



(2010-2012)

Co-financed by the General Direction for instruction and culture,
Within the Lifelong Learning Programme GRUNDTVIG.

*Social exclusion can vary by culture, geography and time in history.
However, whilst the profile of socially excluded people may vary, the issues and
challenges they face are often very similar.*

The project *Art Made Man through Art therapies and Handicraft* started the 1st of October 2010 and finished the 30th of September 2012.

It aimed mainly to develop and test a Methodology that integrates **Dance Movement Therapy, Art Therapy and Craft, to create a practical-theoretical handbook for all the professionals working with vulnerable groups.**

Through a integrated road map, the beneficiary is supported and guided to:

- Self-fulfilment: construction of identity, establishing important relationships with the environment and the rest of the group through **Dance Movement and Art Therapy;**
- Acquisition of practical and professionals skills aimed to work inclusion through Craft sector.

The integrated Methodology AMM establishes a planned sequence of activities, of which **the Dance Movement Therapy** is the first one.

Why? Movement is the main language, shared by all the human beings, as common denominator of expressive, emotional, cognitive and communicative skills. These skills belong to every individual and are shared by every culture. It is a central point in communication and mind processes during the whole life.

The Dance Movement Therapy uses body language in a special way, in order to build a therapeutic relationship addressed to disharmonies, blocks and mental and/or physical diseases. This therapy permits the recovery of the expressive, communicative and creative core of both the individual and the group.

The Dance Movement Therapy consists in the psychotherapeutic use of the movement in order to promote an emotional, cognitive, social and physical integration.

The presence of non-judgmental, friendly and attentive therapists makes Dance-Movement, which is a form of self-expression and social interaction, a sign of the presence of each other, the personal expression of each individual through group interaction, to which it gives value and shared meanings.



Dance Movement Therapy session



Art Therapy Session

The Art Therapy is a type of psychotherapy that uses art as the main way of communication. When you go to the art-therapist, you do not need to have previous artistic experiences or skills. The art-therapist does not use an aesthetic or diagnostic evaluation created by the individual.

The Art Therapy is different from other psychological therapies, because it involves three parties: the patient, the therapist and the image or the artistic creation.



Handicraft session

The main objective of **the Craft Workshops** was to provide a training experience to disadvantaged people, through the acquisition of skills and abilities, encouraging the occupation.

The Craft aims to promote the quality of life and the autonomy, and to improve the individual independence.

The occupation therapy means that being active, doing and working has a curative effect. If working with the group and being part of it responds to the need of belonging, the workshops face the need of operating on the material and transforming it. The process of creating a product from raw materials facilitates a deep interior transformation.

This possibility of transformation has the power of restoring one's sense of dignity. The product obtained has to be a good quality product and a sellable one.



Some of the outcomes

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Within the Art Made Man project:

- 5 organizations (in Italy, Poland and Bulgaria) implemented workshops for disabled people due to a physical or a psychological deficiency
 - 3 organizations (in Italy and Lithuania) implemented workshops for women from ethnic minorities or immigrants
 - 126 workshops (considering the total of the sessions) were organized in different countries (IT, LT, BG, PL), amounting 542 hours of work
 - 67 professionals and over 190 beneficiaries were involved

All the results and the main publications are available on the project web site: www.artmademan.eu.

Facebook of AAM: www.facebook.com/ArtMadeMan

Wikipedia page: <https://artmademan.wikispaces.com/> (a collaborative space open to the community of art therapy professionals and welfare workers).