



The European Graduate School
EST. 1994

Fall School Malta 2021

EGS Expressive Arts in Global Health

Expressive Arts in Transition (EXIT) and Community Ritual: Moving Toward Belonging After Trauma and Displacement

More than one billion people have been affected by violence and disaster throughout the world. Our mission is to maximize a scientific and cultural approach and methodology to reduce suffering and increase resiliency for survivors of violence worldwide. This Program offers a transformative training experience to create a network of global leaders in trauma recovery. It is argued that we are currently living in a collective trauma. We have adjusted the content of the program to face the current time we are living in.

What does the course cover?

Building communities through the arts within populations that are living under or survived traumatic stress is a central emphasis of the course. The interdisciplinary expressive arts theory and practice approach will expand the student's knowledge of diverse arts-based methods, acquiring a solid understanding that correlates to trauma and crisis intervention. Through case studies students will be challenged to apply low-skill, high-sensitivity methods that are both realistic and culturally appropriate. Daily rituals as identity building and creating a sense of belonging will be explored. At the end of this course the students will be certified to practice the early intervention model Expressive Arts in Transition (EXIT).

This course offers a blended learning experience divided into two parts.

Part 1: 5 day training on ZOOM in 2021 followed by a 5-session stress management supervised group practicum to be conducted on zoom
and

Part 2: 5 days onsite on Campus Malta in 2022 followed by 10 sessions supervised group practice with EXIT live.

Initiated as a pilot program in April 2016, the MALTA program is led by an internationally acclaimed faculty. Certificates of completion are awarded as Continuing Education by the Division of Arts, Health and Society of the European Graduate School.

Upon completion, participants will:

- Have the skills to facilitate “community art” as a method for community building.
- Be proficient in conducting stabilization and self-regulation groups with Expressive Arts on Zoom and live.
- Be trained in Expressive Arts in Transition (EXIT), an early intervention model, together with utilizing Ex-pressive Arts (EXA) principles with displaced populations, creating a sense of new belonging.
- Be proficient in applying aesthetic response as a method for self-care.
- Grasp the meaning of ritual as a mechanism for identity building after displacement.

Building the Individual and Community Body after Trauma and Displacement: Expressive Arts Perspectives emphasizing movement and dance

How will I learn?

The embodied nature of trauma lends itself to responding through our senses; Expressive Arts methodologies offer multi-sensorial possibilities to shape this process. Students will develop skills on how to apply Expressive Arts in building a new “Community Body”.

Rituals as Nurture in Communities

Participants will learn and practice resource-based interventions for communities that have survived destruction and massive change. Additionally, students will consider the needs of communities that have been displaced by nature and/or human induced trauma from their places of origin and who are now living on the economic margins in exile. Students will focus on culturally fluent strategies that identify collective strengths rather than deficits, and explore a range of interventions that offer a resource-oriented response to displaced communities in crises.

AGENDA (We are working to accommodate the various time zones and hope to provide a West and East cohort group - register to find out more about the schedule)

TIME	Wednesday 27 of October	TIME	Thursday 28 of October	TIME	Friday 29 of October	Saturday 30 of October
			Session 2 Salutogenesis Intro to Theory and Practice Creating "home" in the Zoom room and in the body		Session 5 EXIT Canvas: Art making layer on layer. Trauma theory and understanding from an EXA perspective	
			Session 3 Photo journaling and aesthetic response Poetry and Resilience		Session 6 Studio work Arts based research on your present question about your work	Session 8 Empowerment and Resilience from an EXA perspective working with traumatised communities
	Session 1 Welcome! Expressive Arts and Group Building and Creating a safe place on ZOOM		Session 4 Self and We care. In face of living in a Collective Trauma – what in the meaning making in everyday rituals		Session 7 Studio work Presentations	Session 9 Empowerment and Resilience from an EXA perspective working with traumatised communities

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TIME	Sunday the 31 of October	TIME	Monday 1 of November			
	Session 10 Expressive Arts in Transition (EXIT) Early intervention with refugees		Session 12 Reflection and Harvesting			
	Break					
	Session 11 Expressive Arts in Transition (EXIT) Early intervention under and after traumatic stress on zoom		Closing ritual.			
	Preparation for stress management program on Zoom					

Teachers:

Professor Melinda Ashley Meyer DeMott is a former researcher at the Norwegian Centre for Violence and Traumatic Stress Studies and the Director and Co- founder of the Norwegian Institute for Expressive Art Therapy. She is the project leader for the graduate studies in Expressive Arts at the University of South East Norway (USN). Ms. Meyer DeMott is a Director of Psychodrama and is a trained bioenergetic-therapist. Since 1983 she has focused on the combination of community, group and individual psychotherapy. She worked as an expressive art therapist at the Psychosocial Centre for Refugees with torture survivors and war refugees from 1990 – 2004. She has been giving lectures and workshops within the field of trauma and cross-cultural group work in Europe, North, Central and South America, Russia and India. In addition to the three documentary films she has written articles and participated in writing several articles and books.

Anna Fenech, MA Expressive Arts Therapy (with a concentration on Coaching, Consulting and Education), is the Assistant to the Dean and Student Advisor for the Masters Programs at Arts, Health and Society Division of EGS. She is a registered Psychotherapist, Child Psychotherapist and Supervisor, running her own private practice with adults and children. She has worked hard to raise awareness of the Expressive Arts and its impact within the therapeutic field and in the field of education to the Maltese Community.

Shabrae Jackson, MA in Expressive Arts for Conflict Transformation and Peace building, works in diverse communities internationally & domestically. She believes in the power of the arts to expand personal and collective narratives, renewing spaces for connection and healing - exploring how the arts, play and transformation can meet. Shabrae has in-depth experience implementing grassroots community-led projects and lived in Mexico for over 15 years. She is co-founder of UMBRAL, an organization engaged in arts-based psychosocial trauma & healing in Mexico City and at the border with migrants & refugees. Shabrae also explores the intersection of arts, sports and peace-building with LudArtem, and is a Director of training for International based groups & organizations.