freely, which will encourage and promote a healthier, happier life. Did you know that colouring-in books for adults are outselling cook books? Colouring-in for just twenty minutes a day, can bring you enormous benefits, including:

A more relaxed state of mind

Lowering stress hormones

Help with insomnia

Therapeutic Art may sound a bit daunting, especially if you believe yourself not to be particularly artistic or creative. However, this need not be an issue, as the purpose of art is simply to express, and not to judge, or compare. Art should be an extension of how you're feeling, and for that you are your own expert.

Who is covered by art therapy?



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In global practice, Art Therapy is applied to the most diverse groups of society:

For disabled children and adults;

For people with special needs;

Addicted, mentally ill;

For prisoners;

For pregnant women;

For people who want to know themselves more deeply and so on;

With over _____ exercises and activities, here are just a few included in this Art Therapy course.



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Methods in Art therapy

1. Collage “A map of my thoughts”



Collage is a painting and graphic technique in which pieces of paper, fabric or other material are glued to a substrate and drawn or painted.

During the sessions, clippings are cut from the magazines and everything is combined into one common card. The environment in which everything takes place is very important. It must be safe, free to allow creativity to unfold.

You will need: the following: a piece of 5" x 8" mat board or cardboard, a pair of scissors, an acid-free glue sticks or jar of rubber cement, and several magazines.

Engagement starting with meditation. Trainer asking participants close their eyes and imagine. "Imagine yourself in a place, where you feel more comfortable, safe, happy, place you dream about. Now you can open your eyes, take magazines and cut from them pictures, letters, text, whatever you want. Glue these clippings into one picture and make a picture of your favorite place. Spend a generous amount of time going through the magazines. Tear out any images that you like, that seem to appeal to you for ANY REASON. Don't question WHY you might be drawn to the images. Simply rip them out!"

Each card in a SoulCollage deck represents and honors one of the following facets of my unique life: a voice that lives inside of me, a person who supports me, an animal that has special energy to give me, or a mythical figure which guides me.

After picture are ready, teacher ask each participant talk about his collage, and interpreter it.

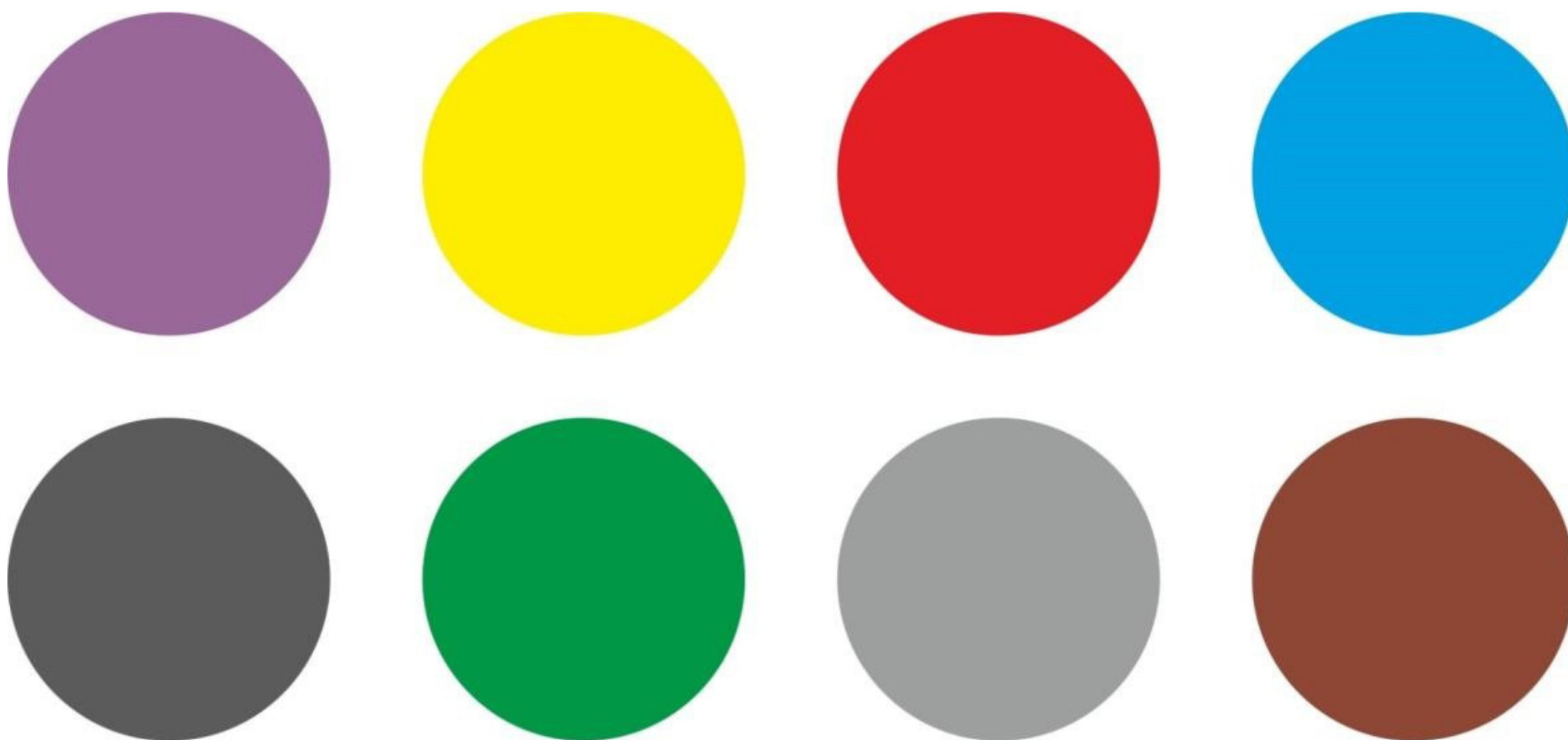


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2. Psychological color test



A person has to put together a sequence of 8 colored circles according to the feeling, from the most liked to the least liked color.

Then teacher start interpretation:

In the first place - Moments, the mood of the day.

In the second place - the zone of desires, goals for this stage of life.

Third and fourth positions - A more constant internal state, an emotional mental state typical of, not only at this stage.

Fifth and sixth positions - This is who you are usually neutral about, it doesn't matter to you or it doesn't matter, you don't think much about it.

The seventh and eighth position - It is what causes stress, what is suppressed in you, what cannot be realized.

Color meanings:

Black - can feel creativity or fear

Blue is a need for peace and relaxation, such a person wants stability in some area.

Green - can provoke a desire to communicate, constantly be interested in something, learn, increase curiosity.

Violet - spirituality, desire to pursue high ideals, the need for unconditional, selfless love, aspiration, lack of ego, struggle with it, promotion of sensitivity and compassion, imagination.

Yellow - the need for hope, optimism, the desire to renew.

Red - need for activity, will want to experience, will want to dominate

Brown - stability, striving to structure, support; Duty, the color of responsibility, reflects loyalty, trust.

Gray - a tendency to compromise, neutrality and practicality.



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3. I am a boat

Measures:

Colored pencils

Felt-tip pens

A4 white sheets of paper

Implementation:

Let's take colored pencils. Relax. Close your eyes. With closed eyes, imagine - you are a small boat in a big storm.

It would be good to say something about waves, wind and fighting in this place. (The wind howls and whistles in an attempt to sink a small boat. The boat resists. A fight between the boat and the storm takes place)

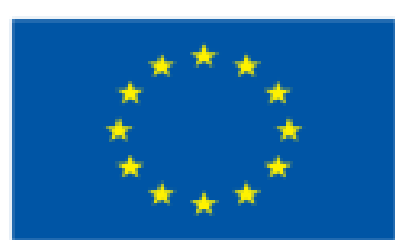
Trainer need to ask the youth to be in the boat, to imagine how he feels about being what is happening now, what will happen soon. And depict it all on paper.

This fantasy always allows you to learn a lot about what place a youth occupies in the world and how he overcomes external forces.

DISCUSSIONS after:

- 1.How do you feel being in a small boat?
- 2.What does it mean to be a small boat in a big storm?
- 3.What is a boat usually afraid of?
- 4.How do you feel in a storm?

Task completion time - about 20 minutes.



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4. A man picking an apple



Task: Draw a man picking an apple from a tree.

The task leaves a lot of freedom. This means that the situation itself, or its solution, is created by the author of the drawing himself. Picking an apple (as a symbol) reflects the action by which a person expresses the ability to achieve his goal. Interpretation reveals the originality of the painter's spiritual world.

Measures:

Colored pencils and felt-tip pens, including black

A4 white sheets of paper

Implementation:

Let's find a place you like in a room, sit down. Relax. Take a pencil and draw "The Man Picking an Apple".

DISCUSSIONS:

a) On the other side of the sheet, describe your drawing

b) Share the feelings and emotions that arose during the process with a friend sitting on the right.

c) How did you feel after finishing work?

d) Has the person picked an apple? (if not depicted holding an apple, you may be told that he will necessarily pick it up or too high for him and he will not be able to).

Task completion time - up to 15 minutes.



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5. Art therapy method to reduce stress and angry



Task: Reduce anxiety, turn negative feelings into positive ones

Measures:

Pencils, glue, A4 white sheets of paper

Implementation:

Let's find a place you like in a room, sit down. Relax. Remember worst moment from your life, remember what you felt then, what feelings have you experienced. Try to feel same feelings again. When you feel all those negative feelings again, anger, annoyance, take a pencil and draw all these feelings on the paper, express them, transfer them from yourself to the paper.

Then wrinkle this sheet of paper, tear it off. How do you feel now? Better?

Now you should transfer these bad feelings in to good.

Take those pieces of crumpled paper and try feel they softness and tenderness. Take other sheet of paper, and glue something soft and beautiful from these pieces of crumpled paper: bird, butterfly, kitten, flowers.

DISCUSSIONS after:

- 1.How do you feel after this exercise?
- 2.Does your feelings had changed?

6. My painted stone mandala



My painted stone mandala is a painting and drawing method that helps youth know themselves better by painting on stones.

The workshop can take place with other children at home, in an NGO premises or at school with the help of an adult facilitator.

During a walk on the bench of a river or on a countryside lane with their parents or class mates, children are asked to pay attention and pick up 2-3 flat rocks, with a nice shape that seem attractive to them. The rocks will be used during the stone mandala workshop.

You will need: pen, paper, ruler, painting brush, water colours, rocks.

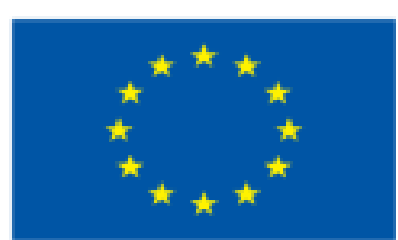
The workshop will take place with 5 – 10 young people.

Trainer asks youth to note down on a piece of paper 3 to 5 characteristics that define them (e.g. brave, modest, helpful, etc) and to associate a colour to each characteristic. Then, they will split the stone surface in four quadrans by making a cross by pen and ruler, so that to delimitate the painting surface.

Trainer will invite youth to paint the stone surface by using only points and lines only with the 3-5 chosen colours corresponding their characteristics previously written on the piece of paper. Youth are free to choose their own design, however they may guide themselves by the cross if they prefer regular quadrans design. Trainer should invite youth to give free will to their imagination.

When ready, they should take a moment to admire their painted stone and reflect on how the colours and design of the stone reflect themselves. Youth can present their mandala to their mates. They could decide what to change for a next painted mandala -add or remove a colour, maybe change the painted shape. They will be advised to give a honour place to the painted stone mandala in their room or to offer it to someone dear.

My painted stone mandala workshop is designed to enhance reflection over self, creativity and artistic skills, as well as to strengthen self-confidence and self-awareness.



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7. The calligraphy of my name



The calligraphy of my name is a graphic art therapy relaxing and self-awareness technique.

The exercise can be done individually; however, it is advised to be developed within a workshop with a small group of young people and an adult facilitator for more efficacy.

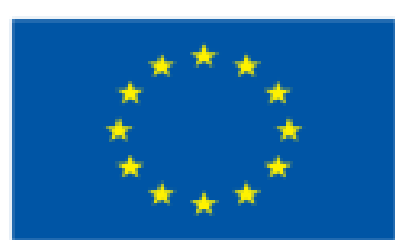
You will need: a ball pen, coloured pens, writing paper, coloured paper. Some relaxing music can be played during the workshop.

Trainer asks youth to try several pens and ball pens and choose the favourite one among them, then close their eyes and imagine they became very important persons. They are asked to visualise their name written on a billboard in huge letters. It is a name written in a manner everyone will remember, which has the qualities of the person who wears it. It can be either fine and stylish, strong and convincing, irregular and surprising. These are just some examples. Youth are invited to let their imagination fly and get a pretty clear picture of their name written on the billboard. They are asked to register how they feel when seeing their name written on the billboard and remember these feelings later.

When opening their eyes, trainer invites young people to try to reproduce the writing of their name on normal writing paper with a normal pen or ball pen. They can exercise it in different calligraphic styles, in different dimensions. High importance should be paid to capital letters in their name. They should focus on the artistic quality of the writing, as well as on the reflection of the personality of the author in the calligraphy.

After some exercises, they can ask a mate or two to write their name as they see it in close relation to their personality. They can ask the mates what personality features they tried to reflect in the calligraphy. On return, they can write in calligraphic manner the name of some class mates. In the end of the workshop trainer asked youth to decide on and write calligraphically a final version of their name which they are invited to the workshop exhibition. Youth are asked how they felt during the exercise and what they have learnt new.

The calligraphy of my name is designed to enhance reflection on the personality of youth, especially on their strengths, to improve artistic skills and creativity, as well as to provide relaxation in a positive manner.



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8. My personal choreography



Choreography is the art to combine movements into dance. This workshop is about creating a personal choreography for the favourite song.

The workshop can take place indoor in a free large room or outdoor in an appropriate space for dancing.

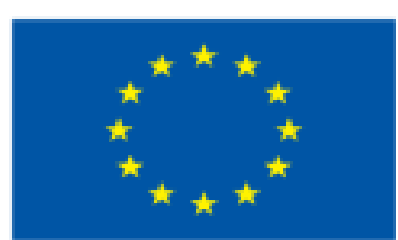
A computer and YouTube app or a personal playlist should be available. Also, participants are requested to wear comfortable clothes and sport shoes.

You will need: the following: a piece of 5" x 8" mat board or cardboard, a pair of scissors, an acid-free glue sticks or jar of rubber cement, and several magazines.

Engagement starting with meditation. Trainer asking participants close their eyes and imagine. "Imagine yourself in a place, where you feel more comfortable, safe, happy, place you dream about. Now you can open your eyes, take magazines and cut from them pictures, letters, text, whatever you want. Glue these clippings into one picture and make a picture of your favourite place. Spend a generous amount of time going through the magazines. Tear out any images that you like, that seem to appeal to you for ANY REASON. Don't question WHY you might be drawn to the images. Simply rip them out! "

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After pictures are ready, teacher ask each participant talk about his collage, and interpreter it.



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9. I am so good at drawing zentangles



Drawing zentangles is a graphic method quite easy-to-learn, even for youth without special talent in drawing. It is a fun way to create beautiful images by drawing structured patterns. These patterns are called ``tangles``. Youth can create tangles with combinations of dots, lines, simple curves, S-curves and orbs. During the workshop they will draw these patterns on small square pieces of white or coloured paper called "tiles" which finally they can assemble into mosaics.

During the sessions, zentangles can be drawn individually or in group, combining tiles from several youth. A very nice exhibition will result in the end without worries. The environment in which the workshop takes place must be safe and friendly. Sessions can take place with 5 to 12 participants.

You will need: 4 – 6 square pieces of white or coloured paper of 10 cm, black or coloured sharp pens or ball pens, a A4 sheet of paper and glue to stick the tiles together.

Facilitator asks participants to breathe deeply and relax. He/she explains them that zentangle art is non-representational and unplanned so they can focus on each stroke and not worry about the result. People who practice zentangle method believe that life is an art form and that each person is an artist. This method makes you the artist of your life. There is no good or bad drawing with zentangles. All the time they should be relaxed and keep their hand in a relaxed position.

The result is always a nice surprise.

Then facilitator asks participants to work individually: they should choose one, two or three simple patterns and use them to fill in 4 to 6 tiles of 10 centimetres. As they draw they should feel more and more relaxed and engaged in what they do and have a sense of lack of worries, pressures, fears. They should free their creativity and imagination. When ready, participants can choose to colour their drawing and finally to stick the 4, 5 or 6 square tiles on a white A4 paper. Their zentangle is ready to be admired.

The facilitator will ask each participant how he/she felt during the exercise and will organise a collective exhibition with the youth zentangles.

The workshop will have a positive influence on creativity, self-image, focus and problem solving. It's regular practice has important benefits on phobias, addictions, pain management, conflict resolution, anxiety and stress.



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10. Read & Play



Reading and playing is a therapeutic technique in which youth are familiarized with a literary text and asked to play it according to their own understanding.

The workshop session can take place inside or outdoor in a peaceful corner. It may gather 5 to 12 young people.

Facilitator brings an envelope containing fragments from a literary work (``The Brave Little Tree`` is an example, see the link in References). Youth are asked to assemble the fragment so that to make sense in a given short time, 5-10 minutes, then to read it very quickly.

Afterwards they are asked to act the scene of the book in a most creative way, after a short preparation of another 5-10 minutes. If the number of participants is higher, the young people for which there are no roles will be the spectators.

In the end, facilitator asks the actors how they felt, if the role made them feel or think differently, how they felt in the team, what they would change if they played it again.

The read and play workshop has the purpose of strengthening youth team spirit, creativity and reflection by using the literary interpretation and acting skills.



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11. Ebru paint therapy



Ebru painting is a distinctive genre of aqueous art used to produce mesmerizing works. Particularly popular in Turkey and Central Asia, Ebru paintings are produced using dyes, a water-based solution, and a set of unique tools. Like printmaking, Ebru works of art are created by transferring designs, patterns, and motifs onto sheets of paper, fabric, and other canvases.



12. YES, we can

Consists in collecting soda cans in the bars around the city, in order to reduce the amount of trash, and turning it into art.

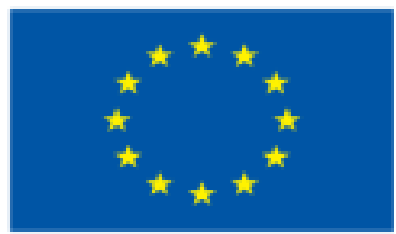
This type of art has enabled the development of a set of key competences, whether social, technical and civic, that have been crucial for their integration in the context of the global environment in which they operate, providing for their active participation.

This project strengthened the initiative, creativity and entrepreneurship skills of the people who participated in the construction of the masterpieces.

Impact on the community: Conditions were created for the occupation of young people's leisure time, diverting them from less healthy ways, such as drug addiction and delinquency, which also benefits the community in the sense that diminishes the numbers of small thefts, mendicancy, etc. By carrying out this project, community in general will be more aware of their role as global citizens and understand the global impact of their actions whether if it is on environment, economy or socially.

Impact on the environment: The project prevented more waste from being improperly disposed or even increasing the waste load, and acts as a contribute to help people understand how a simple product can have some much impact in the world.





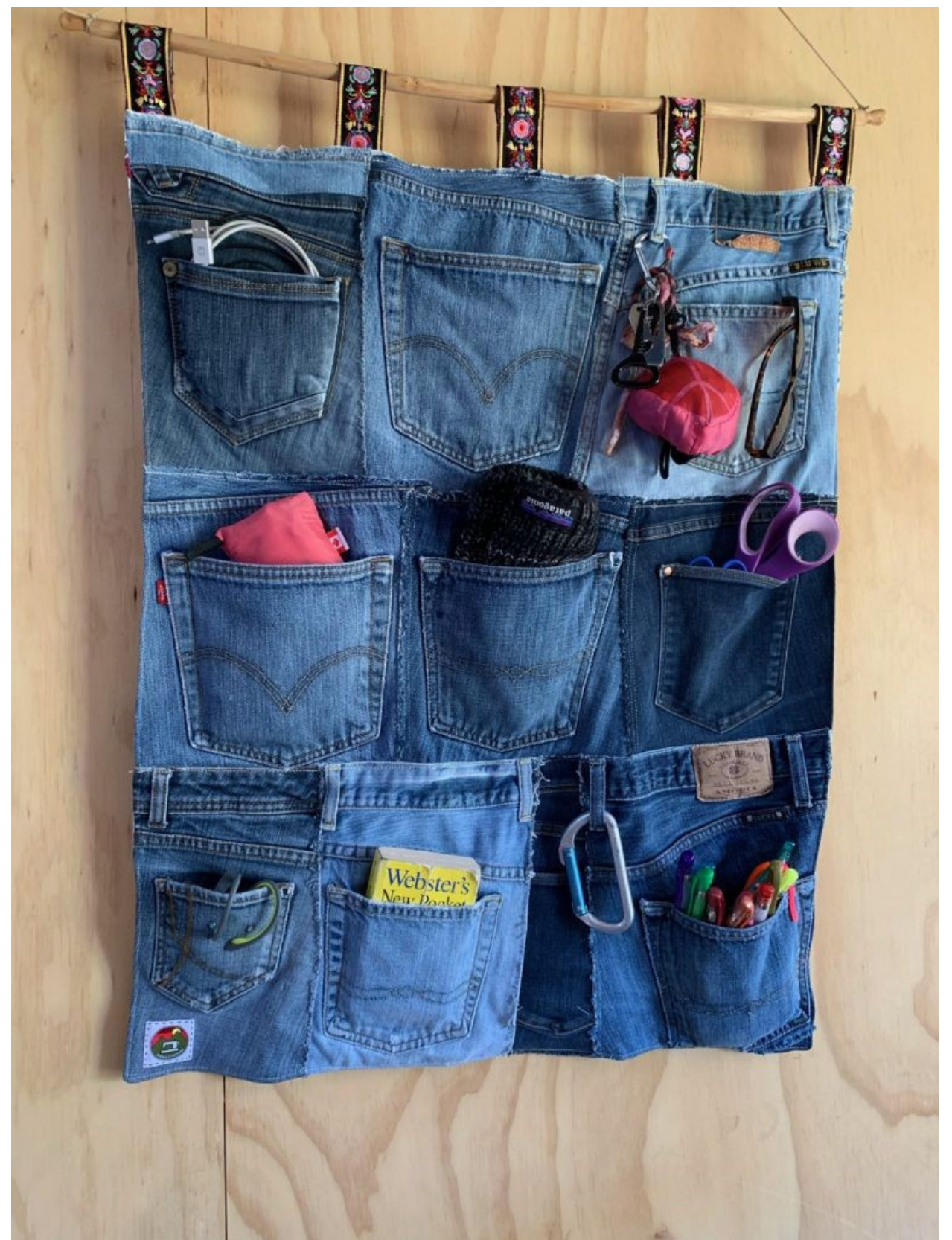
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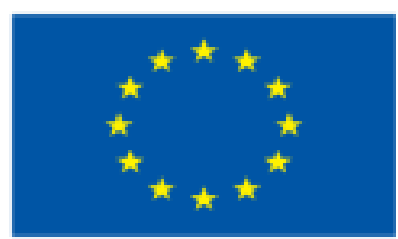


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13. Clothes UP

This art combines recycling and art. It's based on the documentary "The True Cost". This documentary makes us reflect about the impact of the pollution of the textile industry and who really pays the cost of our clothes. The aim is to transform old clothes into something new, giving them a new life.





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14- Nature Art - Stamping activity

Art and craft supplies don't have to come from a store. Some of the best crafting materials are just outside your door. Natural art and craft materials such as flowers, leaves, twigs, bark, seed pods and stones can be found in almost any street, any suburb and in any city all around the world.

A few reasons to embrace natural materials:

1. Natural materials are free!

These items are also freely available. Which means you don't need to pre-plan, you don't need a trip to the shops, and you don't have to store them, instead you will create space for spontaneous creativity

2. Venture outside.

Step outside and see if you can find anything. This type of art can also help with your health, a good kind of therapy. A change of scenery can turn a difficult situation around.

3. Notice small details.

When we are out gathering, we pay more attention to the colour of the flowers, the shape of the leaves and the texture of stones. If you look closely, you'll notice things you hadn't noticed before. The world is a marvelous place.

4. Develop a botanical vocabulary.

If you don't know, look it up or ask a neighbour. You can gradually build up your vocabulary to include all sorts of wonderful descriptive words and plant names.

5. Learn about nature.

Point out that some plants flower at different times of year. Discuss the role of bees. Gather seed pods and imagine the size of the tree it might grow into.

6: It's good for the environment.

If your kids are creating using natural (or recycled) materials, then you might be less inclined to buy as many supplies and toys. Less 'stuff' doesn't have to equal less fun.

7. Inspire creativity.

Everyone should love to craft with materials they have gathered themselves. And you won't have a store-bought craft kit with instructions to follow, so you have to come up with some ideas yourself and develop your creativity.

The beauty is that there's no right or wrong. It's all about the process!



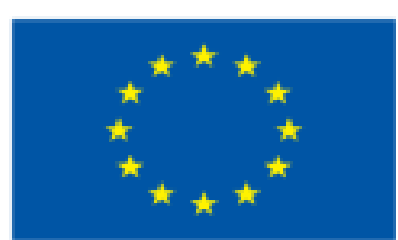
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14- Nature Art - Stamping activity





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15. MUSIC-THERAPY

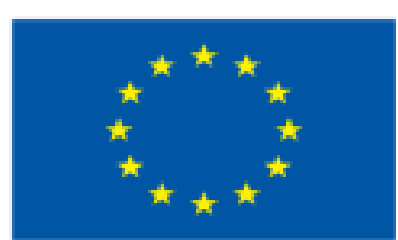
Music therapy is a multidisciplinary field and in this form of treatment, using active and passive music content establishes better communication with autistic children. This mode is implemented with an individual program determined by the music therapist for each child.

Music therapy is conducted in a specially equipped cabinet with synthetic instruments, audio equipment, various percussion instruments, and an electric piano. Emphasis is placed on active and passive listening, hearing development, and auditory perceptions.

Ratatà e Raggi projects are music-therapy workshops for disabled people created and organized by the Onlus "Crescere insieme società cooperativa sociale". The cooperative, born in 1991 from an experience of voluntary work and conscientious objection in collaboration with the Caritas of Acqui Terme, manages services in the context of activities aimed at the prevention of juvenile distress, welfare, educational and recreational activities.

The "Ratatà" – Altri suoni per Educare" project stems from the desire to use music, with its universal language and its communicative values, in musical activities and music therapy. In this sense, Ratatà's goal is to improve the quality of life of the person, bringing the individual back to a natural order and restoring psycho-physical harmony with the environment and with others.





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15. MUSIC-THERAPY



For this reason Ratatatà is aimed at children (able and disabled children), offering them individual and in group musical and music therapy activities aimed at pursuing their well-being. Ratatatà proposes itself as a resource of the territory: a laboratory open to associations and people, available to welcome initiatives and activities in line with its own purposes. Moreover, the Raggi di suoni music therapy laboratory uses an innovative musical instrument that captures body movements and transforms them into music. Its operation and effectiveness have been validated by the QCA (Qualification and Curriculum Authority), a British government agency.

The operation is similar to that of a radar, the sensors of the instrument emit signals that bounce off the obstacles they encounter; therefore, every body movement made within the range of action of Soundbeam is intercepted and translated into sound. Thanks to this tool it is possible to propose musical and artistic experiences to each person, which is particularly useful in the context of severe psycho-physical disabilities and autistic syndromes.

The following video illustrates the mechanism of operation of the instrument:
(120) RAGGI DI SUONI - YouTube

16. THEATER –THERAPY OF THE SOGNATTORI COMPANY

The theatre company "I SognAttori", founded in 2011, is made up of 12 people with disabilities and volunteers. In the first two years, the meetings focused on specific. Following the biennial path of theater therapy, in 2013 the first theatrical show entitled "The colors of the wind" was produced, freely inspired by the legends of the American Indians, in which the group was able to experiment in front of the public in many theaters of the Veneto region and put into play the expressive techniques experienced along the way.

The path in Theater Therapy aims to develop and enhance the expressive and creative skills, through exercises on the body, voice, and creative movements, use of colors, listening, production of sounds with musical instruments, perception of nature and perception of the movements of one's body. The path helped each participant to increase self-esteem and self-knowledge, to recognize their own limits and positive abilities, to collaborate in a group according to a new vision of disability which considers the person as unique, in his expressive potential – creative and artistic resources. The construction of each show is shared by the whole group; everyone bring their art through words, eyes, dance, or an essential gesture: each one can manifests art in its own way.

One of the functions and objectives of theatre-therapy is to allow "unity in diversity", that is to have a common goal, but respecting the times, methods and uniqueness of each participant, through a culture of non-judgment, of respect for the other and of the different times and ways of acting, thinking and being.





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17. ARTISAN THERAPY

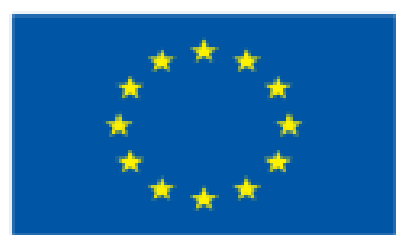
Handicraft and disability meet in Perugia in a creative and professional laboratory where you work, design and learn to be together. Duc in Altum is a craft and art therapy project for disabled people, active in Perugia since May 2018, promoted by the RE.LEG.ART Social Cooperative in collaboration with the Progress Association. The project is supported by the Cassa di Risparmio di Perugia Foundation and selected following participation in the thematic call for proposals in the "Volunteering, Philanthropy and Charity" sector.

The one-year project is aimed at a group of ten people with different types of psychophysical disabilities. The project includes an artisan and art therapy laboratory to learn technical skills, and where quality leather products of various sizes and types are produced: bags and clutches, key rings and jewelry, accessories for the home and for the person, elegant products with attention to every single detail.

During the workshop, professional techniques are learned in the field of leather processing; the work is carried out following the application of a structured method, a valuable resource to facilitate the work placement of the participants. The project was born with the aim of facilitating the development of transversal skills; in addition to offering a professional method and a creative space, with Duc In Altum the aim is to enhance the expressive, relational and communicative skills of the participants, through the therapeutic art approach. By interacting with a path of art therapy, you have the opportunity to also work on personal emotional aspects, guaranteeing an intervention that is valid and beneficial at three hundred and sixty degrees.



www.associazioneprogress.org/artigianato-e-disabilita-a-perugia-progetto-duc-in-altum/



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18.GARDEN THERAPY

“La Fabbrica” is a youth association that created the project DiversaMente Orto the garden is cultivated by people with disabilities supported by professional educators, an agronomist and volunteers. The project, born from a group of families with disabled children, promotes the participation in the activities of every person with disabilities and opens up to the participation of the entire local community. The intent is to enhance the specific skills of each participant by creating a vegetable garden that is a future job placement opportunity. During the development period of the project, numerous activities were carried out such as: aromatic herbs packaging and decoration workshops, the management of a public flowerbed in the Municipality of Vizzolo Predabissi and a horticulture course. Part of the garden products will be destined to people in need through the collaboration of the Parish and Caritas of Vizzolo.



19. DANCE-THERAPY

Integration, awareness and normalization are the primary objectives of the Danzability Project, so that there is a real meeting and comparison between the “able” and the disabled through the languages of art. CINQUEMINUTI coordinates and promotes the Danzability Project, an articulated network project between associations and institutions for the integration, awareness and normalization of disabled children through the languages of art. The Project supports and carries out activities ranging from the psycho-pedagogical dimension to the playful and artistic one, creating connections and partnerships between cultural and theatrical realities, training and education as well as volunteering.

Danzability consists of intensive dance workshops with work processes shared by the disabled and professional dancers, and the production of theatrical performances aimed at the community. An integral part of the cultural project is also the audio-video and photographic documentation of the work in progress up to the performance of the theatrical performances.

Danzability is created with the collaboration of a multidisciplinary group of professionals such as artists, teachers and social workers which purpose is to create a creative experience to promote the integration and interaction of people with disabilities through the performing arts and in particular dance as a universal language.





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20. NEUROGRAPHIC METHOD ARLERA

Neurographica is a method of transformative creative drawing that forms new neural connections in the brain, inspire new thoughts and insights. This is a method of not only self-exploration and mindfulness, but also of self-development and the creation of a new desired reality.

Neurographica helps:

- Express deep feelings
- Discover and transform outdated patterns of behavior and thinking
- Survive and express strong emotions
- Attune to your intuition
- Explore your deepest dreams and desires
- Be creative in setting and achieving goals
- Create your new harmonious reality
- Develop creativity
- See the world in new colors
- Activate inspiration

Neurographica is the newest and the most proven method of transformation.

It was born just 7 years ago.

Neurographica is an unique art method that instantly puts your mind in a relaxed state of flow, synergistically connecting your subconscious with your fingers as you draw.

The benefits of this amazing technique are boundless, and include increased mental clarity and positivity, increased motivation, a greater sense of peace, creativity and greater awareness!

After learning Neurographica method, you will gain an invaluable tool for managing life events-no matter how how challenging they may be.

The application of this drawing method is specifically designed to improve any life circumstances, big or small.

Neurographica is also super fun, and you don't have to be an artist to reap the life-changing benefits!

Neurographica was developed by Russian philosopher, psychologist, architect, and professor Pavel Piskarev in 2014.

Since then, Neurographica has proven to be equally effective in both individual and teamwork settings.

Neurographica Theory is built on solid scientific principles, combining visual thinking with the laws and patterns identified by various schools of psychology. Namely: neuropsychology, analytical psychology, Gestalt psychology, Psychosynthesis, social psychology and modern management theory.

Each drawing has its own theme, its own emotions, its own purpose.

People who draw can talk with enthusiasm about each of them for a long time, but the drawings themselves speak more than a thousand words.

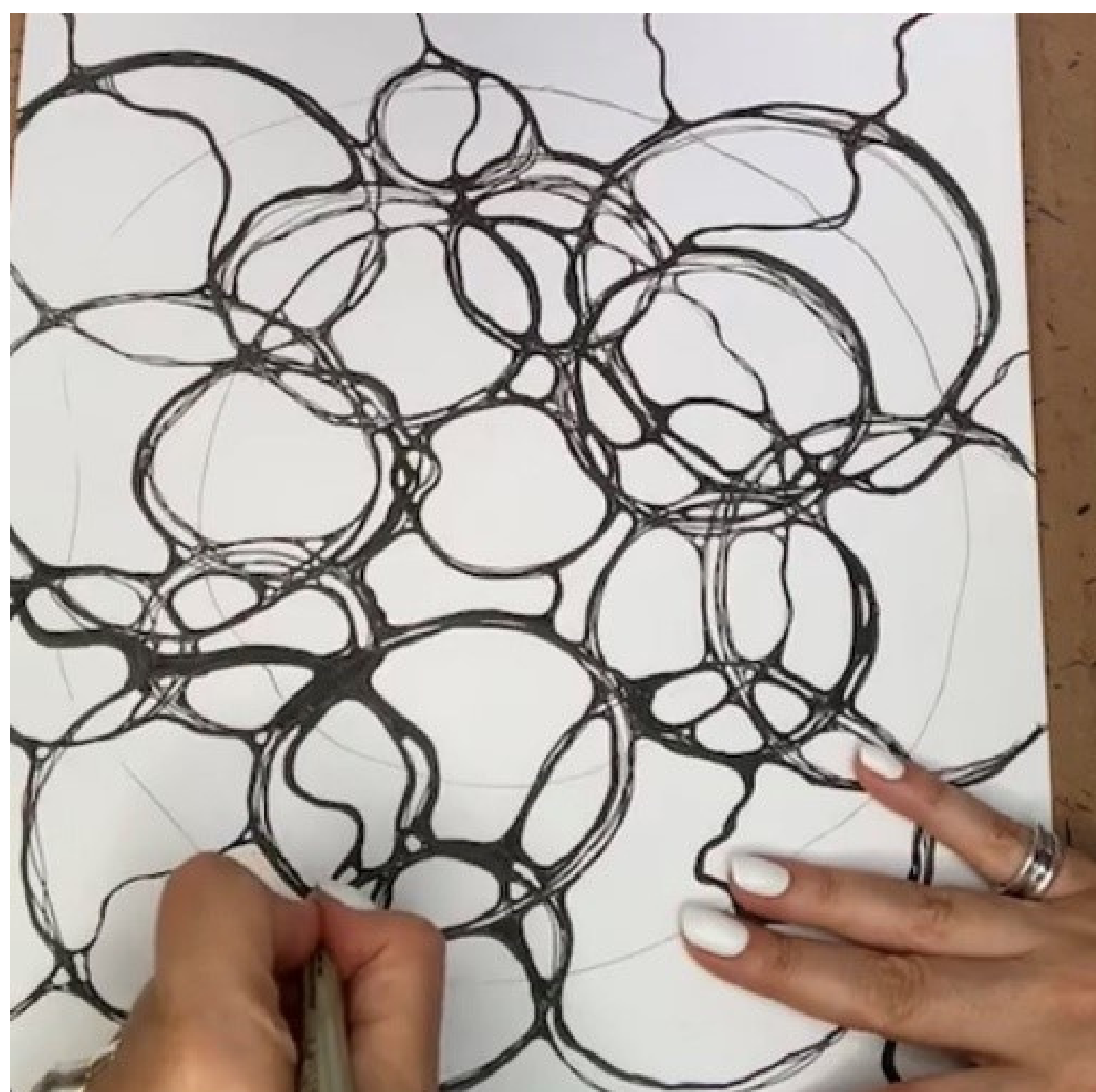


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20. NEUROGRAPHIC METHOD

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