



TRUST

ART THERAPY

*Trauma of refugees in Europe:
An approach through art therapy
as a solidarity program for
Ukraine war victims.*

Main Project Results (TRUST Project)

The TRUST project will deliver a range of educational, artistic, and digital outputs aimed at supporting the mental health and well-being of people affected by the war in Ukraine through culturally competent art therapy.



**Co-funded by
the European Union**

1. European Art Therapy E-book

- Development of a comprehensive illustrated e-book (approximately 100 pages).
- Available free of charge in English and the partners' languages.
- Includes theoretical foundations, practical methods, case studies, testimonies, and interactive quizzes.
- Serves as a European educational guide on art therapy and mental health.

2. Art Therapy Adult Education Programme

- Creation of a structured curriculum for adult educators, mental health professionals, artists, and caregivers.
- Production of digital learning resources, including videos, downloadable guides, and interactive materials.
- Development of a Hybrid Massive Open Online Course (HMOOC) composed of four modules:
 - Art Therapy for Healing War Trauma
 - Choreology, Visual Arts, Dance and Mental Health
 - Expressive Art Therapy and Eco-Art Therapy
 - Drama and Music Art Therapy

3. Art Peace: A Tribute to Ukraine

- Organisation of four international Art Therapy Performances (ATPs) in:
 - Ukraine
 - Italy
 - Greece
 - Portugal
- Creation of artistic works by participants affected by war and trauma.
- Collection and curation of artworks produced throughout the project.

4. Documentary Production



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- Production of a four-episode documentary film.
- Documentation of participants' stories, project activities, artistic performances, and recovery experiences.

5. Final Art Exhibition in Belgium

- Large-scale final art installation and exhibition in Namur, Belgium.
- Physical and virtual exhibitions.
- Guided visits for professionals, students, service users, families, and the wider community.



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