

NEAT – Network of European Art Therapists

Report of the Symposium in Luxembourg

21st – 23rd April, 2017



Although this year in the end „only“ 18 different European countries were represented, we again had a record number in participation: 33 NEAT members attended the meeting, among these 7 new members and 3 'new' countries (countries and last names are given in alphabetical order):

1. AUSTRIA: *Helga Bachofner & Martina Toman (new)*
2. BELGIUM: *Natacha Pirotte (new)*
3. BULGARIA: *Avgustina Stanoeva (new)*
4. CZECH REPUBLIC: *Beate Albrich & Andrea Hanzlová*
5. DENMARK: *Lene Hassig Vilslev, Lotte Pedersen & Vibeke Skov*
6. ESTONIA: *Mall Tamm (new)*
7. FRANCE: *Carmith Attia-Shai, Irina Katz-Mazilu & Liz Stone Matho*
8. GREECE: *Alkistis Boura (new), Eleni Giannouli & Paola Partsalaki*
9. HUNGARY: *Zsuzsa Geréb*
10. ITALY: *Valentina Canonico, Simone Donnari & Paola Luzzatto*
11. LATVIA: *Elza Strazdina & Dace Visnola*
12. LITHUANIA: *Audra Brazauskaitė*
13. LUXEMBOURG: *Britt Bernard & Maria d'Elia*
14. NETHERLANDS: *Henk Aartsma & Celine Schweizer*
15. POLAND: *Iwona Bugajska-Bigos*
16. PORTUGAL: *Paula Guerrinha & Leonor Isidoro (both new)*
17. SPAIN: *Sibylle Cseri & Viviana Rodriguez*
18. UK: *Dominik Havsteen-Franklin*

Unfortunately, Jaroslava Fabriči-Šicková from Slovakia and her husband Jan had to cancel their attendance last-minute due to unforeseen problems with transportation, and as Tanaïs Verbist from Belgium was expecting her baby girl any minute, she decided to stay at home and sent her greetings to the group. Judy Rubin, our unwavering support from the US, was also unable to attend because of other obligations and sent her greetings via Liz.

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Friday, 21st April

The meeting opened at 3:00pm with a warm welcome by Paola Luzzatto, who gave a brief account of NEAT's history, after which each participant shortly introduced her/himself to the group. Maria d'Elia then gave some practical information about the facilities and the programme.

Work started with brief presentations about the state of Art Therapy in

- Bulgaria (Avgustina Stanoeva),
- Estonia (Mall Tamm),
- and Portugal (Paula Guerrinha),
- after which Iwona Bugajska-Bigos (Poland) informed us about new developments in art therapy training at her institution.

All presentations were received with much interest, questions and support.

After the coffee break, the first part of the clinical exchange began with a presentation „I hate you, don't leave me“ by Eleni Giannouli (Greece) about the treatment programme for borderline patients at the outpatient Personality Disorders Unit of the 1st Psychiatric Clinic in Athens.

Afterwards, Henk Aartsma (Netherlands) shared his insights and many illustrative examples from his long-standing experience with the DDS-Diagnostic Drawing Series used at the 10-week assessment clinic for youngsters where he works.

Before dinner, the working groups had time for face-to-face meetings to continue the work they have accomplished throughout the year. Some work groups continued their talks after dinner, while Paola L offered a presentation to a group of interested members about her work in Dar es Salaam, Tanzania, where she is leading a course for mental health professionals to set up an Art Therapy Open Studio for psychiatric patients.

Saturday, 22nd April

The day started off with work group reports from the

- research group
- the art therapy survey group
- the professional identity group
- and the federation development work group.

More detailed information will be sent later in a separate document dedicated to the working groups.

After the morning coffee break, members had an opportunity to become active in Dominik Havsteen-Franklin's (UK) workshop centered on the transition of NEAT to the future European federation. This was continued after lunch with a feedback round.

The workshop followed a guideline based on three concepts: 1) Myself as part of NEAT, 2) Myself as part of an European Art Therapy Organisation, and 3) The transition from one to the other. Participants responded well and engaged fully into this task. At the end of the image-making, we placed the images together to form small groups according to the perceived similarities in the pictures. „Trees“, „lines“, „circles“ were the main symbolic shapes used to visualize the emotional implications. On the whole, the movement from NEAT to the European Organisation was connected to intense feelings of a positive development; nevertheless, feelings of loss connected with the transition were also expressed. In the discussion which followed the workshop, the role of NEAT within the future European Organisation was discussed, and most participants seemed to favour the possibility of NEAT's working groups to continue

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to work inside the European Organisation as 'committees'. It is hoped that next year's meeting could actually be the launching of the European Organisation.

Due to her absence, the time slot for Jaroslava Šicková's (Slovakia) presentation was used for an improvised meeting of the working group coordinators with the NEAT coordinators which served to clarify some goals and expectations.

Fortunately, Jaroslava has agreed to share her paper "Empathy - a missing phenomenon?" on her current research about the level of empathy and emotion identification in the "Borderline" population on our GoogleDrive. *)

The second part of the clinical exchange therefore began with Avgustina's presentation of her creative research into „Dealing with Borders in the case of Borderline Personality Disorder“. She openly shared the experienced difficulties in the encounter, and a lively discussion ensued.

After a short break, members enjoyed the opportunity of engaging in a lot of „silly“ body movements to explore their equilibrium in Beate Albrich's (Czech Republic) workshop „Balance/Imbalance“. Then, a symbolic balance was reached through the creation of beautiful mobiles made of materials like threads, ribbons, beads, sticks hangers etc.. Afterwards, these were discovered from different angles and distances.

The day ended with an after-dinner „City Night Walk“ through the heart of Luxembourg-City guided by Britt who offered lively and interesting explanations and anecdotes. The group was led from the Youth Hostel through the romantic „Paffendall“ valley to one of Luxembourg's recent attractions, a glass-paned lift which took the group up to the plateau of the old town. The group gasped in joy and wonderment at the breathtaking view of the „Red bridge“ and the Kirchberg plateau across the valley with its modern skyscrapers of the European institutions, the Philharmonic and the MUDAM museum, as well as on parts of the old fortress of Luxembourg. As the night slowly began to fall, the city centre, the palace of the Grand Duke and the „Gëlle Fra“ (Golden Lady) with the splendid view over the „Petrusse“ valley were explored along the way. Then the view over the „Grund“ valley was savoured from the „Corniche“ walkway leading back to the Youth Hostel.

Sunday, 23rd April

The day began with 60-minute meetings for the working groups. Afterwards, short reports were presented by:

- the website work group
- the survey work group
- the professional development work group with its number of subgroups
- and by the professional identity work group

For more in-depths reports from the working groups please consult the separate document which will be sent to you as soon as all the reports have been gathered.

However, following the meeting, the composition of most groups has changed, therefore we give you a list of their current members at the very end of this report.

As Paola L had to leave during the coffee break, she announced that in the coming year she will be less available for NEAT due to family obligations and her living in Tanzania. Therefore, Paola Partsalaki and Vibeke Skov will give Paola L and Maria a helping hand in the coordination of NEAT. This would have been point 2 on the agenda of our traditional business meeting which was held after the break.

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Minutes of the Business Meeting

1. It began with a **manoeuvre critique** of the meeting, and a number of constructive suggestions were collected. All in all, the participants were rather enthusiastic about the location, organisation and outcome of the meeting. The transcript of the feedback sheet can be consulted on GoogleDrive. *)
2. **Coordination:** Paola P and Vibeke will support Paola L and Maria in the coordination of NEAT.
3. **Priorities:** The main priority for the coming year is focusing on the transition to the European organisation. The financial aspects of this were also discussed.
4. **Next meeting:** There was a strong preference for Belgium as next year's meeting destination. Natacha Pirotte (Belgium) offered to investigate different options in Brussels and Ghent. Vibeke has offered her school in Denmark as plan B in case Belgium should not work out.
Meanwhile through a Doodle poll the date and place of the next meeting have been established: The meeting will take place in Brussels, Belgium from 18th - 20th May, 2018 at the „Maison Notre-Dame de Chant d'Oiseau Training Centre“ near the heart of the city.
As to the focus of the meeting, it was suggested to reduce the clinical part and have only two presentations and two workshops, in order to be able to dedicate more time to the working groups and the transition to the European organisation.
5. The decision on the date for a **European Art Therapy Day** (or Week) was postponed after much discussion. However, there was a certain preference for the first week of October.
6. **Other** points were not mentioned or discussed, but donations to NEAT's bank account in the amount of € 90.- were collected.

*Paola Luzzatto, Italy / Maria d'Elia, Luxembourg
Coordinators Network of European Art Therapists*

The local organisers in Luxembourg, Britt and Maria wish to thank all the helping hands for clean-up during and after the meeting!

As always photos as well as presentations from the meeting can be sent for upload and viewing in our shared folder on GoogleDrive.

*) <https://drive.google.com/open?id=0B6f0Of4zkyzHfmZlb3lUaFhWTE9Bb2xwMVpIS0R2WHZrb3FzdF9aYXBOTXBIRU84OUpscms>

NOTA BENE: This link is **not** to be communicated to non-members!

If you want to send a report f.ex. to your national association, please make sure to omit „sensitive“ info.

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Current Composition of Working Groups (in alphabetical order with new group members in *Italics* - We ask all accidentally omitted working group members for forgiveness!)

Art Therapy Survey Group

Coordinator: Celine Schweizer

Members: Eleni Giannouli, Persephoni Krasidou, *Leonor Isidoro, Sibylle Cseri*

European Federation Development Group

Coordinators: Elza Strazdina, Dominik Havsteen-Franklin

Members: Audra Brazauskaitė, Britt Bernard, Irina Katz-Mazilu, Laura Baltaityte, Nada Ivanovic, Viviana Rodriguez, Maria d'Elia (support), *Ausra Sumakariene, Henk Aartsma, Natacha Pirotte*

Professional Development – *has split up into many subgroups / tasks*

- Administration of Basecamp Tool for Exchange: Simone Donnari & Valentina Canonico
- Clinical Exchange (organisation): Dace Visnola, Paola Partsalaki, Tanaïs Verbist
- Creation of Event Calendar: Carmith Attia-Shaï
- Ethics: Lene Hassig Vilslev, Lotte Pedersen, Vibeke Skov
- Research bibliography: *Paula Guerrinha*

Professional Identity

Coordinator: Liz Stone

Members: Andrea Hanzlová, Beate Albrich, Helga Bachofner, Nicole Heusch, *Avgustina Stanoeva, Martina Toman*

Website WG

Coordinators: Barbara Kariž, Catherine Phillips

Members: Mihai Albu, Iwona Bugajska-Bigos, Zsuzsa Geréb, *Alkistis Boura, Mall Tamm*
(& Simone Donnari and Tanaïs Verbist for technical support)

The Website Group was also proud to present the winner of the logo contest:



by Aneta Wójcik, student of State Higher Vocational School, Nowy Sacz / Poland