

# ERASMUS+ PROGRAMME

## PDA

# Creative therapies in youth work

14.1.2023. – 21.1.2023., Osijek, Croatia  
(travel days excluded)



### What is the idea behind this PDA?

Complex issues and obstacles that young people face today demand different approaches and we need to equip youth workers with a set of skills that will assist young people on their paths that are very challenging.

We need to address them taking into consideration many aspects of obstacles that youngsters are facing and approaching them in a holistic manner and offer activities and tools that encompass a whole “range” of different segments of their possible expressions and to find for each issue the most appropriate “way out” or sense of relief.

### AIM

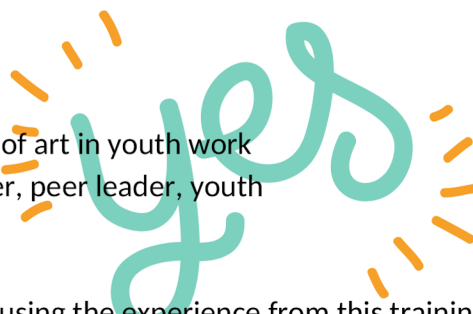
The purpose of this PDA is to introduce innovative elements of therapeutic methods and protocols into their own work and allow them to work with a wider range of tools that can enable young people to reach their full potential.

The activities are adapted to work with young people in physical contact or virtually.

### IS THIS PDA FOR ME?

#### YES, IF YOU ARE:

- Interested in the topic and exploring the power of art in youth work
- In NGO as a youth worker, teacher, social worker, peer leader, youth organization/club activist, educators, etc.
- Working with young people 13+
- Ready to organize at least 3 follow-up activities using the experience from this training (individually or together with a person from the same country) within 3 months after the PDA)
- Take part in online support sessions 6 months after the PDA (2 times a month)
- Ready to prepare & post 2 articles for publicity to share results from the training and apply it in their daily youth work
- Committed to learning and working together for quite long hours every day
- Age 18+
- Have good skills of communication in English



## GOALS:

1. To gain specific competencies through the offered tools and approaches from areas of art and dance and movement based on experiential learning
2. With the assistance of experienced trainers with over 20 years of experience in this field - go through a series of exercises in the field of fine art and dance & movement to personally discover the depth of such work
3. Developing motivation through personal deep positive experience for its use for the holistic development of the individual - connecting the body, emotions and mind in future work
4. Include methods and tools as a new approach of thematic areas into the daily work of participants and their organizations and actively contribute to the further development of this innovative approach together with partners through new activities in the future

## RESULTS:

- New theoretical knowledge about areas of application of art in working with young people, the power of learning through the senses and the body, concepts of different applications in working with young people and how to create new activities for our NGO and young people we work with that will include elements of art therapy - fine arts and dance & movement.
- Awareness of how to recognize the needs of a young person, and implement them through the work process and monitor their progress
- Skills of international team cooperation (especially through post-project activities where we will continue to implement activities and learn from each other),
- Developed/improved awareness of one's own connection of feelings, mind and body and how to encourage the same in working with young people, verbally and non-verbally,
- Greater self-awareness, self-confidence, self-expression and an ability and a deeper level of self-regulation,
- Deeper awareness of the concept of youth empowerment, but also personal development by experiencing the processes through art,
- Developed creativity to express their own ideas through 2 areas, independently, but also through interaction with others,
- Awareness of cultural differences when it comes to art, movement and dance culture, the meaning of symbols in painting...

## IMPORTANT!

- Experience in fields of the PDA is not crucial
- Interest to explore new tools of youth work, willing to move and dance, develop their competences as youth workers and meet peers from other countries **IS!**

! By involving in this projects, it is crucial that participants realize that we expect their active involvement not only during the training, but also in preparation activities and also follow-up activities!

## FOLLOW-UP:

This is the most important part of the project and it is considered that participants will engage fully into this process after the PDA in Osijek.

Trainers will provide 1 group session per month on Zoom for each field (total of 2 sessions each month).

The aim is to facilitate the implementation of acquired knowledge and tools in the daily work of organizations.

We will also produce a video book and a manual on all the activities we carried out during the project, which will be able to be upgraded by the end of the project and will serve the participants for further work and deeper research of the area.



## TRAINERS:



**ANTONIJA BLAŽEVIĆ** - graduated from the Faculty of Law in Osijek and completed the training program for the leader of dance techniques at the Public Open University in Zagreb. She regularly specializes in dance seminars and workshops for leaders and dancers in the country and abroad. Acquired the title of university specialist as the first specialist of the Postgraduate Study of Creative Therapy, majoring in movement and dance therapy performed by the Academy of Arts and Culture and the Faculty of Medicine in Osijek. She is the co-founder of the Broadway dance club in Osijek, where she works as a leader and choreographer of a dance ensemble that regularly wins prestigious awards at national and international



**JASMINA PACEK** - completed her graduate studies in design at the National Academy of Art and Design in Dublin, Ireland. She holds a master's degree from the University of California in the United States and a doctorate from J.J. Strossmayer in collaboration with Rider University of Princeton, USA. She obtained the qualification of university specialist in art therapy at the Postgraduate University Study of Creative Therapy, majoring in art therapy performed by the Academy of Arts and Culture and the Faculty of Medicine in Osijek in cooperation with George Washington University in the USA.



After a successful artistic and design career in the US and Europe, in recent years he has been working on the healing aspects of art. She is permanently employed as an associate professor at the Academy of Arts and Culture in Osijek, where as vice dean for study programs she was one of the authors and initiators of the Postgraduate Specialist Study of Creative Therapy, the first such study in the Republic of Croatia. Intensively presents at domestic and international professional and scientific conferences (Miami, New York, Washington DC, Baltimore) in the field of integrative psychiatry, neurology and social care promoting creative therapies, especially in Croatia where it is necessary to sensitize the public about the effectiveness of these, for us new professions.

She applies art therapy in clinical work with the following populations: children and young people with behavioral disorders, dysfunctional families, children and adults with special needs, war veterans suffering from PTSD, family members of veterans and civilian victims of war, victims of domestic and other forms of violence, trauma survivors, elderly people, children and adults under stress. She leads group and individual art therapies, and during the Covid pandemic and teletherapy. Also, she is one of the founders of HART, the Croatian Association for Art Therapy, member of the "Coalition of Art Therapy Educators" and the "Institute for Continuing Education in Art Therapy" of the American Association for Art Therapy. Field of research that interests her the most is the application of art therapy protocols in working with professional artists and in the academic education of visual and applied artists, as well as the application of art therapy as a form of personal therapy to therapists of different therapeutic directions.





## ACCOMODATION

Hotel Silver is a business hotel in Osijek with a 15-year tradition. The hotel is located near the city pools and 15 by foot from the Tvrđa (Old town) and 20 minutes away from the city center. (<https://hotel-silver.hr/>)

We will be able to go to the pools almost several times during our stay.

## ABOUT OSIJEK:

Osijek is the largest city and the economic and the cultural center of the eastern Croatian region of Slavonia, as well as the administrative center of Osijek-Baranja County with a current population of around 100,000 inhabitants. Lots of parks and there is also a nearby Park of nature "Kopački rit". Few first info - <https://www.tzosijek.hr/index.php>



# Daily schedule

Daily schedule									
13.1.2023	14.1.2023.	15.1.2023.	16.1.2023.	17.1.2023.	18.1.2023.	19.1.2023.	20.1.2023.	21.1.2023.	22.1.2023.
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9
Arrivals and informal getting to know each other on the way									Farewell and departure of participants
	Breakfast								
	Personal and professional background of participants Introduction to the PDA	THIRD LEVEL: COGNITIVE- SYMBOLIC	ART LAB - PREPARATION	FREE DAY	THEORY OF MOVEMENT AND DANCE	SYNCHRONY AND SYMBOLIZATION	ART LAB - PREPARATION	Application in youth work	
	Coffee break								
	THEORY OF ART THERAPY AND THERAPEUTIC MODEL OF EXPRESSIVE THERAPY CONTINUUM	THIRD LEVEL: COGNITIVE- SYMBOLIC	ART LAB - PREPARATION	FREE DAY	SENSORY STIMULATION - USE OF FABRICS	SYNCHRONY AND SYMBOLIZATION	ART LAB - PREPARATION	Ideas for follow-up activities – individually, with organization and local youth and with other partners in the training	
Lunch									
Welcome and getting to know each other	FIRST LEVEL: KINASTHETIC - SENSORY	FOURTH LEVEL: CREATIVE LEVEL	ART LAB - IMPLEMENTATION	FREE DAY	POWER OF CIRCLE	WORLD OF PROPS	ART LAB - IMPLEMENTATION	Ideas for follow-up activities – individually, with organization and local youth and with other partners in the training	
	Coffee break								
	SECOND LEVEL: PERCEPTIVE - AFFECTIVE	FOURTH LEVEL: CREATIVE LEVEL	ART LAB - FEEDBACK	FREE DAY	POWER OF CIRCLE	WORLD OF PROPS	ART LAB - FEEDBACK	Summing up project, evaluation and closing	
Reflection groups					Reflection groups				
Dinner									
Welcome Night	"Culture of movement" evening	Intercultural night	Croatian night	Free night	Creative night	Free night	Free night	Farewell evening	

Farewell and departure of participants

## TICKETS AND REIMBURSEMENT:

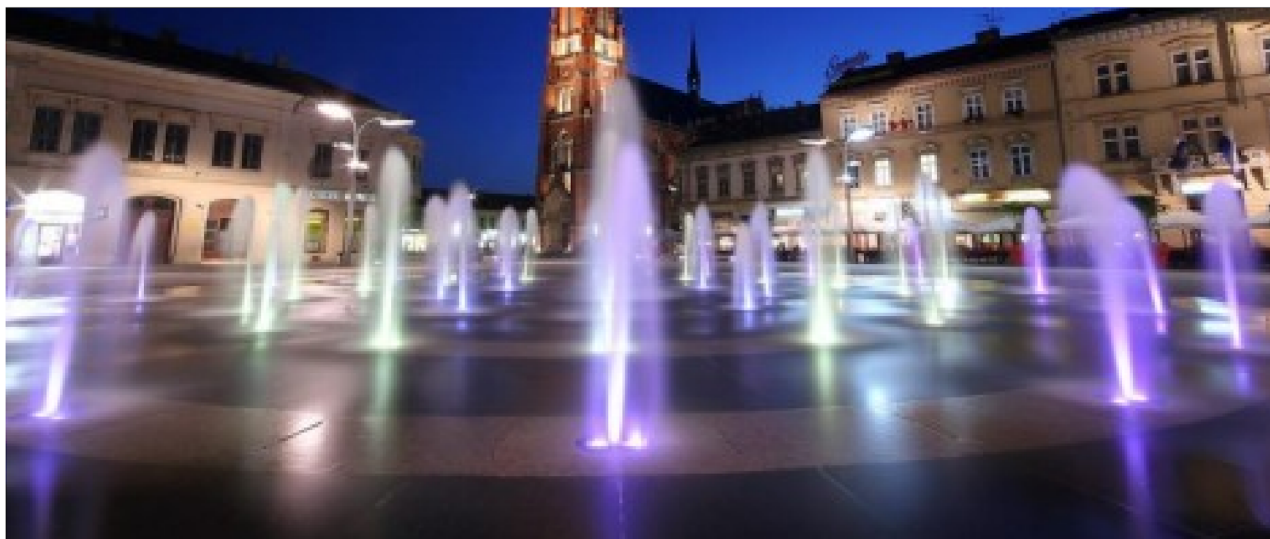
According to the restrictions of the Erasmus+ Programme we can only refund up to the amount according to of the [Distance Calculator](#) from your place of residence and city of Osijek. Selected participants will receive detail InfoKit once the selection process is finished.

Reimbursement is possible after implementation of follow-up, dissemination and visibility (2-4 months after the PDA).



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### How to apply?

When you are sure in your participation, please fill the Google forms. Final date for to fill out form is 20.11.2022. Date of selection is 22.11.2022.

<https://forms.gle/rM4rmcQvWyhMGEQA>

Contact for practical info: Sanela Ravlić, [sanelaaaaa@gmail.com](mailto:sanelaaaaa@gmail.com), +385917899235 (WhatsApp, Viber)



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