



NEWSLETTER

TRUST ART-THERAPY

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Trust project

The TRUST project is dedicated to supporting mental health victims of the Ukraine war through culturally competent art therapy. Its objectives include promoting awareness of the human impact of conflict, providing art therapy skills, organizing events to destigmatize mental health, sharing knowledge about art therapy, fostering connections between mental health centers and artists, promoting art therapy as an inclusion tool, showcasing its healing power, and promoting EU values.

We expect TRUST project to raise awareness about the therapeutic benefits of art therapy, particularly for individuals affected by war-related trauma in Ukraine through educational activities, the development of digital resources, and development of competences for adult educators. Overall, we envision our project to have a meaningful impact on European citizens by promoting the EU values of peace, solidarity, inclusivity, and cultural diversity.

We will organize multiple cultural events to highlight the artistic expressions and life experiences of Ukrainian war victims. Offer educational activities for mental health educators, artists, and individuals affected by war-related mental health issues. Develop digital educational resources. A website, an e-book, videos, a MOOC, and a documentary production. Implement mobility programs across six countries, including Ukraine, to enable the creation of public art therapy event performances.



Kick off meeting in Luxembourg

On November 27th and 28th, we met our partners from Belgium, Greece, Italy, Luxembourg, Portugal, and Ukraine in Luxembourg for the kick-off meeting of the TRUST project: "Trauma of Refugees in Europe: An Approach through Art Therapy as a Solidarity Program for Ukraine War Victims."

This inspiring initiative focuses on supporting those affected by the devastating psychological consequences of the Ukraine war. Refugees, particularly families, face immense trauma, including displacement, loss, and the destruction of their homes, resulting in widespread anxiety, depression, and PTSD. TRUST leverages the transformative power of art therapy to provide emotional support and create pathways to healing.

The picturesque city of Luxembourg set the stage for fruitful discussions on innovative ways to help war survivors and foster solidarity across Europe. Together, we are committed to turning trauma into strength and rebuilding hope through creativity and compassion.



Learning Activity in Rome

We are pleased to announce that the TRUST-ART THERAPY learning activity will take place in Rome from 16 to 20 June 2025.



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