

AMAKA

WORKSHOP BOOKLET: 2nd TRANSNATIONAL MEETING IN ATHENS

The 2nd Transnational meeting was held in Athens, Greece by AMAKA. The Transnational Meeting was focused on IO4 - Educating the Educators II (ways of implementing art therapy). The goal of the IO4 curriculum is to get acquainted with approaches, methodologies, tools, methods and techniques, mapping and learning different opportunities that can be used in the competence development of experts/and/or supporters working in reintegration, first of all through the methodology of art therapy. The target group of the curriculum / course is the volunteers, supporters and professionals who work in the field of reintegration, with the marginalised, deviant target group with a highly criminal lifestyle, offenders, addicts and anyone receiving a closed institutional education (reformatories, prisons, penal institutions etc.) or support or work with any other vulnerable target group.

The TM involved the following activities:

Short presentation of AMAKA & presentations of partner organizations, project discussions regarding administrative, financial and dissemination tasks, a cultural visit, presentations and progress made so far regarding IO4 as well as future steps. Regarding the IO4, partners agreed that the IO4 should be focused on how professionals will be able to identify, assess, and positively improve their coping strategies. They can resolve conflicts more easily and manage stressful situations, identify the signals of burn-out, and effectively prevent and/or treat them. They will also be able to identify and experience flow experience in their private and professional life through solution oriented thinking. Partners also agreed that the modules should be creating lesson plans for actual work places, fields and target groups on how to use art therapy as an effective tool and how art therapy can be in the service of experts/professionals (recharging, self-reinforcement, positive experience, creation, productivity, source of joy, flow, coping). Therefore the following modules were agreed: bibliotherapy, target group specific helping techniques “field competence”, opportunities of methodologies in the work with special target groups “criminals/prisoners/released people”, burn-out prevention, managing emotional stress, communication skills, storytelling, group forming- group as a method- group as a technique, characteristics/risks/needs/juvenile services - Holistic approach and key elements of effective practice, Theater as a form of art therapy – methodology of educational theater, practice developing educational theater.

Additionally, partner organizations had the opportunity to experience an Art Therapy Activity linked with IO4 which was facilitated by AMAKA with the aim to have a hands-on experience on UNLOCKED practices. A presentation by Human Rights 360 organization regarding psychosocial rehabilitation in Greece took place during the meeting. Human Rights360 shared their impactful work regarding street-lawyering and CUP Project. The Convicts Upskilling Pathways is a 36-month project funded by the EU's Erasmus +

programme that aims to design and pilot training modules for the upskilling of women and men prisoners in 6 European prisons while also providing the necessary tools to evaluate the impact of these upskilling paths and promoting the social reintegration of prisoners. This was an opportunity for networking, for exchanging ideas regarding rehabilitation work in Greece and abroad for ex-detainees and for connecting UNLOCKED and CUP projects in order to have a wider impact.

Professionals who participated in the 2nd TM evaluated the meeting mentioning that they were particularly happy with the art therapy experiential activity, the presentation of HUMANRIGHTS360 as well as the discussions on IO4. The phototherapy activity was helpful in understanding how art therapy may be applied with the target group. Furthermore, participants found interesting the cultural visit to the Museum. Professionals reflected on the need to have more applications of the practices discussed and hands-on experience.