



PHD² Project
Lifelong Learning Programme-
Grundtvig.
Multilateral Projects



www.phd2.eu

Aspects of Interest

- . Lifelong Learning Programme-Grundtvig. Multilateral projects
- . Type of Operation: Training
- . Total Budget : 399.007 €
- . EU Contribution: 75%
- . Duration: 24 months
December 2008 - December 2010

Partners:

Centro Studi e Formazione Villa Montesca (Italy)
Health Psychology Management Organisation Services (UK)
Fundación Comunidad Valenciana-Región Europea (Spain)
Mancomunitat de la Ribera Alta (Spain)
Institút Zamestnanosti (Slovakia)
Department of National Minorities and Lithuanians (Lithuania)
Public Institution Roma Community Centre (Lithuania)
Education Centre and Social Support for People with Disabilities (Greece)
Provincia di Perugia (Italy)
Ricerca e Cooperazione (Italy)
Nessuno TV (Italy)

The PHD² Project (Personal and Human Development. Psychodrama to Help Disadvantaged), co-funded by the European Commission through the Grundtvig subprogramme included in the Life Long Learning Programme, and led by the Centro Studi e Formazione Villa Montesca (Italy), intends to develop and experiment an integrated video-therapy and psychodrama method within a context in which a number of users with different degrees and levels of social disability, disadvantage and social exclusion can rediscover relationships and communication competences (psychodrama workshops) as well as acquiring specialized skills (audio/video production workshops) which can be useful for the integration or re-integration into the labor market.

Video-therapy together with psychodrama is a valid tool to carry out the aim of the project. Moreover, it can be therapeutic for disabled and disadvantaged subjects as a way to overcome relational barriers and at the same time acquire new professional competences.

Following the research phase on art therapy methodologies used as social inclusion tool, each country partner will implement experimental activities (workshops) on video-therapy and psychodrama with the active involvement of disabled, disadvantaged and marginalized people.

This projects aims at using all those activities relate to setting up a show -screenplay, stage design, dance, interpreting a role, acting, singing, directing- in order to give and consolidate relational and communication competences needed for building effective relationships among disadvantaged subjects.

RESULTS OF THE ART THERAPY, PSYCHODRAMA AND VIDEO-THERAPY EXPERIENCES

State of the Art Therapy in Italy

In Italy the use of art therapy, psychodrama and video therapy has become widespread during the recent years making a definition of a clear scenario rather difficult as far as Italy is concerned.

Italian specialisation schools (about 400) must adhere to a number of parameters fixed by the psychotherapy association network operating at national and European levels in order to guarantee an average quality level (duration, hours, theory, organisation etc). These networks play a key role in promoting research and scientific debate guaranteeing a continuous development and updating of theories and techniques.



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Psychodrama and video therapy
Methods of the PHD² seminars

Despite the difficulties, lots of experiences and good practices are carried out, for instance:

- the production of films and shows is the common ground for psychodrama and filming techniques in education, rehab or integration.
- the psychodrama game is the transitional space for the protected exploration and the free expression of feelings in which the subject is helped to discover the pleasure in a game allowing him/her to define and thoroughly examine his/her role. In this game the individual is present in his/her psycho-physical entirety beyond any disability or personal maladjustment since all means of expression, verbal and non verbal, are at his/her disposal and represent a value.

It is a "holding environment" in which trust and care for the patients are a personal and global involvement.

Filming is sometimes finalised to mere production but it can also have proper therapeutic value thus offering the participants a growth path helped by encounters and self assessment. Images become the subject's counterpart in a process of self-confrontation.

In conclusion, by analysing the Italian experiences, it can be reasonably maintained that the joint, integrated, complementary and transversal use of psychodrama techniques and filming triggers off a kind of multiplying effect, increasing the efficiency of the therapeutic treatment in all types of subjects as well as a better level of self-knowledge.

State of Art Therapy in Slovakia

Art therapy has a great potential in Slovakia, and there is a lot of groups not covered by this effective method of treatment. The integration of disadvantaged groups is provided by different institutions but a lot of them are not covered, such as the unemployed.

The organisations working with art therapy are mainly non-governmental and led mostly by specialists as psychologists and other therapists. Other organisations are working close with hospitals and medical centres, where the art therapy is mostly used for helping children e.g. with cancer or other serious diseases.

A lot of institutions also working with art therapy are daily facilities for mainly mentally and also seriously physically disabled people. The purpose is to get them the possibility for self-realisation and for a better use of their free time during the day.

Different methods of art therapy are quite accessible for anyone who needs it. Art therapy is used mainly for working with physically or mentally ill people. The other groups are children, children from gypsy families, children from orphanages, and retired people. Art therapy is used also in hospitals as a successful method of treatment.

The profession "Art therapist" is not recognised in Slovakia. Art therapy is accessible freely to all people through different workshops.

In the academic field, art therapy was recognised in 1990 after the social and economic changes. So this is the reason why this therapeutic category is not developed at the moment and why the profession of art therapist still does not exist.





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State of Art Therapy in Lithuania

Enthusiasts of psychodrama in Lithuania are united in the association that was established in 1999. Since 2002, the Lithuanian PdA is a member of the Berlin-based Psychodrama Institute for Europe (PIfE).

At present, there are 9 certified therapists in the Lithuanian Association of Psychodrama. Apart from them, there is a larger circle of people who have taken training in psychodrama: since 2005, a group of trainees took a course in psychodrama under co-training by Lithuanian therapists.

The trainees in the psychodrama course, which is organised by the Association, include people with a background in psychology, as well as those working with young people, leading drama activities, or actors.

In Lithuania, the activities of psychodrama association are predominantly educational and training-oriented: they aim to introduce the psychodrama methods to a range of interested people who can apply them in their own fields of activities later on.

To sum up, the psychodrama in Lithuania is predominantly used in the educational field. However, there are individual psychologists who use this in their therapeutic work. This includes working with children who are victims of violence or sexual abuse. Information and training in psychodrama have also been applied by the organisation that works with orphans or abandoned children in order to strengthen the skills of the foster parents.

State of Art Therapy in the United Kingdom

Health Psychology Management Org. Services PhD² research report provides a research review about psychodrama and art therapy experiences in the UK.

The research parameters of the psychodrama and art therapy journal articles and research include: UK based, concerned with adults (including all socially disadvantaged or excluded groups) and dated 1999 or later.

The finding of the report is based on 20 pieces of literature on art therapy and 14 on psychodrama. In order to supplement the limited number of published literature in the field, relevant information has been sought by means of desk based research (contacting practitioners on the ground via telephone and online questionnaire).

It was found that the majority of the published articles in this review are concerned with art therapy and psychodrama programmes that were rolled out by the UK's big organisations such as NHS, HMP and other hospitals. The subject population is diverse but usually consists of different individuals with mental health needs, e.g. older adults with dementia, deaf individuals with mental health problem and offenders who experienced trauma. Most art therapy and psychodrama interventions yielded positive outcomes. Many authors adopted qualitative methods and described the individuals' context and processes that led to the outcome.



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 PHD² Website





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PARTNERS' LINKS

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www.montesca.it

Health Psychology Management
Organisation Services
www.hp-mos.org.uk

Provincia di Perugia
www.provincia.perugia.it/formazione

Mancomunitat de la Ribera Alta
www.manra.org

Fundación Comunidad Valenciana-
Región Europea
www.uegva.info

Institút Zamestnanosti
www.iz.sk

Department of National Minorities and
Lithuanians
www.tmid.lt

Public Institution Roma
Community Centre
www.roma.it

Education Centre and Social Support for
People with Disabilities
www.1597.syzefxis.gov.gr

Ricerca e Cooperazione
www.ongrc.org

Nessuno TV
www.nessuno.tv

State of Art Therapy in Greece

K.E.K.Y.K. AMEA of ILIA (Centre of Education, Social Support and Training of Individuals with Infirmity) in the frame of the operation of the Social and Psychological Support and Care and Functional Re-establishment Department has created a Laboratory of drama therapy, photography group, Laboratory of therapeutic painting, Laboratory of music therapy and Laboratory of ceramic art.

Regarding psychodrama in Greece, we can selectively report the following organisms or institutions: the Greek Universities, the superior faculties of dramatic art, the Greek Company of Psychodrama, the Institute of Psychodrama of Athens, and the non-profit urban company "Greek Psychodrama". Other centres, as the Centre of psychodrama and group psychotherapy, but also companies, as the Greek Company of group analysis and psychotherapy, create at a regular base psychodrama and music therapy laboratories.

Psychodrama treatments are applied mainly by psychiatrists, psychotherapists, psychologists, teachers and experts in art treatment. The main practices concerning the followed methodology are appearance, monologue, role inversion, and mirror.

Practices and techniques that are connected with art and psychodrama in the Hellenic space are addressed to give support to adults and minors detainees in prison, to adults and minors that make casual or problematic use of substances, to educational centres and schools for individuals with infirmity, and to third age individuals.

State of Art Therapy in Spain

The psychodrama is a technique used in the medical field in Spain since 1958. In the early eighties, this kind of therapy experienced an impulse due to the organisation of a first work meeting in Barcelona.

Nowadays, this technique is applied in different fields, such as therapeutic intervention, education, social work with disadvantaged sectors, organisational consultancy, human resources training, training for health professionals (psychologists, pedagogues, teachers, medical assistants, etc.).

Some of the main advantages detected by specialists are that psychodrama does not require many dialectical resources to express oneself, so as that it develops conscience and also capacity for the understanding of situations and can be applied to solve nowadays problems or situations.

On the contrary, it has some weaknesses, as it provokes strong emotional situations, and psychodrama techniques require a vast knowledge and training.

As a conclusion, in Spain, psychodrama techniques are not so much extended. On the contrary, cognitive-behavioural therapy is commonly more accepted.

