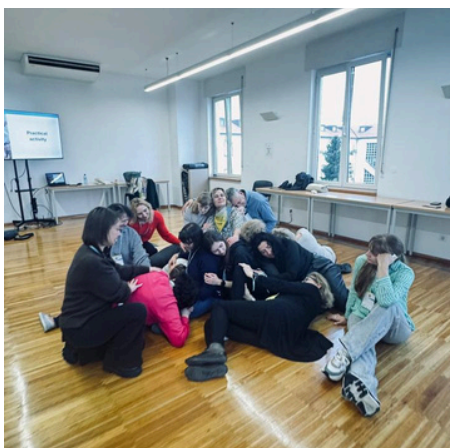




NEWSLETTER

TRUST ART-THERAPY

2024-1-BE01-KA220-ADU-000257527 ERASMUS PROJECT



The partnership



National University "Yuri
Kondratyuk Poltava Polytechnic"
from Ukraine.



Centre Neuro Psychiatrique Saint-
Martin from Belgium.



Greek Carers Network
EPIONI from Greece.



Lekama Foundation
from Luxembourg.



Fondazione Internazionale Don Luigi Di
Liegro, from Italy.



Associação Europlural Project
from Portugal.



Co-funded by the
European Union



Presentation of the TRUST Art Therapy Project

The TRUST Art Therapy project is an Erasmus+ initiative that uses art as a tool for psychosocial support and healing for people who have experienced traumatic situations, particularly those related to the war in Ukraine. The project brings together organisations from several European countries to develop innovative art therapy methods combining movement, artistic expression, and mental wellbeing.

Project Objectives

The project aims to:

- Use art as a tool for emotional support and healing for people affected by trauma;
- Develop innovative art therapy methods combining dance, movement, photography, and creative expression;
- Strengthen European cooperation between organisations working in the fields of mental health, Education, and culture;
- Promote social inclusion and wellbeing through collective artistic activities.

Main Activities

The project includes several types of activities:

- Transnational meetings between partners to coordinate the project;
- Learning and training activities focused on art therapy practices;
- Immersive artistic workshops combining movement, dance, photography, and visual creation;
- Public events and artistic performances to share the results and raise awareness about the role of art in mental health.



TRUST
ART THERAPY

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



Project meeting in Braga

From 20 to 24 January 2026, the partners of the TRUST Art Therapy project met in Braga, Portugal, for the second international learning activity of the project.

The event gathered 47 participants coming from the partner organisations in Belgium, Greece, Portugal, Luxembourg, Italy and Ukraine.

Throughout the week, participants took part in a programme combining choreology, visual arts, dance therapy and mental health practices, aiming to strengthen cooperation, peer learning and collective artistic creation.



Learning Activity in Braga

Day 1 – Wednesday 21 January: welcome & coordination meeting (TPM)

The mobility began at the Human Power Hub with a welcome session, followed by a TPM day dedicated to the international and local coordination of the project. The day included working sessions, a coffee break, lunch, as well as the welcome and orientation of participants at the Senhora a Branca Hotel.

Day 2 – Thursday 22 January: immersive workshops & welcome celebration

The day started with an opening session (presentation of the project and the programme in Portugal), the signing of consent forms, and an online pre-test, followed by presentations of the trainers and the workshop structure. Participants were then divided into groups for immersive workshops alternating between choreology and dance therapy, with rotations and evaluation moments at the end of the day. In the evening, a Portuguese–Ukrainian welcome celebration took place at the Braga Public Market.

Day 3 – Friday 23 January: culture, technical deepening & creation (canvas painting)

The morning was marked by a visit to Bom Jesus do Monte, followed by lunch. In the afternoon, a workshop on technical deepening and creative development was held, followed by a key creative phase: choreographic composition and artistic creation using earth and movement (canvas painting), before the daily evaluation and a shared dinner.

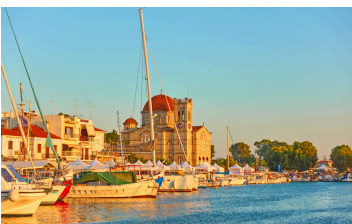
Day 4 – Saturday 24 January: visit, rehearsal, recording & final performance at the museum

On the final day, participants visited the historic centre of Braga, followed by lunch at the D. Diogo de Sousa Museum. The afternoon was dedicated to ATP rehearsals, the creation of the artistic work “Tears in Earth”, as well as a post-test, evaluation, and audiovisual recordings. The highlight of the activity was the final performance “The Body in the Museum: A Health Performance” at the museum, followed by a farewell dinner.

Shared Art, Shared Healing

More than just a series of workshops, this gathering was a space for connection, expression, and healing—laying the foundation for long-term collaboration and solidarity. The TRUST project reminds us that art can be a bridge and that healing is possible when we create together.

Next Learning Activity: Greece



We are pleased to announce that the next learning activity of the TRUST Art Therapy project will take place in **Aegina, Greece**, from **20 to 24 May 2026**, during the 4th “Art & Mental Health” Festival. The next **Steering Committee Transnational Project Meeting (TPM)** will be held on **20 May 2026**. This will be followed by the **third Art Therapy Programme (ATP 3)**, which will take place **from 21 to 23 May 2026**, offering immersive workshops combining artistic expression, movement, and psychosocial support practices.



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