



<https://mbat4seniors.com/>

MBAT4Seniors: Mindfulness Based Art Therapy as Effective Tool to Improve Mental Health of Seniors in the context of COVID19 pandemic

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**IO1: International In-depth Analysis:
The use of Mindfulness-Based Art Therapy to Improve
the Mental Health of the Individuals**



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General Introduction

The concept of Mindfulness-based Art Therapy (MBAT) has been recently developed. It is a concept proposed by psychologist Laury Rapport in 2009. Based on the definition proposed by Laury Rapport, MBAT is a concept that integrates mindfulness and art therapy practices within the same framework. It involves mindful exploration of self while making art at the same. Since MBAT is a new concept developed in the US, there is an emerging need to analyze it at the Europe level to discover its applicability to the specific population (i.e., seniors). In the literature, it is difficult to find EU-level information about MBAT in general, and MBAT used for seniors. The aim of this analysis is to fill this gap in the literature, by providing in-depth information about MBAT in respective EU countries.

The methodology for the In-depth-analysis on MBAT has been divided into 3 parts. In the first section of the analysis, each partner country engaged in field research about the use of MBAT in their countries. They provided information about the current situation of MBAT a) in general and b) for seniors in their countries.



In the second section of the analysis, each partner country provided some case studies regarding the use of MBAT in their countries. This enabled partners to target specific cases, providing the basis to highlight how close each of the partners' activities are to the MBAT method, in general.

In the third and last part of the analysis, each partner country provided an in-depth analysis regarding the legal framework in the field of mental health operating at the national level. This provided valuable information about the MBAT opportunities at the system level.



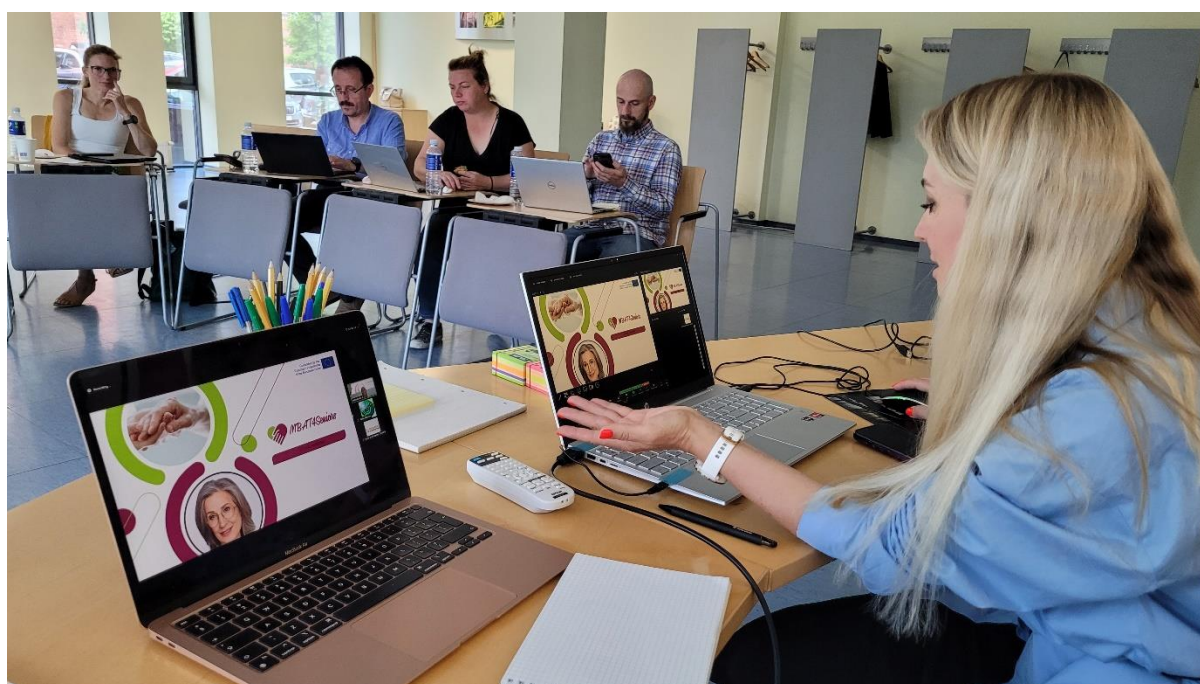
About the “MBAT4Seniors” Project

The main purpose of the project is to equip adult educators, working with seniors, with exhaustive methodological material about the use of MBAT with the aim to improve 65+aged learners’ mental health in the context of COVID-19 pandemic. In addition, we will provide seniors with an easily accessible and easy-to-use tool on how to use MBAT in every-day life. The objectives of the project are the following:

1. To create tailor-made MBAT training packages for adult educators and seniors available on e-learning web platform and Android mobile application.
2. To improve the mental health and well-being of seniors.
3. To promote a circular economy among adult educators, seniors and stakeholders.
4. To create an international network of adult education organizations working with MBAT.

Project website (e-learning platform) - <http://mbat4seniors.com>

Project Facebook page - <https://www.facebook.com/mbat4seniors>





Project Organisations/Countries

1. Education, Research & Consultancy Center (**ERCC**) is non-governmental, not-for-profit organization, operating in the field of adult education since 2006. (**Lithuania**) - **Role: Coordinator**

Website: www.ercc.lt



2. STANDO LTD (**STANDOUTEDU**) is a research and educational organization based in Cyprus, dedicated to the advancement of research and innovation since 2016. (**Cyprus**) - **Role: Partner**

Website: www.standoutedu.com



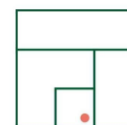
3. **Education In Progress** is a non-profit organization that operates in the areas of social commitment, European project-designing, training and education. (**Spain**) - **Role: Partner**

Website: www.educationinprogress.eu



4. **SOSU Ostjylland** is a social and health care college that provides different educational programs - as well as supplementary training of educated staff members - for social and health care institutions and home care for elderly and disabled people since more than 25 years' experience in training and further education of care staff and since 2007. (**Denmark**) - **Role: Partner**

Website: www.sosuoj.dk



5. WYŻSZA SZKOŁA BIZNESU I NAUK O ZDROWIU (**WSBINOZ**) is a non-public higher education institution that offers health-allied and medical-allied studies as well as business and pedagogy faculties since 2011. (**Poland**) - **Role: Partner**

Website: www.medyk.edu.pl



6. BÜYÜK ORTADOĞU SAĞLIK VE EĞİTİM VAKFI (**BOSEV**) Foundation is a group of professionals working in the medical field while supporting research developments in the medical sector since 2009. (**Türkiye**) - **Role: Partner**

Website: www.bosev.org





Field research MBAT4Seniors:

Cyprus Contribution

Spain Contribution

Denmark Contribution

Lithuania Contribution

Türkiye Contribution

Poland Contribution

Introduction

The following section provides field research results regarding the application of Mindfulness-based Art Therapy in respective countries, including Cyprus, Spain, Denmark, Lithuania, Türkiye, and Poland. With this field research, we as partners, investigated the current situation of MBAT in partners' countries, benefits and gains of MBAT, experiences about the application of MBAT or related methods among senior citizens, potential members/stakeholders/associations who can get benefit out of MBAT, the opinions regarding the MBAT related trainings/opportunities in respective countries.



Cyprus Field Research

Cyprus:	The current situation of MBAT in Cyprus
	<p>Supportive group therapy is the most extensively researched psychosocial intervention for all kinds of patients in Cyprus. However, although researchers utilizing group therapies have proven efficacy in addressing psychosocial needs and reducing suffering, just a few of them engage in Art therapy group treatments. There are a number of potential causes for this, including restricted availability, poor attitudes of group procedures, and stigma. However, at the national level, based on its formal structure and description by Laury Rappaport, there are none working with MBAT. Documented procedures are utilized at the formal level (e.g., physicians, psychologists, therapy centers, and hospitals) and rely on research and controlled investigations.</p> <p>In Cyprus, art therapy is regarded as a distinct kind of treatment and is not widely used. Several occupational therapists in psychiatry employ art therapy to connect with and monitor patients. The paintings and their observations form part of the physicians' and psychologists' treatment plans and rehabilitation journey. However, as CARTA, the Cypriot Association of Art Therapists announced, there is currently no training in Cyprus for art therapists; there are only personal development seminars or workshops.</p>
Cyprus:	Benefits and gains with MBAT and related methods
	<p>The benefits of MBAT and related methods are as follow:</p> <ul style="list-style-type: none">i. Stress reductionii. Increased compassioniii. Increased attentivenessiv. Reducing negative thoughtsv. Improved overall health <p>Cancer patients and other groups have benefited from the use of exercises that enable them to express their negative feelings</p>



more clearly, which has been shown to reduce physical symptoms like pain and improve their overall well-being. Research has shown that art therapy exercises could be organized in such a manner that they might integrate brain regions associated with stressful events, hence offering a stress-reduction mechanism. Art therapy exercises in the MBAT intervention are also meant to substantially supplement the MBSR curriculum, which may improve the nonverbal process of finding and organizing internal and external representations.

Studies demonstrate that meditation may help to regulate the amygdala, and psychologists report that their patients become more composed and less receptive to stress. They are confident that those who practice mindfulness meditation regularly recover more rapidly from stressful situations and the high demands of daily life. As a result, the process orientation in mindfulness practice and art production in MBAT promotes the possible modification of threat schemas, facilitating more adaptive coping. MBAT is administered in a supportive group setting, which allows for a vocal manner of processing subjective representations that arise through group activities, as well as the articulation of linked personal meanings and schemas.

According to training psychologists, mindfulness and meditation cultivate caring and considerate attitudes toward others. Studies show that the brain has built pathways for pleasure and compassion, and patient experiences support this. When you have compassion for other people, it makes you feel happier and more satisfied with yourself. Studies and clinical observations show that patients who practice mindfulness-based meditation have improved attention spans and are less easily distracted. The patients claim to have been more productive at work as well. Trainers have seen that the impact lasts for months or even years.

As a result, the MBAT format is meant to blend verbal and nonverbal modalities of information processing in order to



facilitate healthy self-regulation. Participants in the MBAT intervention are assisted in developing instruments for monitoring and evaluating their experiences. MBAT is designed to provide participants with a feeling of control by making them aware that they may either accept their sickness experience as is or change their response to certain features and occurrences. This objective is achieved in the MBAT paradigm by developing self-awareness via direct observation (mindfulness practices) and creative expression of interior ideas and feelings (art therapy), as well as by improving self-acceptance through verbal and nonverbal bonding and social support (group therapy).

Mindfulness-based treatments have been shown to alleviate anxiety, sadness, and exhaustion in people with chronic medical illnesses (for example, chronic pain, coronary artery disease, breast cancer, and multiple sclerosis). Mindfulness-based art therapy (MBAT) is one of these treatments. Combining expressive arts with mindfulness, according to Rappaport, is predicted to facilitate participation in the present; consequently, attention management, bodily awareness, and emotional regulation may be attained when compared to mindfulness alone. The disease-related negative thoughts and symptoms of anxiety and sadness are lessened by ongoing mindfulness training. The brain's "default-network" may be taught to "turn off" rather than generate negative, counterproductive ideas.

While our brain is not actively engaged, such as when driving a vehicle or reading, the default network is activated. Patients who practice mindfulness meditation often have better health. Mindfulness meditation is beneficial for those who are more susceptible to physical sickness. The patients' quality of life improves as a result of the trainers giving them mindfulness meditation exercises to practice at home. This reduces the patients' risk of relapsing into pre-program illness. Art-making (e.g., drawing/writing), body scan meditation, attentional breathing, mild yoga, and self-care activities are examples of sample sessions. MBAT has proved user feasibility, is simple to



	use, and contains symptoms mediating characteristics that may be applied within a variety of clinical situations.
Cyprus:	Experience connected to MBAT or related methods about senior citizens.
	<p>Complex symptoms that have a negative influence on a person's quality of life are common among persons with chronic medical illnesses (QOL). In Cyprus, MBAT was not used as a specific method to treat seniors. There is no specific data or evidence, out of research conducted on the island. No specific projects have been organized in regard to seniors. There are more projects including MBAT in treating children than adults. There was a study and meta-analysis that looked at how mindfulness-based art therapy (MBAT) may help people with their symptoms.</p> <p>Methods:</p> <p>Studies that (a) examined symptoms and QOL outcomes, (b) had an adequate effect size and control group, and (c) evaluated an MBAT intervention in adults were included.</p> <p>Results:</p> <p>The criteria were satisfied by fourteen research that included both adults and adolescents. The individuals who got MBSR instruction showed better resilience compared to the participants on the waiting list, which was in line with the expectations the researchers had at the outset of the experiment.</p> <p>Compared to control participants, participants who received MBAT treatments had substantial reductions in both psychological and physical symptom indices while the effect size for controls was equal to zero according to the meta-analysis of MBAT therapies. The impact on work satisfaction, sick days, and continued employment were all examined concurrently.</p> <p>Some of the major results research has shown:</p>



	<ul style="list-style-type: none">• Self-reported well-being and health• Sleep quality• Cognitive performance• Autonomic nervous system performance <p>The MBSR training participants also reported experiencing a decrease in their own symptoms of stress, anxiety, and depression as well as a rise in life satisfaction.</p> <p>The experiment demonstrates that by using brain processes associated with cognition and stress reduction, mental health may be enhanced and maintained.</p> <p>The individuals' resilience and overall well-being improved over time.</p> <p>Conclusion:</p> <p>Researchers have explored the impact of integrating mindfulness-based practices with art therapy on symptom reduction in persons with chronic medical problems. Nonetheless, research on the advantages of MBAT for relieving psychological and physical symptoms in persons with chronic medical illnesses is limited. A potential treatment for symptom alleviation is MBAT. The literature is nonetheless constrained by the few numbers of investigations. To validate results, higher sample sizes in randomized controlled trials are required.</p>
Cyprus:	Digital tools and content may be produced to support digital competencies/skills that may be needed to get more skilled in MBAT.
	<p>There should be an easy manual for all the tools created - maybe some introductory videos as well; also, a simplified 'How-to' guide.</p> <p>The creation of an app for training activity participants that includes an introduction to what, how, and desired outcomes.</p>



	<p>Self-educational materials with brief films and illustrations of guided meditations might be helpful.</p> <p>A GDPR form that allows the ability to preserve data or progress.</p>
Cyprus:	Members of the network/initiatives/parties / stakeholders that may be benefited by using MBAT
	<p>Teachers, professors, and instructors may collaborate on projects and publish research publications.</p> <p>Cooperation in order to include mindfulness on the health and treatment list alongside physiotherapy, chiropractic care, and other therapies that get state funding.</p> <p>Examining current research on the effectiveness of self-compassion is consistent with art therapy's openness to new ideas and breakthroughs in adjacent fields. This review paper claims that, in addition to the value that self-compassion may contribute to the profession of art therapy, art therapy has intrinsic advantages for the growth of self-compassion for art therapists and their clients.</p> <p>Art therapy and compassion-based therapies both recognize the value of personification. Both traditions encourage clients to participate in communication with elements of themselves. Research proposes shifting between three different seats to give voice to three sides of the self that are often at odds: the criticizer, the critiqued, and the sympathetic spectator. All stakeholders must be working to authenticate educational practices, quality control measures, and teachers.</p> <p>We draw the conclusion that MBAT has the potential to be helpful for promoting QOL and wellbeing as well as for alleviating psychological symptoms (such as anxiety, sadness), as well as physical symptoms (such as tiredness). However, since there are so few papers available for the review, further study is required. Additionally, as the majority of the trials focused on cancer survivors, more research is required that</p>



	offers MBAT to those with other chronic medical illnesses. Assuring a non-pharmacological approach to treating depression, stress, and anxiety with qualified trainers who are very effective.
Cyprus:	MBAT related training/opportunities are all to reach for you
	<p>In Cyprus, there are no specific opportunities for people who have never practiced Art Therapy or MBAT to get specific training or to be included in projects. Therefore, this project is of great importance in spreading awareness. If there is another pandemic in the future, benefits for the participants will include a reduction in loneliness and isolation, and of the experience of illness, as well as a sense of community. For instance, participants will likely see the doctor less often, and they will be able to do a lot on their own. They will be better at managing their own lives.</p> <p>MBAT has shown tremendous promise as a combination therapy modality in areas such as, stress reduction, social support, and emotional well-being. Because mindfulness and art-based treatments target the same parts of the brain, merging the two modalities into one experience may come easily to the human mind, as detailed in this review (Smalley & Winston, 2010). However, further research comparing MBAT to a control treatment, such as MBSR or conventional art therapy, is required before drawing judgments regarding its efficacy in comparison to other therapeutic modalities. This sort of study might continue to uncover how people can benefit from art therapy and mindfulness at the same time and reap the various benefits that both approaches can give.</p>
Cyprus:	Opportunities to get MBAT related practices for free
	Since its inception in the late 1940s, art therapy has evolved into a rapidly expanding discipline, with applications ranging from hospitals to prisons, in addition to many individual clinics. A typical art therapy session will involve either the art as



therapy method, in which the process of creating acts as a way of releasing feelings, or the art psychotherapy approach, in which the produced work is evaluated by the therapist and client to gain insight into their emotions (Coleman & Farris-Dufrene, 1996).

Mindfulness-Based Art Therapy, or MBAT, has recently been advocated by various progressive individuals in the field, including psychologist and writer Laury Rappaport, as a technique of blending the philosophy of mindfulness practices with the current art therapy context (Rappaport, 2009). While Mindfulness-Based Stress Reduction has long been used to help clients approach themselves and their surroundings with an open, accepting mindset and awareness that allows them to reflect on what they find, leading to a greater understanding of one's emotions and inner self, Mindfulness-Based Art Therapy aims to include the creative process of art-making in this self-exploration.

Much progress has been made in this subject so far, and MBAT practitioners believe that this approach will considerably help patients engage in treatment while also becoming a valuable contribution to the field of art therapy in the future (Rappaport, 2009). It is necessary, first and foremost, to recognize mindfulness as a low-cost but effective therapy in both the short and long term, as well as to demonstrate that people may be active participants in their own treatment.

While more research is needed to determine how effective Mindfulness-Based Art Therapy is in comparison to traditional art therapy, the practice has already begun to demonstrate its value as a healing tool in the field of psychology, where variety in methods is essential to accommodate the diversity present in humans. We are still a long way from recognizing MBAT, but the first step is to get mindfulness acknowledged as a valid and effective therapy option.

There are various foundations that grant funding for mindfulness programs, indicating that there is a recognised



	movement. There is, therefore, optimism that therapists and psychiatric hospitals will be able to provide mindfulness training for free to people suffering from traumas.
Cyprus:	Research on the effectiveness of the MBAT treatment of elderly people with mental health disorders. Explanation and breakdown of the research
	There is no research on MBAT in Cyprus or Greece. Unfortunately, the data about Art therapy is also very limited.
Cyprus:	Do you implement eco-friendly MBAT or MBAT-related methods in Cyprus?
	From our research, it seems that we do not have eco-friendly MBAT methods in Cyprus.





Spain Field Research

Spain:	The current situation of MBAT in Spain
	<p>Spain has a lot of private institutions which offer Mindfulness – based art therapy whereas government-related institutions just provide the art therapy classes. For example, recently, the Spanish government started to include art therapy in Madrid, but this is more of a workshop-based therapy. On the other hand, private institutions have various plans for their clients weekly, monthly and other kinds of packages for practicing mindfulness based on art therapy to improve mental health and overcome depression, anxiety and traumas.</p> <p>For one to enter the government-directed therapy session, one must be a Spanish citizen. This is a free therapy session but one must bring the workshop kits. For the private events and activities, it's for anyone to enter but interested individuals have to pay and book sessions either online or offline.</p> <p>It is, therefore, clear that the current situation in Spain is more accessible to people who would like to have a positive impact on their mental health through mindfulness based on art therapy.</p>
Spain:	Benefits and gains with MBAT and related methods
	<p>Unlike other verbal therapies, the use of visual and non-logocentric means can help unlock individual arrangements. Art therapy is a new discipline in Spain, offering a distinctive way of approaching psychic, social, and affective problems, using creativity and artistic creation (drawing, painting, collage, modeling, photography, etc.) as a way to approach and help patients/clients face their situation. Regarding Alzheimer's patients, it can help improve their life situation.</p> <p>In terms of the benefits of MBAT, it involves reduced stress and anxiety, improved mood and self-esteem, more fulfilling personal</p>



	relationships, deeper insight, and ways to develop compassion for yourself and others.
Spain:	Experience connected to MBAT or related methods about senior citizens.
	According to our research, we didn't find senior citizens in MBAT. It's not very usual, the usual clients in the art therapy are young children who couldn't express their feelings in words and also those who are affected by traumas. However, after Covid, the rise in the number of patients has been seen in every therapy clinic in the regions of Palma de Mallorca. The numbers don't actually suggest patients of 65+; however, in parts of Europe and UK there has seen a substantial rate of elderly people who seek mindfulness and they start with free events and online sessions until they finally get into therapy sessions, particularly for positive well-being of mental health and also mindfulness based on art therapy.
Spain:	Digital tools and content may be produced to support digital competencies/skills that may be needed to get more skilled in MBAT.
	Sukha, the Spanish website based in Madrid, uses an online medium to perform mindfulness based on art therapy focusing on young children and elderly people. They practice the most modern ways of spreading awareness about mental wellbeing through digital tools. Therapists use Zoom meetings, digital artworks, online resources like content creation (i.e., making videos about mentally relaxing tips), and coloring tasks available on the website. By this means, we can say that having knowledge and creativity in digital formats and tools will help to cope with higher proficiency and preference in their careers. It also depends on the experience in dealing with various customers over time and with different levels of intense therapies. Currently, due to



	Covid, therapists with more digital skills are getting in connectivity to a lot of people who require mindfulness through art therapy.
Spain:	Members of the network/initiatives/parties / stakeholders that may be benefited by using MBAT
	<p>Our network</p> <p>Our office is an ERASMUS network full of employees working in various positions, the benefits of mindfulness based on art therapy could be really effective to those who are subjected to more stress and pressure of the work it would be the people who are employed in higher managing positions and as well as trainers who deals with the students.</p> <p>Initiatives taken by our trainers</p> <p>The practices followed by our trainers for mindfulness are through art therapy activities. One of our trainers, Leticia Maria performs “DIOSAS [GODDESSES] - Body movement Performance” where she made a case study about how to react physically in a choreographic way to express ourselves. It's a form of MBAT which helps with body awareness, stress reduction, anger management, and anxiety disorders. Another partner of ours, Teresa Ruíz de Lobera, performs painting with live music which creates a special atmosphere, especially because of the connection between visual art and music: music and colors mix and come to life. Music can keep the emotion alive while painting. According to Teresa, thanks to music and the help of colors it is possible to represent emotions they can see the colors of the song. Through music and the help of colors, it is possible to represent emotions.</p>
Spain:	MBAT related training/opportunities are all to reach for you
	The current situation in Spain is that a lot of professionals are not local but they come from around Europe. Fascinatingly, most of the therapists who deal with mindfulness-based art therapy are



	<p>from Northern Europe and South Asians. To become efficient in art therapy, it takes nearly 6-8 years of education. It is also very expensive as the training costs are high, around 30,000 \$ per year. While the opportunities are narrow, there has been a significant rise in patients who seek mindfulness based on art therapy. Also, there has been a growth in students who aspire to join such training courses. There are not a lot of options for psychology courses in the public universities of Spain. One must pay and join private schools and colleges to pursue the courses, so training opportunities are not easy to reach.</p>
Spain:	Opportunities to get MBAT related practices for free
	<p>There are certain WhatsApp groups that are available, as well as YouTube channels and various other platforms; but they weren't for specific people. Referring to our interview with a therapist, people really don't know if mindfulness suits them as a therapy, as most of the time people with excessive thinking disorders have negative effects with mindfulness programs. So, in conclusion, it's better to approach a therapist nearby to have a therapy session that you require for your particular mental instability.</p>
Spain:	Research on the effectiveness of the MBAT treatment of elderly people with mental health disorders. Explanation and breakdown of the research
	<p>During our research interview, the therapist says that they have seen a large number of people consulting regarding traumatic and depression experiences, amplified during and after the Covid 19 pandemic. People who felt left out or depressed who had some kind of intellectual disorders were cornered by mental pressure. However, after and during the pandemic, the psychologists have reached out by helping online with mindfulness therapies and art therapies also meditation. Art supports a lot traditional physiological therapies because it allows to express more aspects, as well as to not overthink. These sorts of practices were implemented heavily on younger patients, and after Covid, that is</p>



	since the beginning of 2022, it seems that there has been a substantial rise in elderly and young patients reaching out to the private clinics in Spain to learn how to achieve mindfulness based on art therapy.
Spain:	Do you implement eco-friendly MBAT or MBAT-related methods in Spain?
	<p>In Spain, some MBAT-related methods are implemented that are more eco-friendly and in nature such as methods containing hiking, yoga and art. Among the many examples, Casa Cuadrau, a retirement home for yoga and meditation, situated in the village of Vioi in the Spanish Pyrenees, uses to offer many activities and programs for people who want to practice meditation therapies in connection with the nature, such as, among others, the '7 Days Art Therapy', and 'Hiking & Yoga Retreat'. This program includes activities such as art therapy workshops, meditation walks and hikes, meditation and yoga classes, all carried on in the Ordesa National Park or surrounding areas. Those who prefer these methods go through the therapy by taking a break, breathing and reconnecting with nature to restore their energy and rejuvenate themselves physically and mentally and experiencing inner retreat, beyond the mind and the emotions.</p> <p>Another example of activities of this kind is offered by 'Finca La Donaira' located in the heart of Andalusia. The initiative offers its guests sensory immersion experiences such as forest bathing to allow them to connect with nature and themselves and their surroundings, promoting health and wellbeing.</p>





Denmark Field Research

Denmark:	The current situation of MBAT in Denmark
	<p>There isn't anyone working with MBAT in its formal structure and description by Laury Rappaport.</p> <p>At formal level (e.g., doctors, psychologists, therapy centers, hospitals), documented methods are used and lean on research and controlled studies.</p> <p>In Denmark, mindfulness is still considered an alternative treatment, but the Association for Mindfulness is working hard to describe and rewrite the standards of membership of the association.</p> <p>By establishing the Danish Centre for Mindfulness at Aarhus University, with research and teaching in mindfulness, in order to highlight the effect and value for people with different mental health challenges, the road to dialogue with the Ministry of Health has been shorter. The expectation is that the ministry will approve mindfulness as a treatment on an equal footing with other forms of therapies that can promote people's well-being and health.</p> <p>It is no protected title to be a mindfulness teacher or trainer, and anyone who has participated in mindfulness can in principle offer mindfulness courses and training. There is therefore a desire to organize formal training for trainers and ensure certification or accreditation so that a basic level of knowledge and competence is present. This will ensure the participants' expectation of quality of treatment.</p> <p>In Denmark, art therapy is considered an independent form of therapy. Several occupational therapists use art therapy as a way to communicate with and observe the patients. The paintings and their observations are part of the doctors and psychologists' plan of treatment and path to recovery.</p>



	<p>“Art is a free space for patients and a method of communicating all that can be difficult to put into words.” Department of Art Therapy / kunstterapi.dk</p> <p>The trend in Denmark is that compassion will be an extension of mindfulness. Mindfulness is used more and more in schools for children and young people with mental health challenges to find peace, to be in relationships with others and learn more, as we do in SOSU Ostjylland.</p>
Denmark:	<p>Benefits and gains with MBAT and related methods</p> <p>At The Danish Center of Mindfulness studies and research done, living up to the strictest scientific standards, shows that, with no doubt, mindfulness helps with:</p> <ol style="list-style-type: none"> 1. Reducing stress 2. Increased compassion 3. Increased attention 4. Reducing bad thoughts 5. Increased health <p>Advantage 1: Meditation studies show that amygdala gets balanced and psychologists confirm that they experience patients getting more calmer and less reactive in stressful situations. They are convinced that individuals training mindfulness meditation on a regular basis, recover more quickly during periods of stress and peak loads that living our life offers.</p> <p>Advantage 2: According to training psychologists, mindfulness and meditation are cultivating love, care, and kindness towards other people. Studies confirm that the brain’s circuits for happiness and compassion are developed and the patients’ experience confirms a win-win situation. You feel compassion towards other people and it brings increased feelings of happiness and satisfaction in themselves.</p>



	<p>Advantage 3: Mindfulness-meditation trains the attention while both studies and experiences confirm that patients exhibit increased ability to focus and are less distractible. The patients describe how they get more productive in their working lives as well. Trainers' experiences that the effect holds on in months and years.</p> <p>Advantage 4: The continued mindfulness training reduces symptoms of depression and anxiety and the bad thoughts that accompany the disease. The reason is that "default-network" in the brain can be trained to "switch off" instead of producing bad thoughts running in circles. The default network is activated when we, e.g., drive a car, or read, where our brain isn't occupied consciously.</p> <p>Advantage 5: Patients participating in mindfulness meditation experience better health in general. Patients suffering from increased risks of physical illness benefit from mindfulness meditation. The trainers are observing teaching mindfulness-meditation to the patients at home as well, so that they don't get as ill as before entering the program, and this increases the quality of life.</p>
Denmark:	Experience connected to MBAT or related methods do you know about in senior citizens.
	<p>A senior project was conducted during the pandemic for seniors still working. The background of the project is that the life expectancy of the Danes increases and thus increases the risk of developing cognitive impairments and dementia. At the same time, there is an increasing need to maintain the ability to contribute to the workplace and in society at a higher age.</p> <p>Mindfulness og det grå guld (au.dk)</p>

**Method:**

The project recruited working people aged 60 to 65, who worked in the private labor market for a study that measured the effect of MBSR, by comparing them with a control group.

For each participant a lot was drawn, on whether you would get the training immediately or get on a waiting list and only receive training after 2 years. On that basis, effects on selected mental health markers could be investigated over a 2-year period. The markers were:

- Self-reported health and well-being
- Quality of sleep
- Cognitive level of function
- Autonomic nervous system function

At the same time, the effect on job satisfaction, sick leave and staying in the labor market was monitored.

Results:

In line with the researcher's expectations at the beginning of the project, the participants who received MBSR education experienced improved resilience compared to the participants on the waiting list. This was not only at the measurement and after 4 months after the end of the training, but also 12 months after the intervention.

The participants in the MBSR training also experienced that their self-experienced symptoms of stress, anxiety, and depression became less and that they achieved a higher satisfaction with life.

The project shows that mental health can be maintained and improved when brain functions related to cognition and stress management are mobilized.



	<p>The participants experienced sustained improvements in well-being and resilience.</p> <p>“Therein lies a great potential and an important task; to increase the understanding that we can maintain and train mental health and to make these substantiated methods available.”</p> <p><u>Frontiers Pre-retirement Employees Experience Lasting Improvements in Resilience and Well-Being After Mindfulness-Based Stress Reduction (frontiersin.org)</u></p> <p>Working people in the latter part of working life experience greater resilience and well-being after MBSR training.</p> <p>This project has aroused the interest of trade unions, companies and politicians, and can help to recognize Mindfulness as an effective method similar to the formal health services offered by the municipalities.</p> <p>A private mindfulness practitioner offers local workshops for coming senior citizens. The workshop take place in the forest and the focus is on the 3. Age. How to cope with a new and different identity and how to be useful still and experience life to be meaningful. The participants have to pay for the workshops themselves.</p>
Denmark:	Digital tools and content may be produced to support digital competencies / skills that may be needed to get more skilled in MBAT.
	<p>An app for participants should include a brief introduction about what mindfulness is and what benefits the participant can achieve by using the app. There should be a brief introduction to what mindfulness is and how the individual can train alone or with others. The app must be user-friendly</p>



and easy to use without special digital skills and it must of course be free and easy to update.

The introduction to the exercises should be short and concise and they should be simple and easy to do while being easily accessible materials, which are either available in the home or outside the door. The exercises should be accompanied by speech and underlying music, which promotes a bright positive mood. The exercises should be self-instructing with relevant pictures, videos or links that can inspire your own creativity.

It would be good to have a chat forum where participants have the opportunity to share thoughts and exercises with each other and thus establish networks based on interests or geography.

There may be a module with guided meditations that can be used in preparation for the activities, or as separate exercises if time is short and the desire for activities is not present.

After each activity, there should be suggestions for how participants themselves can work on other activities with examples, just as all activities can have level differences in method and possibility of execution both alone and with others.

Finally, there should be a briefing on where more information can be found about MBAT, mindfulness and art therapy, as well as a section on where to get help and support if the participant experiences loneliness or isolation.



Denmark:	Members of the network/initiatives/parties / stakeholders that may be benefited by using MBAT
	<p>At Sosu Ost Jylland, several teachers already work with mindfulness in the teaching of students and course participants, and common to these is that they work with elderly or disabled people. Students and course participants will be able to bring elements to their work place and help generate interest in the benefits mindfulness can provide for this group of citizens.</p> <p>One of the employees is highly educated in mindfulness from Aarhus University and educates new instructors in Denmark. She is a key employee in the project and has already introduced MBAT to the teaching network in Denmark.</p> <p>The teachers have collaborated to develop mindfulness as a theme, students can communicate in their workplaces combined with activities that are also part of the education. The expectation is that after graduation they have tools to use in the workplace.</p> <p>As a member of the Danish mindfulness association, the ambition is to share experiences and results for the project with the board and in the long term offer MBAT as an education in line with MBSR.</p> <p>The idea is to get instructors and teachers to collaborate on new research projects and work to qualify mindfulness education as a significant contribution to increased well-being among people.</p>
Denmark:	MBAT related training / opportunities are all to reach for you
	<p>Benefits for the participants will include a decrease in loneliness, isolation, the experience of being ill, and a</p>



	<p>community if there will be a new pandemic in the future. People will have tools to cope much better.</p> <p>“Participants will probably go less to the doctor, and they will be able to do a lot by themselves. – they will be better off coping with their own lives.”</p> <p>“By recognizing mindfulness as an effective tool for keeping people mentally healthy, they can be taught to manage their own lives much better, which is much cheaper for society.”</p> <p>“Interview with an instructor from the municipality of Silkeborg, teaching in MBSR; Recovering stress and back to work.”</p>
Denmark:	Opportunities to get MBAT related practices for free
	<p>It requires first and foremost a recognition of mindfulness as a cheap but effective treatment in both the short and long term, and to be able to document that the participants themselves can be active in their own treatment.</p> <p>“When the Ministry of Health has enough documentation both on the effect of the treatment but also the cost benefit society can achieve, and this has been validated by a professional panel, we will be on the right track. Hopefully this will be in the near future.”</p> <p>“Prospects for free mindfulness in general for all are more hazy.”</p> <p>“Interview with MBSR instructor from the municipality of Silkeborg, recovering stress and back to work.”</p> <p>There are several foundations that provide money for mindfulness projects, and this indicates that there is a movement towards recognition. There is a hope that psychologists and therapy centers will have the opportunity to offer mindfulness with grants in the first place, and free for citizens suffering from traumas.</p>



Denmark:	Research on the effectiveness of the MBAT treatment of elder people with mental health disorders. Explanation and break down of the research
	There is no research on MBAT.





Lithuania Field Research

Lithuania:	The current situation of MBAT in your country
	<p>In Lithuania, the situation of MBAT is very unstable. Usually is based on private initiatives, but not funded by the government, and included into the legal framework only as part of art therapy. If we talk about it as support for people with mental disorders, such people might (but not always) get MBAT related activities. The problem with the provision of psychological and social assistance was stated in some investigations and political documents too. For example, in 2016, the National Health Council stated that primary health care service teams in which social workers and psychologist had to work together with family practice physicians and caregivers did not operate in the country yet (Dėl šeimos gydytojo modelio įgyvendinimo, 2016 [On the Implementation of the Family Physician Model, 2016]). In 2017, it was stated that accessibility to mental health services was rather limited (Visuomenės sveikatos netolygumai, 2017 [Public Health Imbalances, 2017]).</p>
Lithuania:	Benefits and gains with MBAT and related methods
	<p>Main benefits connected with improvements of mental health are: reduced stress and anxiety, improved mood and self-esteem, more fulfilling personal relationships, deeper insight and ways to develop compassion for yourself and others. Moreover, as it is mentioned in Art Therapy and Mindfulness (see http://www.arttherapyandmindfulness.com/about/mindfulness-based-art-therapy/). Mindfulness practice involves self-exploration and awareness of our minds, bodies, feelings and thoughts. Art making helps us to explore what we experience and discover in our mindfulness practice. Art making is a way to express ourselves beyond words. It encourages us to be in our present moment experiences, through noticing the sensations we are experiencing. As a result, MBAT can not only help to improve one's mental and physical health, but also to know oneself better.</p>



	<p>Specifically, MBAT benefits (for more information visit https://www.verywellmind.com/mindfulness-based-art-therapy-4588189) are:</p> <ul style="list-style-type: none">• improved psychological stability• improved quality of life (QoL)• changes in brain patterns reflecting a calm, focused state of attention• thicker and more developed gray matter areas in the brain• development of neural pathways in your brain that enable you to create and focus on art making• reduced cognitive avoidance in which you become less aware of what you are thinking and doing when experiencing psychological distress• improved intuition and trust in your own body (how you are feeling and what it means)• increased emotional awareness• increased sense of control and ability to share inner thoughts• improved awareness of underlying issues that have been hidden• ability to communicate abstract feelings• increased self-esteem and self-acceptance• improved attention span <p>Finally, mindfulness-based art therapy is beneficial because it can be easier to practice than attending psychotherapy appointments (in the case of self-help MBAT). Meditation can be practiced on your own at home as can many art-based forms of mindfulness.</p>
Lithuania:	Experience connected to MBAT or related methods do you know about in senior citizens.
	<p>In accordance with the Law on Social Services, in Lithuania, social services are planned in the municipality and organized by the Social Support Departments. As a result, social service</p>



	<p>providers - municipal and non-municipal social service institutions and public organizations. Such providers usually take care of senior citizens. Every municipality of Lithuania have such services. Social service centers provide home help services, helping a person (family) manage their household. The main beneficiaries are elderly and adults with various types of disabilities.</p> <p>Also people with disability, elderly persons, and adults with physical or mental disabilities, who need assistance or require constant care during the day, are provided with day social care services at home and in an institution. In such institutions, depending on the institution's initiative, they might provide MBAT therapy. However, in Lithuania, MBAT therapy does not exist: usually, art therapy and mindfulness therapy exist separately.</p>
Lithuania:	Digital tools and content may be produced to support digital competencies/skills that may be needed to get more skilled in MBAT.
	<p>MBAT related digital tools should be as easy as possible, as a result every person (even elderly) could use it easily. It is not a secret that some seniors do not have the right IT skills; also, due to bad health (seeing, hearing and other problems), some of them are not able to use gadgets fully.</p> <p>As already mentioned, the resources most widely used by the elderly are computers and the Internet, and the type of usage is grouped into 4 categories: education, information, communication and entertainment. There were no significant differences in gender or age although differences were found in the availability of these resources for private use based on the level of education (Fombona, Agudo-Prado, & Sevillano, Angeles, 2012). Taking this into consideration, in order to use tools, only basic IT competencies (turning on the gadget, turning on the application, choosing the mode) should be needed.</p>



	<p>Fombona, Javier & Agudo-Prado, Susana & Pascual Sevillano, María Angeles (2012). Uses of Digital Tools among the Elderly. Comunicar. 20. 193-201. 10.3916/C39-2012-03-10.</p>
Lithuania:	Members of the network/initiatives /parties/ stakeholders may be benefited by using MBAT
	<p>The list of beneficiaries is very long, starting for direct target groups (seniors, people with disabilities, children and just ordinary people), ending to the whole society.</p> <p>The research shows that some of the psychological issues that have shown promise in terms of their response to MBAT include the following, particularly in people with combined physical illnesses. (See https://www.verywellmind.com/mindfulness-based-art-therapy-4588189):</p> <ul style="list-style-type: none">• anxiety disorders• eating disorders• substance abuse (relapse prevention)• depressive disorders• stress-related issues• anger-related issues <p>Beneficiaries are at,</p> <p>Local level:</p> <ul style="list-style-type: none">• 65+aged seniors• Specialist working with 65+aged seniors <p>National level:</p> <ul style="list-style-type: none">• Hospitals• Day care centers• Associations• NGO's• formal and informal education institutions



	<p>International level:</p> <ul style="list-style-type: none"> • Formal and informal education institutions from outside project partner countries • NGOs • Mental health institutions, educational institutions • Educational and public authorities at the different levels across Europe and others.
Lithuania:	MBAT related training/opportunities are all to reach for you
	<p>For people with disabilities, in order to ensuring real integration of people with mental disabilities into society and a full life, a number of specials laws and other legal acts have been adopted in Lithuania:</p> <ul style="list-style-type: none"> i. Education Law of the Republic of Lithuania (1991) – ensuring all preschool and education of school-aged children as close as possible to the place of residence; ii. Law on Local Self-Government (1994) – as an autonomous function of the municipality establishment, maintenance and cooperation with institutions providing social services public organizations; iii. Mental Health Care Act (1995) – regulating people with mental disabilities mental health care for individuals; iv. Law on Public Organizations (1995) – allowing to establish (be a founder of) companies, regulated and operating according to the laws of the Republic of Lithuania; v. Special Education Act (1998) – provides for adults with disabilities education; vi. Nursing Practice Law of the Republic of Lithuania; and, vii. The concept of social support (1994) – legally established the provision of assistance to the disabled services. <p>The Law on Social Services (1996) formed the legal basis for the development of social services.</p> <p>An art therapist works together with personal health care specialists and only in a personal health care institution that has</p>



	a personal health care license of the institution, granting the right to provide personal health care services, which according to legal acts requirements must be submitted by an art therapist together with other personal health care professionals.
Lithuania:	Opportunities to get MBAT related practices for free
	Unfortunately, for people who are younger than 65 and who might have disabilities or face other issues, it is very hard to get MBAT (or art therapy or mindfulness separately) for free. Most of the time such therapies are charged, except for rare cases that might be funded by a municipality, the government, or EU funds as part of different projects. However, such projects and fundings usually depend on the initiative of those institutions, which administer such projects.
Lithuania:	Research on the effectiveness of the MBAT treatment of elderly people with mental health disorders. Explanation and breakdown of the research
	There is just a little research about MBAT in Lithuania. Unfortunately, the data about art therapy or mindfulness is also very limited.
Lithuania:	Do you implement eco-friendly MBAT or MBAT-related methods in Lithuania?
	Unfortunately, there is no data that could be found about any eco-friendly Art therapies in Lithuania.





Türkiye Field Research

Türkiye:	The current situation of MBAT in Türkiye
	<p>Mindfulness-based art therapy is a relatively new concept for Türkiye. Contrary to art therapy, this form of therapy has not yet found much use in Türkiye and has not become widespread enough, since it is a therapy in which awareness and art therapy are used together. As it is known, this concept first appeared in the book “Mindfulness and the Arts Therapies: Theory and Practice” by psychologist and author Laury Rappaport in 2009. MBAT has not found much application area in Türkiye.. In its simplest terms, MBAT has led to its recognition as an advantageous therapy, combining the benefits of mindfulness training (for example, meditation) within an art therapy framework structure.</p>
Türkiye:	Benefits and gains with MBAT and related methods
	<p>The numerous benefits of mindfulness-based art therapy have been identified through empirical research. Some of the psychological issues (O’Grady and Wayne, 2007) that show promise for their response to MBAT include (especially in people with combined physical illnesses):</p> <ul style="list-style-type: none">• Anxiety disorders• Eating disorders• Substance abuse (relapse prevention)• Depressive disorders• Stress related problems• Problems with anger <p>Often MBAT is used in people with physical illness to address psychological concerns, including coronary artery disease (CAD) and different types of cancer. For these individuals, mindfulness-based art therapy can help lower their distress levels and improve their quality of life. Some of the specific psychological benefits of MBAT shown in the literature are:</p> <ul style="list-style-type: none">• Developing psychological stability• Improving quality of life (QoL)



	<ul style="list-style-type: none">• Changes in brain patterns that reflect a calm, focused state of attention• Thicker and more developed gray matter areas in the brain• Development of neural pathways in the brain that allow focusing and creating art• The decrease in awareness at the time of psychological distress is prevented.• Increase in emotional awareness• Increased sense of control and ability to share inner thoughts• Enhanced awareness of key hidden issues• Ability to convey abstract emotions• Increase in self-esteem and self-acceptance• Increased attention span <p>Finally, mindfulness-based art therapy is helpful because it can be easier to practice than attending psychotherapy appointments (in the case of self-help MBAT). Meditation, like many types of art-based mindfulness, can be practiced on your own at home. While this is not a replacement for interacting with a therapist, there are many cost-effective ways to apply MBAT in daily life, to combat stress and manage psychological challenges.</p>
Türkiye:	Experience connected to MBAT or related methods do you know about in senior citizens.
	<p>When the literature is scanned, we see that it is not a widely used method. We see that a limited number of sample cases and studies have been studied with elderly people over the age of 65...</p> <p>When life expectancy is taken into account, especially in countries like Türkiye, it is possible to say that individuals over 65 spend more time on self-care than art or individual hobbies and lead a more stable life. Therefore, art-therapy for the elderly is more likely to be applicable after the age of 50-55.</p> <p>On the other hand, for patients approaching the end of life, mindfulness-based art therapy can be helpful in connecting with spirituality, meaning in life, faith and peace. Although MBAT cannot help reduce the physical symptoms of the disease, it can be useful in improving emotional well-being and psychological</p>



	<p>strength in times of distress, reflecting the goals of palliative care. At this stage, the use of digital art will also be worth investigating.</p>
Türkiye:	<p>Digital tools and content may be produced to support digital competencies/skills that may be needed to get more skilled in MBAT.</p>
	<p>Digital art and its types to be used in Mindfulness-Based Art Therapies will enable the therapy to reach more individuals as well as developing digital skills. In addition, more intense digital interaction tools may be required when it is considered that it reduces the interaction between individuals. At this point, the applicability of therapy with groups gains importance.</p>
Türkiye:	<p>Members of the network/initiatives/parties/stakeholders may be benefited by using MBAT</p>
	<p>Firstly, hospitals or institutions working with Mental Health may be the main beneficiaries, as examined in depth in the study “A Randomized, controlled trial of Mindfulness-Based Art Therapy (MBAT) for Women with Cancer” of Daniel A. Monti, Caroline Peterson, Elisabeth J. Shakin Kunkel, Walter W. Hauck, Edward Pequignot, Lora Rhodes and George C. Brainard Thomas Jefferson University of Philadelphia in the USA.</p> <p>In addition, its dissemination in the art sector will contribute to the wider interest of art. Considering that art therapists work mostly with children, youth, adults and the elderly, Mindfulness Based Art Therapy would be appropriate for use by any institution that works with individuals with a wide range of difficulties, disabilities or diagnoses. These include emotional, behavioral, or mental health problems, learning or physical disabilities, life-limiting conditions, neurological conditions, and physical illnesses.</p> <p>Therefore, beneficiaries are:</p> <ul style="list-style-type: none"> • Hospitals • Mental Health Institutions • Institutions working in the arts



	<ul style="list-style-type: none">• Education sector• Institutions dealing with youth and related networks seem possible to benefit from Awareness-Based Art Therapy.
Türkiye:	MBAT related training/opportunities are all to reach for you
	It is difficult to say that all of the opportunities and training related to Mindfulness-Based Art Therapy are very easily accessible. When the literature is scanned, very few studies and applications for Mindfulness-Based Art Therapy are seen. This result makes the studies and practices for Mindfulness-Based Art Therapy more valuable and innovative. Therefore, every study to be done in this field, every content to be produced will be very valuable.
Türkiye:	Opportunities to get MBAT related practices for free
	When the literature is scanned, there is no way to get MBAT related applications for free. Reasons such as the low number of specialists using Mindfulness-Based Art Therapy and the fact that it is not a frequently preferred therapy when needed can be seen as the cause of this situation. Therefore, any work to be done and the content to be created for Awareness-Based Art Therapy will be very valuable. The contents to be delivered after extensive dissemination activities will also fill a large gap in the field. The studies to be done for the recognition of the therapy and the content to be presented will cause it to be more known and preferred by more specialists.
Türkiye:	Research on the effectiveness of the MBAT treatment of elderly people with mental health disorders. Explanation and breakdown of the research.
	Mindfulness-Based art therapy is a relatively new concept in Türkiye. Contrary to art therapy, this form of therapy is a therapy in which mindfulness and art therapy are used together. This concept was first mentioned by psychologist and author Laury Rappaport in 2009 in the book Awareness and Art Therapies. In its



	<p>simplest terms, MBAT combines the benefits of mindfulness training (for example, meditation) within an art therapy framework. In this article, there is information about what mindfulness-based art therapy is and its uses.</p>
Türkiye:	Do you implement eco-friendly MBAT or MBAT-related methods in Lithuania?
	<p>A recent study (Smith, 2022) published in the journal Environment and Behavior points out that mindfulness exercises lead to greater engagement with nature and pro-environmental behaviors¹. It can be said that more careful people are better environmentalists.</p> <p>It also enables us to manage our emotions and thoughts more consciously, and that awareness is associated with positive mental outcomes.</p> <p>Therefore, the artistic activities that are carried out include some activities that overlap with the MBAT approach, consciously or unconsciously. Studies carried out in this context are often carried out in direct interaction with nature. Individuals who are in contact with the environment and nature in their activities also care about sustainable art. Ph.D. student Scott M Pickett explains that Mindfulness strengthens attention and awareness, which can lead people to become aware of nature, the environment, and/or information about climate change (Pickett S. M., et al., 2022).²</p> <p>For this purpose, most of the MBAT-based activities carried out in Türkiye involve an environmentally friendly method. Artistic activities, especially with elderly individuals, include workshops that are intertwined with nature and use nature as the main theme.</p> <p>It is observed (Cuncic, 2021) that the participants are more aware of the environmental cycle after the activities and their tendency to engage in environmentally friendly behaviors increases. It is seen that the intensity of emotion that develops in the direction of awareness includes the interaction with the environment with</p>



which they first come into contact. The most important benefit of the MBAT philosophy is that we see an increase in the tendency to social sensitivities in emotions and behaviors in connection with mental results.





Poland Field Research

Poland:	The current situation of MBAT in Poland
	<p>In Poland, MBAT, combining the benefits of mindfulness training and the framework of art therapy structures, is virtually unrecognized. It is definitely more often pointed to and talked about in art therapy.</p> <p>In medical treatment in Poland, art therapy is an important component of therapeutic activities in psychiatric wards (in-patient wards and day care centers), ZOL-e (Care and Treatment Centers), geriatric wards, rehabilitation wards (neurological rehabilitation, orthopedic rehabilitation), alzheimer's wards (dementia treatment).</p>
Poland:	Benefits and gains with MBAT and related methods
	<p>Art therapy with mindfulness, and other related activities (music therapy, occupational therapy, theater therapy, fairy tale therapy, film therapy, choreotherapy, relaxation, art therapy), are an essential element in the patient's return to full health, or getting as much improvement as possible.</p> <p>Through active participation in the above-mentioned activities, patients have the opportunity to focus their attention on creative and imaginative artistic activities, which enables them to find pleasure and joy and distracts them from ailments that are often long-lasting and dominant in their daily lives.</p> <p>There is a marked improvement in the overall level of satisfaction with daily life, and in a great many cases patients discover new possibilities they never saw before.</p> <p>New life goals emerge, as often new artistic interests stay with them for the rest of their lives. They are eager to share their joy related to their art with medical personnel (doctors, nurses), and their families. They emphasize , they are less focused on chronic pain complaints.</p>



Often this creative activity combined with mindfulness becomes a filling of free time, and the resulting works are used to give gifts to others.

Artistic activities using elements of mindfulness have a natural stress-relieving effect on the elderly and those with multimorbidity, who often feel lonely, estranged from their families (this type of stress affects sleep disorders, and the relaxation associated with mindful art therapy restores regular, healthy sleep).

Attentive Contact with art improves concentration in everyday life, awakens creative thinking and action.

The most frequently mentioned psychological problems for which the beneficial use of mindfulness-based art therapy is confirmed.

- Anxiety disorders
- Eating disorders
- Substance abuse (relapse prevention)
- Depressive disorders
- Stress-related problems
- Anger issues

The benefits of MBAT, demonstrated in the literature, include:

- Improving mental stability
- Improving quality of life (QoL)
- Changes in brain patterns reflecting a calm, focused state of attention
- Thicker and more developed areas of gray matter in the brain
- The development of neural pathways in the brain that enable creation and focus on art making
- Reduced cognitive avoidance, in which you become less aware of what you are thinking and doing when you experience mental stress
- Improving intuition and confidence in your own body (how you feel and what it means)



	<ul style="list-style-type: none"> • Increased emotional awareness • Increased sense of control and ability to share inner thoughts • Increased awareness of the underlying problems that have been hidden • Ability to communicate abstract feelings • Increase in self-esteem and self-acceptance • Improvement of attention
Poland:	Experience connected to MBAT or related methods do you know about in senior citizens.
	<p>Art therapy and occupational therapy are used in psychiatric wards, neurological and orthopedic rehabilitation wards, as well as in psychiatric ZOL wards, where virtually 100% of patients are over the age of 65.</p> <p>There is a lack of specific and comprehensive data on this subject in the available literature, professional articles, and specialized publications.</p>
Poland:	Digital tools and content may be produced to support digital competencies/skills that may be needed to get more skilled in MBAT.
	The application for smartphones, providing different kinds of art-related activities for seniors.
Poland:	Members of the network/initiatives/parties/stakeholders may get benefit to use MBAT
	<ul style="list-style-type: none"> • Hospitals • Treatment facilities • DPS • Educational and training institutions • Universities of the Third Age • Retirement Homes



Poland:	MBAT related training / opportunities are all to reach for you
	No educational offerings (training, courses, workshops, postgraduate studies and others) on mindfulness-based art therapy. Proposed offerings include art therapy (postgraduate studies, 2 or 3 semesters) and courses and workshops, MBSR, MBCT, MBLC.
Poland:	Opportunities to get MBAT related practices for free
	No data is available.
Poland:	Research on the effectiveness of the MBAT treatment of elderly people with mental health disorders. Explanation and breakdown of the research.
	No data available.
Poland:	Do you implement eco-friendly MBAT or MBAT-related methods in Poland?
	MBAT is virtually unknown in Poland. Information on this form of therapeutic action is minimal, practically unavailable. Thus, it is impossible to provide reliable information on the use of eco-friendly MBAT in Poland.





Summary/Conclusion

The in-depth investigation of partner countries revealed crucial information regarding the current situation of MBAT in partner countries.

In Cyprus, MBAT is not used based on the definition and principle proposed by Laury Rapport. Art therapy is used but its scope is limited. According to the Cypriot report, MBAT use can be supported by creating an application that includes guidance on how to practice it. Doing this can benefit those with fewer opportunities. In Cyprus, more research is needed for MBAT.

In Spain, only private institutions offer MBAT. The training for MBAT training is long and expensive so opportunities to receive education is limited. Spain is also face with an increase in the number of young and elderly people visiting the private clinics to receive MBAT after the COVID-19 explosion.

In Denmark, MBAT is also not used in line with the definition and principles proposed by Laury Rapport. Mindfulness is used as a treatment option but still needs time for determining standards. Art therapy is also used as a method independent from mindfulness. Like Cyprus, Denmark also proposed the use of an application that includes guidance for MBAT. The MBAT practices should be arranged in an inclusive way where people with fewer opportunities can access.

In Lithuania, the situation regarding MBAT is unstable. Like Spain, only private institutions offer MBAT. Like Cyprus and Denmark, Lithuania also offered the use of an application that requires basic IT skills. The research needs in the area of MBAT are also highlighted in Lithuania.



In Türkiye, similar to all other countries, MBAT is not used widely. Unlike other countries, Türkiye also raised the importance of face-to-face interaction in therapies, thus suggesting careful use of digital tools. Türkiye proposed that the more visibility of MBAT might ease the access of it to those with fewer opportunities. And in line with other countries, Türkiye suggested more research about the use of MBAT.

In Poland, MBAT is also not used widely (similar to other countries). Art therapy and occupational therapies stand as popular approaches for patients over the age of 65. In line with the majority of countries, Poland also put forward the necessity of developing applications for smartphones. Poland also mentioned the lack of educational opportunities and research for MBAT.

To sum up, it is obvious from the reports of partners' countries that MBAT is not a common method and also when applied it is used with different definitions and principles (compared to the definition provided by Laury Rapport). This highlights the emerging need to make a clear definition regarding the MBAT. It is also obvious that access to MBAT (when available) is limited since only the private organizations provide MBAT practices. It seems crucial to raise awareness among governments and trigger the free access opportunities to MBAT related practices. The creation of applications for smart phones can enable free access to MBAT, especially for seniors who experience transport obstacles as well. Last but not least, more research about MBAT and MBAT for seniors is needed in respective countries.



Case Studies/Implementations:

Cyprus Contribution

Spain Contribution

Denmark Contribution

Lithuania Contribution

Türkiye Contribution

Poland Contribution

Introduction

The following section provides case studies regarding the implementation of MBAT in respective countries, including Cyprus, Spain, Denmark, Lithuania, Türkiye, and Poland. Throughout these case studies, detailed information about the approach, methodologies, the process of using the approach, and the way MBAT is helping the mental health sector are discussed. Each country provided country-specific case studies that aim to discuss the points highlighted above.



Cyprus Case-Studies

Title of Case Study 1:

Chrystalla Kamenou Practice

Partner Proposing:

STANDO LTD

Where Case-Study has/is being implemented:

Cyprus

Description of the approach/tool or resource:

For the last 13 years, Chrystalla Kamenou has held her private practice working individually with people who face issues of self-confidence, stress, interpersonal relationship difficulties, trauma, behavioral problems, mental health difficulties and have a general need of self-exploration in a creative manner. Furthermore, she is a clinical supervisor to other art therapists. Additionally, she cooperates with the Nea Eleousa Institution, which hosts people with special needs. In the past she collaborated with the Ministry of Education (OAP and DRASE) organizing and delivering short-term workshops for elementary school children aiming at the development and strengthening of skills, like cooperativeness, problem solving, self-confidence and expression of feelings.

Briefly explain tools /methodologies that it includes:

- Painting
- Collage
- Constructions

Briefly explain how are these tools/technologies used:



The nature of the activities (painting, collage, constructions) and the use of materials such as paints, clay, and constructions make the art therapy more child friendly. The child, in front of the view of familiar and pleasant materials, begins to interact with them and explore new possibilities, thus making the presence of the therapist more acceptable.

How MBAT or MBAT related approach is helping the mental health sector

- improved psychological stability
- improved quality of life (QoL)
- changes in brain patterns reflecting a calm, focused state of attention
- thicker and more developed gray matter areas in the brain
- development of neural pathways in your brain that enable you to create and focus on art making
- reduced cognitive avoidance in which you become less aware of what you are thinking and doing when experiencing psychological distress
- improved intuition and trust in your own body (how you are feeling and what it means)
- increased emotional awareness
- increased sense of control and ability to share inner thoughts
- improved awareness of underlying issues that have been hidden
- ability to communicate abstract feelings
- increased self-esteem and self-acceptance
- improved attention span

Website link:

-

Name of Institution/ Case study:

Mandala

**Title of Case study 2:**

Mandala: Art studio & art therapy center

Partner Proposing:

STANDO LTD

Where Case-Study has/is being implemented:

Cyprus

Description of the approach/tool or resource:

The center was founded by an experienced Visual Psychotherapist, Elina Souglidou. The workshop offers colour therapy, art therapy, MBAT / or visual arts classes for children, groups for adults and art psychotherapy. Art Psychotherapy is a form of psychotherapy based on the use of materials and colors and the therapeutic relationship, through which the creativity and emotional expression of the individual is encouraged.

Briefly explain tools /methodologies that it includes:**Briefly explain how are these tools / technologies used:**

As the treatment progresses, the child manages to express his fears, desires and dreams without censorship, while rejoicing in his creations and feeling pleasure and satisfaction. Art Psychotherapy and MBAT is useful for people who have difficulty expressing themselves in words about what they are feeling or thinking. The main goal of treatment is to encourage the externalisation of the feelings and problems of each individual.

How MBAT is helping the mental health sector



Gesy only offers access to clinical psychologists and psychiatrists, who focus on the study of mental disorders, and in case of the latter, prescribe medication, whereas counseling psychologists help people address emotional, social, and physical stressors in their lives while in treatment. This makes it difficult to offer services to people with mild depression or anxiety disorders, social and emotional issues, or long term and terminal illnesses. Therefore, a more light form of therapy, MBAT, allows people to have a lighter introduction to therapy and then be able to further be advised to therapists and psychologists.

Website link:

<https://yellow.place/en/mandala-nicosia-cyprus>
<https://www.facebook.com/mandalastd/>

Name of Institution/ Case study:

Mandala

Title of Case study 3:

Νεφέλες: Κέντρο Εικαστικής Θεραπείας - Art Therapy Center
Nefeles (Clouds)

Partner Proposing:

STANDO LTD

Where Case-Study has/is being implemented:

Cyprus

**Description of the approach/tool or resource:**

They use art therapy with students (elementary, middle and high schools), with subjects suffering from mental disorders, hearing problems, blind, detainees, immigrant women, asylum seekers and political refugees. In 2018, they founded the first art therapy center in Cyprus, called Nefeles, Clouds where people of all ages have the opportunity to express themselves freely and creatively, to develop their skills and wellbeing. The activities of the center fall in the field of art aimed at welfare. The center offers Art Therapy sessions for children and adults, group or individual, mother-child sensory play groups, and experiential laboratories on a monthly basis. It also hosts people who wish to use the space for painting (Open Studio), as well as introductory workshops, seminars, conferences, etc. "In addition, they conducted numerous art therapy seminars for children and adults, educational laboratories and workshops. Lenia is the coordinator of educational programs and seminars Messy Play: Sensory play & art therapy as a tool for development.

Briefly explain tools /methodologies that it includes:

They use Sensory play & art therapy techniques for treating patients. Sensory play involves any activity that engages your young child's senses: touch, smell, taste, movement, balance, sight and hearing. Sensory activities stimulate inquiry and naturally inspire youngsters to employ scientific procedures when they play, create, examine and explore. The therapist creates a supportive container which integrates art: sensitive exploration of the art images created. They also aim to integrate mindfulness techniques, e.g., mindfulness teachings, guided meditations.

Briefly explain how are these tools / technologies used:

Mindfulness- and acceptance-based interventions – including DBT, ACT, MBSR, and MBCT are used in a combination of art therapy techniques, like Collage, Colouring, Doodling and scribbling and Drawing.

How MBAT is helping the mental health sector



An overly clinical approach to mental health services can do more harm than good, especially during a period of widespread public mental ill-health, the Pancyprrian union of psychologists argued in a recent press release. MBAT is slowly changing the way we approach therapy as it is a freer method that also engages with creative practices.

Website link:

<https://www.facebook.com/nefeles.artherapy>

Name of Institution/ Case study:

Nefeles





Spain Case-Studies

Title of Case Study 1:

DIOSAS (GODDESSES) - Body movement Performance

Partner Proposing:

Education In Progress

Where Case-Study has/is being implemented:

Different locations, Casal de les Dones (House of Women - cultural center).
Palma. Mallorca. Spain

Description of the approach/tool or resource:

OBJECTIVES:

Questioning archetypes through in-depth analysis of the characteristics of the Goddesses to recognize our own personal characteristics. The objective is to identify which aspects we have to work on and which are our skills already developed. Once we become aware of that, we start representing ourselves as individuals through body expression.

Body expression improves emotional intelligence, that is the ability to effectively communicate emotions and ideas and to become aware of them. Through GODDESSES workshops, participants can become aware of their disorders and negative issues and learn how to manage and to communicate their feelings.

Performance art, also known as action art, always goes hand in hand with personal experience, and has to be considered as a tool for self-exploration.

"GODDESSES" is a body movement performance project whose aim is to explore human sensations through confrontational body language based on the structure of the attributes of the 7 classical Goddesses in order to review these models, question them and generate new interpretations of ourselves. This thanks to the direct testimony of the participants who will have to answer questions about their physical and mental condition at the time of the performance. Questions about their emotions, what they feel at that moment, how it makes them feel and how their body reacts will be the starting point of the experience.



Why do some women value marriage and family above all, while others attach more importance to independence and self-fulfillment? Why does the same woman behave, depending on her environment, as an extravert or an introvert?

These and many other questions have arisen throughout the "DIOSAS" project constituting the starting point for the discovery of oneself and the social conditionings that influence our daily life.

Through the performative workshop sessions, participants come into contact with their inner world helping to reflect the collective and plural sphere and helping at the same time to improve the feelings of sharing and reciprocity among the participants.

Depending on the needs of the participants, one of the Goddesses will be chosen and worked with those attributes.

Briefly explain tools/methodologies that it includes:

WORKING METHODOLOGY

Depending on the needs of the participants, we will choose one of the Goddesses and work with those attributes.

It is considered appropriate to work in 2 sessions of 2 hours each.

PHASE 0: VIEWING OF THE BASIC VIDEOS.

The videos are shown in the multi-purpose room and serve as a starting point to introduce the workshop concept.

PHASE 1: CONTACT WITH THE ATTRIBUTES TO BE DEALT WITH.

Based on the reading of Jean Shinova's of Jean Shinova Bolen's text "*The goddesses of every woman*", an extract of the concepts to work on is made through a series of questions in relation to each one of the attributes of each Goddess. Once participants are familiar with the attributes of each goddess, they will respond on their own to the inputs provided with the descriptions of the goddesses with movement, internalizing and creating a choreographic phrase.

QUESTIONS FOR THE PARTICIPANTS, depending on the archetype of the goddess.



In this case, an attribute of Athena has been taken.

-How do you feel when you fight?

-When, at what point in your life? At what moment did you feel threatened and had to fight?

-Why, what were the reasons that triggered this fight?

-How did you fight? In what way did you do it?

-How did you feel?

-What consequences did it bring you? Changes, traumas, breakthroughs, depression, break-ups, wounds, self-improvement...

PHASE 2: BODY PERCEPTION.

Through exercises of:

-body awareness,

-spatial trajectory,

-contact with the other and

-relationship with the object.

Represent by means of a short daily action, this moment of struggle, until it is fixed by means of movement or micro-choreography, being able to reproduce it in time. It is possible to include an everyday object, and the styling of the costumes must be taken into account.

PHASE 3: SETTING THE ACTIONS.

The participants will have to memorize these actions bodily by means of a choreographed phrase, in order to be able to act on set or in a photographic studio with a white background.

PHASE 4: RECORDING THE ACTIONS.

The micro-actions are recorded on a white background with a video camera and studio lighting.

PHASE 5: VIDEO EDITING.

The best shots are selected, the image is retouched and the video is edited.

PUBLIC EXHIBITION.

An event can be held in the House of Women (cultural center), making it coincide with the publication of the proposal on the website, exhibition halls, museums or institutions through exhibition and public display.

**Briefly explain how are these tools / technologies used:**

Technical requirements:

- Large space or room, (optional with mats).
- Video projector.
- Sound equipment.
- Space for the show or exhibition that is available.

If the space does not have the technical equipment, the workshop will be reduced to the practice of the performance, without recording the actions and without projecting the base video.

How MBAT is helping the mental health sector

Numerous benefits have been identified, as follows:

- anxiety disorders
- depressive disorders
- stress-related issues
- anger-related issues

Thanks to Body movement Performance the participants gradually manage to get in touch with their inner self, working first on the recognition of emotions and then on their management. In these days characterized by the covid-19 pandemic that is causing many psychological uneasiness, this activity can be considered a good practice to stem the negative effects brought by the virus and therefore is in continuity with the aims of the project MBAT.

Website link:

superleticiamaria.wixsite.com
<https://superleticiamaria.wixsite.com/diosas>

Name of Institution/ Case study:

Leticia María. "DIOSAS"

**Title of Case study 2:**

Mindfulness in the Museu Nacional through meditation

Partner Proposing:

Education In Progress

Where Case-Study has/is being implemented:

Barcelona, Spain, Museu nacional d'art de Catalunya

Description of the approach/tool or resource:

Mindfulness in the Museu Nacional. The Museu Nacional d'Art de Catalunya has organized the course "*Mindfulness and comprehensive self-care*" for its employees in order to improve the well-being of them. Sometimes people tend to go into "automatic" mode, instead of being aware of what they are living in the present. In this way, people may become dispersed and their senses disconnected. The aim of the course is to provide employees the tools to face and to manage situations of stress and to help in emotional regulation. The course has been organized for those who wanted to learn how to stop the noise in their mind, to manage stress, to better reconcile the working life with the family and to focus on a task and not become dispersed in many tasks at the same time.

Briefly explain tools /methodologies that it includes:

The 3 emotional regulation systems are used for the case study:

- Threat system
- Achievement system
- Calm-connexion system

The threat system is activated when we detect possible dangers or threats. It is a fast-acting system that provokes stress, anxiety, anger, indignation, etc. The achievements system is the one that drives us to seek the satisfaction of tangible and intangible desires and needs. When we achieve our goals, it gives

**Title of Case study 2:**

us pleasure and a sense of well-being. From this system we connect with emotions of pleasure or excitement related to stimulation.

When the calming system is activated, we connect with positive feelings, we feel safe. From this system we connect with emotions of well-being that are not related to internal stimulation and that provide a sense of peace and security.

Often in the whirlwind of work, we live in a stressful atmosphere, with deadlines to meet and feel surrounded by threats.

The use of non-violent interpersonal communication is also important. In nonviolent communication, the important thing is not who is right, the important thing is the needs. Both one's own needs and those of others. Feelings are not caused by others, they are caused by the unmet needs themselves. In nonviolent communication, all needs have the same value, both our own and those of our interlocutor.

Finally we end up being able to do or request something to satisfy our needs. It is important to make a request and not a need. With a request, you activate the calm connection system, the other person sees it as an invitation and cooperation. With a request, the fight system is activated and can cause feelings such as: submission, opposition, resentment, rebellion.

Briefly explain how are these tools/technologies used: None

How MBAT is helping the mental health sector

After 6 Mindfulness sessions characterized by meditation and contemplation of artistic works, participants have learnt to be aware about situations where they put themselves in automatic mode making external concerns their own. Participants have learnt to accept worries and don't resist them inspired by the suggestive and creative atmosphere of the museum and the works it houses. By activating the "being mode" they are able to regulate their emotionality.

Website link:

**Title of Case study 2:**

<https://blog.museunacional.cat/en/mindfulness-in-the-museu-nacional/>

Name of Institution/ Case study:

Museu nacional d'art de Catalunya

Title of Case study 3:

Painting on the music

Partner Proposing:

Education In Progress

Where Case-Study has/is being implemented:

Different locations (better if equipped with music instruments), Spain

Description of the approach/tool or resource:

This methodology offered by Tereza Ruiz de Lobera is a mindfulness activity using art as a tool, both painting and music. This technique aims to express feelings, to recognize them and to find a new emotional balance.

Tereza created this technique, which consists of having the participants in her workshop listen to 4 different types of melodies that can remind some basic emotions, like Sadness, Anger, Happiness, Serenity. The type of melody can be adapted to reduce different symptoms that we want to deal with. In case of the psychological effects caused by Covid-19 lockdown, and pandemic in general, we can list depression, anxiety, loneliness, fears.

After listening to a melody, a silhouette of one of the participants will be painted and, at the end of listening, participants will have to express their feelings by painting over the silhouette about how they felt while listening to the melody.



Painting following the live music will help them recognise emotions and find a new place for them in our soul/heart.

The main goal is to bring people to meditation, which is why we can recognise this method as so-called art therapy. Painting is experienced as an unconscious, beautiful, meditative and celebratory action. It is an art for everyone, nobody needs to have any special skills.

Briefly explain tools/methodologies that it includes:

According to Teresa, through music and the help of colors it is possible to represent emotions. By listening to the music, participants perceive the intensity of their emotions, which will lead them to focus also on the movement of their arms while painting.

To carry out this session, we need:

Canvas/sheets/cardboard for painting
Brushes and paint
Stereo or speaker for live music.

Briefly explain how are these tools / technologies used:

The session is divided into the following parts:

Phase 1: Introduction to the session: we explain what we are going to do and why. In this section we introduce the basic principles of Mindfulness, so as to invite participants to live "Here and Now" and feel their emotions and leave them there, to naturally place themselves in the right place within us.

Phase 2: Participants lie down on the floor with their eyes closed and listen to 4 different types of melodies. The 4 melodies will remind them of and 4 different types of emotions Sadness, Anger, Happiness, Serenity and they will have to try to understand which part of the body their emotion comes from.

Phase 3: Participants will have to draw the outline of the other participants on a sheet or piece of cardboard. Then with paints and their hands/brushes they



will paint the spot where they felt a certain emotion. Each emotion will be represented with a different color.

Phase 4: At the end of the session they share the thoughts and emotions they felt. Sharing is not compulsory for those who do not feel up to it, but it is nevertheless an opportunity to start a constructive and reflective dialogue, where respect for others and for the individual's point of view are the key principles.

How MBAT is helping the mental health sector

Numerous benefits have been identified, as follows:

1. Reducing stress and managing anxiety
2. Controlling fear
3. Learning to concentrate and ignore distractions
4. Encouraging creativity
5. Approaching the experience with curiosity and open-mindedness
6. Learning to calm down when feeling angry or upset
7. Encouraging kindness and compassion towards oneself
8. Reducing self-criticism
9. Consciously relaxing work-related muscle tensions
10. Developing psychosocial skills such as patience, humility, joy for the well-being of others, generosity, diligence and equanimity
11. Living with kindness and in balance with others and the environment.

Painting with live music creates a special atmosphere, especially because of the connection between visual art and music: music and colors mix and come to life. Music can keep the emotion alive while painting.

Through this activity, participants have the opportunity to explore their inner world as well as begin to understand the bond that holds together what they have felt while listening to music and what they have actually managed to express through painting. A greater knowledge of ourselves and of the emotions that continually pervade us have a positive effect on our ability to deal with negative situations, especially in a difficult period such as that characterized by the pandemic. For this reason, the activity can be considered



a good practice because it aims to achieve the same objectives contained project MBAT.

Website link:

<https://teresaruizdelobera.com/art-en-viu/>

Name of Institution/ Case study:

Teresa Ruíz de Lobera (visual artist)





Denmark Case-Studies

Title of Case Study 1:

MBSR and MBKT studies for young people suffering from stress, anxiety, depression and dissatisfaction during the Covid19 pandemic

Partner Proposing:

SOSU OJ

Where Case-Study has/is being implemented:

Denmark, Aarhus region

Description of the approach/tool or resource:

Live Online study conducted by Aarhus University on Zoom, 8 weeks with mindfulness, yoga, meditation and teaching about stress, communication and perception. For 36 people

Online in break out rooms 2- 3 participants at a time and common online room to discuss and train

Survey and questionnaire before and after the study.

Homework in between sessions

Qualitative interview in the middle and at the end of the course with 3 participants at a time.

Briefly explain tools /methodologies that it includes:

In the MBSR programme mindfulness is a “secular” form of meditation, which uses a variety of different techniques, which interferes with established body, mind and everyday habits (Lea et al.2015).

Briefly explain how are these tools/technologies used:



Through various exercises, such as body scans, meditations with the focus on noise, thoughts, body, feelings, meditation, walking and yoga exercises, the participants are able to “tap into” their habits. The exercises enable a cultivation of a relation to oneself, which makes it visible the hidden habits.

How MBAT is helping the mental health sector

Website link:

www.mindfulness.au.dk

Name of Institution/ Case study:

Aarhus Universitet

University of Aarhus the Danish Center of Mindfulness and Institute of clinical medicine

Title of Case Study 2:

Mindfulness and “~~I~~the gray gold” (seniors between the age of 60 – 65.)

Partner Proposing:

SOSU OJ

Where Case-Study has/is being implemented:

Denmark, Aarhus region

Description of the approach/tool or resource:



The background of the project is that the life expectancy of Danes is increasing, thus increasing our risk of developing cognitive impairment and dementia at some point. At the same time there is an increasing need for us to maintain the ability to contribute in the workplace and in community life over the years.

In total 82 seniors participated in the study. The project started in November of 2019.

Briefly explain tools/methodologies that it includes:

The project recruited working people in the private labor market in the age between 60 and 65 for a study that measured the effect of MBSR by comparing it to a control group.

For each participant, lots were drawn, whether you would get the MBSR training right away, or be put on a 2 year waiting list. On that basis, over a 2-year period, effects on selected markers for mental health could be investigated. Selected markers were:

- Self-reported health and well-being
- Quality of sleep
- Cognitive level of functioning
- The function of the autonomic nervous system

At the same time, they followed the effect on job satisfaction, sick leave and staying in the labour market.

Briefly explain how are these tools/technologies used:

Through various exercises such as body scans, meditations with the focus on noise, thoughts, body, feelings, meditations walking and yoga exercises, the participants are able to “tap into” their habits. The exercises enable a cultivation of a relation to oneself, which makes it visible the hidden habits.

The MBSR intervention was performed by an experienced MBSR teacher from the Danish Center of Mindfulness. The MBSR is a standardized curriculum-based program, where the participants learn different training methods (relaxation, meditation, yoga) and receive materials (audio files with guided exercises) to do at home training.



The standard delivery of MBSR is a row of group sessions:

8 weekly 2,5 hours sessions + 1 day

45 minutes daily training at home

The Participants are encouraged to continue their at home training after the course to maintain their mental health

In this study the first 5 weeks were held as planned, but Covid19, changed the rest of the course. The rest was held as online sessions and the intensity was retained. Because of COVID19, it was decided to develop and offer a series of monthly “booster follow-ups” to support the continuing practice for the participants.

Due to lockdown the study continued with online boosters for 10 months, with high value because many of the participants were isolated. The monthly booster sessions had a duration of 2 hours every month and more than a third participated. The curriculum was similar to the weekly meetings, and group discussions also about COVID-19.

How MBAT is helping the mental health sector

In this study the participants experienced improved resilience compared to the waiting list group. Their self-experienced symptoms were stress, anxiety and depression were lower and their quality of life increased.

Website link:

[Mindfulness og det grå guld \(au.dk\)](https://www.mindfulness.au.dk)

[Grænser | Førtidspensionister oplever varige forbedringer i modstandsdygtighed og trivsel efter mindfulness-baseret stressreduktion | Psykologi \(frontiersin.org\)](https://www.frontiersin.org)

www.mindfulness.au.dk

Name of Institution/ Case study:

Aarhus Universitet

University of Aarhus the Danish Center of Mindfulness and Institute of clinical medicine





Lithuania Case-Studies

MBAT4SENIORS: Mindfulness Based Art Therapy as Effective Tool to Improve Mental Health of Seniors in the context of COVID19 pandemic

Title of Case Study 1:

Antakalnis Outpatient Clinic

Partner Proposing:

ERCC

Where Case-Study has/is being implemented:

Online mindfulness morning meetings (course) for all registered participants.

Description of the approach/tool or resource:

Antakalnis Outpatient Clinic offers remote morning Mindfulness meetings, during which patients learn how to feel their body states, thoughts, emotions, stop, touch and name what is important and valuable to us in life. Mindfulness classes help to learn to accept both pleasant and unpleasant things in the psyche and in life. Group size - 10-12 people. Classes start at 8:30 p.m. Duration of classes - 1.5 hours. A total of four- five sessions are planned.

Briefly explain tools /methodologies that it includes:



Classic mindfulness ideas are used during the course. Courses are divided into several meetings:

I "Hear yourself and the environment." In this session, we will learn what mindfulness is, learn to be conscious in the "here and now" moment, notice the environment around us, and become aware of what is going on in our own bodies.

II "Feel your body." During this activity we will strive to consciously observe our body and its senses, we will test the practice of conscious eating. For this activity, we invite you to have one dried fruit (or piece of fruit) that you normally consume.

III "Stay anxious." In this session, we will discuss how attentive awareness can help us cope with the anxiety we are experiencing, and we will learn to observe and accept the anxious thoughts we face. Together, we will explore how attentive awareness can help us survive in the changing circumstances of life and learn to realize that we are more than the circumstances that surround us.

IV "Be sad." In this session, we will explain how the practice of attentive awareness can help you cope with the feeling of sadness, and what the benefits of being able to accept your own sadness can be. During the practical sessions, we will learn to cope with unpleasant events in life through experience and will practice how to cope with difficult emotions during difficult periods of life.

V "Consciously experience yourself in everyday life and in the flow of life." During the session, we will learn to look again at who we really are, at our attractive and unattractive qualities, and at the question of what is really important to us in life.

Briefly explain how are these tools/technologies used: None

How MBAT is helping the mental health sector

The effects of attentive mindfulness meditation have already been proven in many studies. This practice helps to strengthen the psyche and body, reduces stress, strengthens compassion and improves memory. Provides an



opportunity to better understand yourself and others, to experience and enjoy the moment here and now, and to learn to practice it outside the courses.

Website link:

<https://www.antakpol.lt/en/>

Name of Institution/ Case study:

Antakalnis Outpatient Clinic is a non-profit public healthcare institution of Vilnius city municipality established in 1983. Over the decades, the Outpatient Clinic has gained invaluable experience, grown and improved.

Title of Case study 2:

M. K. Čiurlionis Art Museum art therapy classes

Partner Proposing:

ERCC

Where Case-Study has/is being implemented:

At the M. K. Čiurlionis Art Museum, V. Putvinskio g. 55, Kaunas

Description of the approach/tool or resource:

The Museum invites everyone who wants to manage stress, is looking for new ways of self-knowledge, is interested in art, psychology or just wants a new look at M. K. Čiurlionis' work in free art therapy classes at the M. K. Čiurlionis Art Museum.

Note: Mikalojus Konstantinas Čiurlionis (Polish: Mikołaj Konstanty Czurlanis; 22 September [O.S. 10 September] 1875 – 10 April [O.S. 28 March] 1911) was a Lithuanian painter, composer and writer.



Čiurlionis contributed to symbolism and art nouveau, and was representative of the fin de siècle epoch. He has been considered one of the pioneers of abstract art in Europe. During his short life, he composed about 400 pieces of music and created about 300 paintings, as well as many literary works and poems. The majority of his paintings are housed in the M. K. Čiurlionis National Art Museum in Kaunas, Lithuania. His works have had a profound influence on modern Lithuanian culture.

Briefly explain tools /methodologies that it includes:

Therapeutic classes will invite you to a meeting not only with the wonderful paintings of M. K. Čiurlionis, but also with yourself. By meditatively observing works of art, participants will go deeper into your self-understanding, acceptance, and analysis of emerging interpretations. Based on metaphors, images, colors and shapes, draw, create your own paintings, and the path of cognition will be accompanied by art therapist Sigita.

Art therapy is a great activity for those who want to manage stress, look for new ways of self-knowledge, are interested in art, psychology or just want a new look at M. K. Čiurlionis' work. This method does not require special artistic abilities, the creative process itself is important, which can be healing, nurturing, relaxing.

Briefly explain how are these tools / technologies used:

It is an opportunity to take a short break and stay with yourself and art, gain new experiences, and improve your emotional health. During the weekly experiential sessions, the mindfulness instructor will lead attentive awareness practices in different spaces of the museum, invite you to explore yourself and your reactions to stress and environmental stimuli, stop and delve into the feelings, emotions and actions that cause difficulties. In the one-hour sessions, participants will learn to develop their attention and thus improve their stress and anxiety management skills.

How MBAT is helping the mental health sector

Art therapy methods are usually applied by educational area specialists, who work with individuals (aged from 7 to 18 years) not only in development, but also in health care, social help and recreational areas. Less than half of



specialists have a university degree in art therapy. The majority gained art therapist's qualification in special courses, seminars, and training.

Specialists, who apply art therapy methods, notice following advantages: self-expression development, the attractiveness of art therapy methods and relaxation effect, the encouragement of self-discovery and social skills in individuals with special needs. The disadvantages in art therapy, according to specialists, are: not fully analyzed effect of the therapy, unclear attitude of participants, lack of information about opportunities for an art therapist, large material inputs.

The activity fields and functions were identified, where the art therapist could provide psychosocial help for individuals with special needs. These fields are: education, health care, social help, and recreation. Possible functions for an art therapist are: evaluation, consultation, correction, intervention, scientific research, development, education, coordination, management, ethical (Balčiauskienė, 2010).

Website link:

<https://ciurlionis.lt/veikla/padaliniai/m-k-ciurlionio-dailes-muziejus/renginiai/nemokami-dailes-terapijos-ir-mindfulness-uzsiemimai/>

Name of Institution/ Case study:

National Art Museum of M.K. Ciurlionis

**Title of Case Study 3:**

Teacher-instructors for mindfulness interventions “FUNDAMENTALS OF MINDFULNESS-BASED STRESS MANAGEMENT”

Partner Proposing:

ERCC

Where Case-Study has/is being implemented:

Duration of studies - 1 year. The studies consist of the usual 10 blocks of two training days (8 academic hours per day) and an additional 2-day block at the beginning of the study to provide the necessary psychological knowledge. Training takes place on weekends once a month. The total duration of the training is 176 hours.

The training take place in Vilnius and Kaunas (the number of classes in each city depends on the distribution of participants by regions).

Description of the approach/tool or resource:**LITHUANIAN ASSOCIATION OF PSYCHOLOGY BASED ON MINDFULNESS**

A community organization that brings together professionals (doctors, psychologists, and other health care professionals) and others interested in mindfulness to deepen their knowledge, practice, and work in the field. The association was founded in 2015 and is a public legal entity with limited civil liability.

Objectives of the Association:

- To bring together professionals in health care, empowerment and education to support their professional development in knowledge-based psychology.



- To promote awareness-based psychology methods to the general public and professionals.
- Carry out training, professional development and recognition, assessment of knowledge and skills of specialists applying the methods of awareness-based psychology in their work.
- Prepare and certify TEACHER/INSTRUCTOR for Mindfulness Interventions.
- To cooperate with public organizations operating in Lithuania and abroad and to represent the interests of the Association in them.

Briefly explain tools /methodologies that it includes:

The Association gives an opportunity to become teacher-instructors for Mindfulness Interventions and provides a course “FUNDAMENTALS OF MINDFULNESS-BASED STRESS MANAGEMENT” (160 academic hours).

Certificates are issued by the Lithuanian Association of Psychology of Consciousness. Analogous university studies for doctors and psychologists are also organized.

The studies are designed to acquaint students with the principles of awareness-based stress management and the possibilities of their practical application. Participants of the training will be introduced to other areas of application of awareness-based psychology - pedagogical psychology and work with children, treatment of eating disorders, alcohol/chemical abuse, working with organizations, etc.

The training is intended for social workers, public health specialists, educators, human resource management specialists, physiotherapists, physical education and sports specialists, nurses and other persons involved in health care, its strengthening and human education.

**Briefly explain how are these tools / technologies used:****By studying in this course you will:**

- Learn what mindfulness therapies are and how they work.
- Familiarize yourself with the scientific evidence supporting the effectiveness of these methods.
- You will gain knowledge and practical skills on how awareness-based interventions can be applied in psychology (increasing resilience to stress and its consequences, improving adaptability to complex psychological and social situations and problem-solving and challenge management, as well as increasing creativity), in organizations (increasing productivity, quality, job satisfaction), and in pedagogical psychology activities (increasing the effectiveness of teaching and learning).
- You will learn in practice the techniques that form the basis of the mindfulness method.
- Get practical advice, tips and answers to any questions you may have.
- This curriculum provides in-depth theoretical knowledge and practical skills, but does not provide a formal instructor qualification.

How MBAT is helping the mental health sector

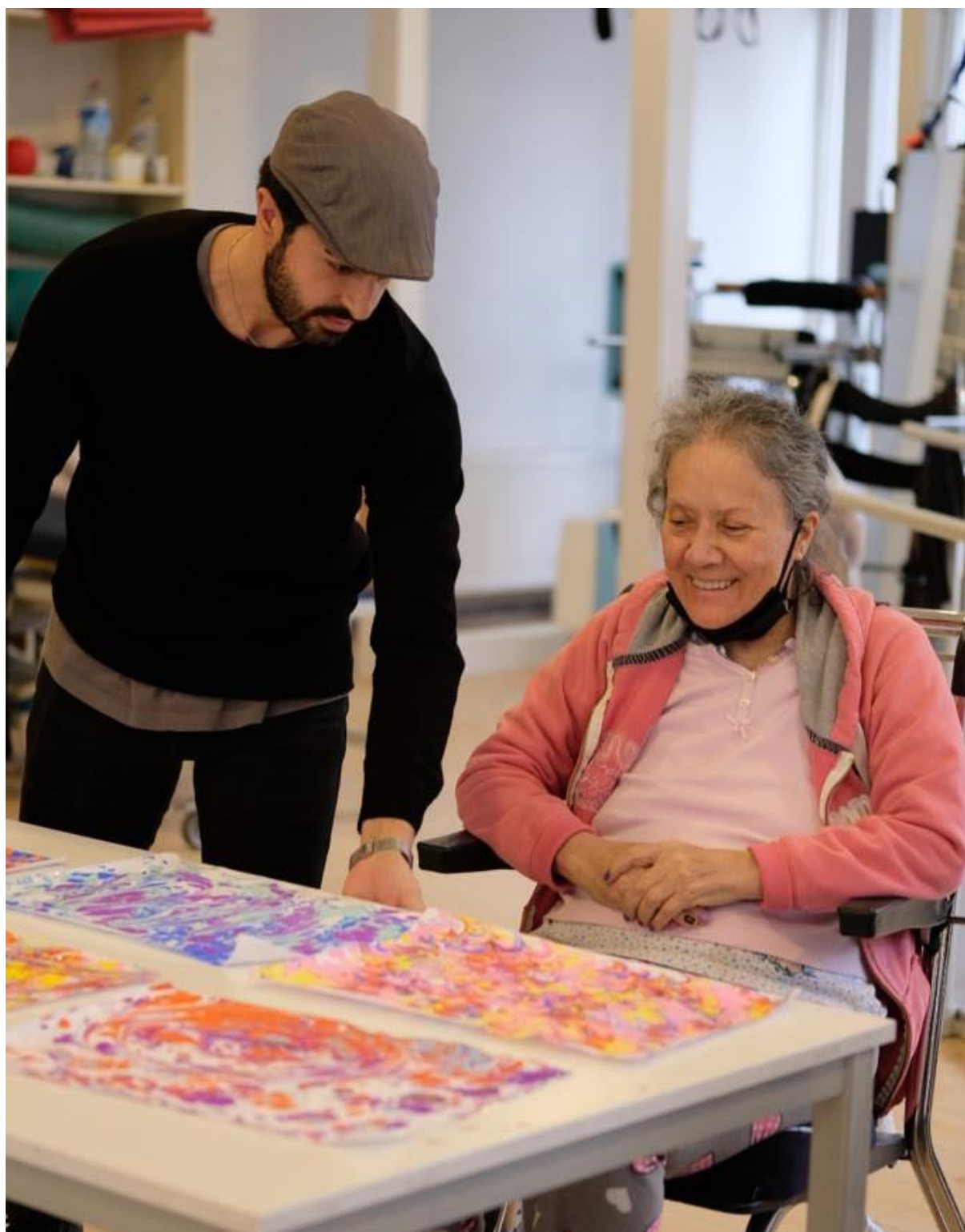
By providing qualified instructors

Website link:

<https://mindfulness.lt/>

Name of Institution/ Case study:

LITHUANIAN ASSOCIATION OF PSYCHOLOGY BASED ON MINDFULNESS





Türkiye Case-Studies

MBAT4Seniors: Mindfulness Based Art Therapy as Effective Tool to Improve Mental Health of Seniors in the context of COVID19 pandemic

Title of Case Study 1:

Şeyma Çavuşoğlu Approach

Partner Proposing:

BOSEV

Where Case-Study has/is being implemented:

Türkiye

Description of the approach/tool or resource:

Art Therapy is seen in Türkiye as one of the current psychotherapy approaches that is getting more and more attention day by day. At this point, Şeyma Çavuşoğlu is one of the first names that come to mind. However, dissemination efforts need to be increased in order to receive the attention it deserves. In order to define Art Therapy, it should first be stated that it falls under the broad umbrella we call Expressive Art Therapies or Creative Art Psychotherapies. Expressive Art Therapies include the use of all kinds of art in psychotherapy. Applications such as Music Therapy, Dance and Movement Therapy, Creative Writing Therapy, and Poetry Therapy can be shared among the approaches and methods that we encounter most frequently. It is possible to say that Art Therapy generally focuses on the use of visual arts in psychotherapy. Therefore, when we hear the expression Art



Therapy, we think of sculpture, collage, production with various paints, the art of marbling, the therapeutic use of materials such as dough and clay. It is useful to remember the definition of the American Art Therapy Association: “Art Therapy is a profession that deals with mental health and service to people. Active art production enhances the spiritual richness of the lives of individuals, families, and communities through creative processes, applied psychology theory, and psychotherapeutic experience.”

Briefly explain tools /methodologies that it includes:

From now on, it may be possible to integrate MBAT in the facilities of the Turkish partner BOSEV. MBAT still has a long way to in Türkiye to reach the desired interest, to deserve its real place in the community. BOSEV has the biggest rehabilitation hospital of the Türkiye which was launched on 24th, May 2022 officially, <https://incekrehabilitasyon.com.tr> BOSEV has also a hospital www.ortadoguhastaneleri.com.tr has professionals from the field also 2 more medical center with home care services also for the brain damaged people. BOSEV has over 1000 staff working in the medical facilities including famous professionals in the field, and now have intention to integrate MBAT into the practices ongoing in the medical centers i.e. www.instagram.com/fzt.mehmetsefaaroglu/ he is one of our professionals working with us, very famous.

Briefly explain how are these tools / technologies used:

Art Therapy can be applied with individuals of all ages. Of course, it is important for the art therapist to develop himself according to the subjects and population to be studied. For example, working with trauma requires sensitivity and the right knowledge and experience in this subject. The method should be adapted in the applications to be made with trauma. Likewise, Art Therapy guidelines vary according to the age group studied. The fact that these instructions are understandable and accessible helps the process to flow more easily. At this point, I would like to underline the importance of supervision and training. Unfortunately, there is no master's program in Art Therapy in our country yet. However, with the efforts of the Art Psychotherapies Association, regular certificate training is opened. These trainings train art therapy practitioners. In other words, it trains people who apply art therapy in their work, not art therapists. While waiting impatiently



for the day when graduate programs will be opened, such certificate trainings are trying to meet the need in the field.

How MBAT is helping the mental health sector

The structure of art, which interacts with the creative side of the person and offers an alternative means of expression at the points where verbal expression is difficult, is combined with the infrastructure of psychology that opens up space and keeps this space for the person to feel good.

Website link:

<https://seymacavusoglu.com/about/>

Name of Institution/ Case study:

Şeyma Çavuşoğlu, expert on MBAT

Title of Case study 2:

Use of Dance Movement and Art Therapy Tools in Cancer Support Group

Partner Proposing:

BOSEV

Where Case-Study has/is being implemented:

Türkiye

**Description of the approach/tool or resource:**

Cancer is a challenging life experience that can be life-threatening and creates intense and complex emotional reactions in the individual and their relatives during and after the diagnosis. It can trigger feelings such as fear, anger, grief, shame, depression and even suicidal thoughts in the patient (Serlin, 2000). The effectiveness of such a support group depends on the approach chosen as well as the competence of the group leader to carry out the work. Considering the sense of threat to the existence of the individual and the experiences and divisions created by cancer through the body, it is important to go beyond verbal expression or sharing, to benefit from approaches that will minimize the separation between the soul-body-mind and activate the creativity of the individual. Art therapies and dance movement therapy, which is a part of it and started to take its place in the world of psychotherapy about 50 years ago, stand out in this respect, examples of which can be seen in many cancer clinics in America and England (Serlin, 2000).

10 WEEKS OF DANCE MOVEMENT FOCUSED CANCER SUPPORT GROUP EXAMPLE was used by the association. The practice group, Dr. Ilene Serlin and Dr. As a continuation of the Dance Movement Therapy Program that lasted for two years under the management of Marcia Leventhal, she carried out under supervision as two therapists between February and April 2016.

Briefly explain tools /methodologies that it includes:

The main starting points can be summarized as supporting the patients psychologically, reducing their stress levels, strengthening their connection with their changing bodies, and thus helping them to approach themselves more lovingly and confidently. For this purpose, it is seen that a semi-structured and organic (fluid and flexible according to the moment) group has been designed. As a method, some techniques of expressive art therapy (painting, rhythm instruments, cards with different symbols and images, etc.) directed meditation and some mindfulness exercises, especially breathing, were used.



Briefly explain how are these tools / technologies used:

The group was formed as a result of preliminary interviews with patients who not only applied to the clinic but were also interested in the group from outside. In the preliminary interviews, information was obtained about the individual's brief history of illness and expectations, and we provided information on basic issues such as the group process, approach, time plan, and continuity. In the first session, which also included the confidentiality principle, the informed consent forms, which were brought to the agenda again, were signed.

As a result, the group started with 9 female members aged between 40-55 from different education levels. The group was formed independently of the type of cancer and the stages of the treatment process due to the number of applications.

In the first session, the expectations expressed by the group members after the warm-up are as follows:

- To be able to say their own wishes and needs louder.
- To stop looking "strong" all the time.
- Let go of their burdens and unnecessary responsibilities.
- Listening to their bodies more.
- To get support.
- By moving; dancing.

6 members completed a 10-session program, where each session lasted between 1 hour, 15 minutes and 90 minutes.

Stages of a typical session; It can be summarized as warm-up, process (the emergence of themes and work) and closure in which verbal or symbolic sharing takes place. However, participants also benefited from Marcia Leventhal's "5-piece" model in some sessions.

How MBAT is helping the mental health sector

Based on the depth and openness of the sharing, it was observed that a non-judgmental therapeutic environment, which is the most basic and primary element, can be provided for the participants to feel safe and reveal themselves. Expressions of sadness and mourning for many different losses, such as loss of some parts of the body or functions, loss of a past healthy life, as well as losses in relationships, were dominant in the first three sessions. In the fourth and fifth



sessions, it was observed that while the emergence of feelings of anger and the discovery of expression regarding not being understood by the environment and not finding the support they needed, some emotions could be expressed through dance movement. After the sixth session, moments of revisiting and remembering the "femininity" were experienced. The slogan "my hair, my body" that emerged in a group dance is a good example of this. The hips are almost the first time to engage in movement, and until that moment the newly emerging It has been observed that they give up on hiding/covering their hair or balding (just as they hide other parts of their bodies and even many emotions) by encouraging each other. In these respects, it can be said that a dance/movement-oriented therapeutic approach offers an effective transformation opportunity in a shorter time compared to other speech-oriented therapies.

In this group, where we worked for 10 weeks, the themes starting with the expression of sadness/loss/mourning, anger/disappointment/need for support; It continued with the remembrance of femininity/getting rid of the veils /liberation in a safe environment and turned into the desire to live /life energy in the last sessions.

In the group that started the therapy experience with tiny finger movements on the chair, the participants stood up at their own will during the sessions. spreading from there to the hips and feet in strong or lighter rhythms; This transformation (from mourning to life energy) that they went through in support of chairs, floors, walls and each other - for which they had difficulty in finding a "logical" explanation - was a very meaningful experience for us as practitioners to observe.

Website link:

<https://www.sanatpsikoterapileridernegi.org/kanserdestekgrup.html>

Name of Institution/ Case study:

Sanat Psikoterapileri Derneği (Art Psychotherapies Association)
with

Expert.Psyc.Couns. Fulya Kurter (Psikodramatist/ Dance movement therapy practitioner)

Expert. Psyc. Elçin Biçer (Psiko-onkolog/ Dance movement therapy practitioner)





Poland Case-Studies

MBAT4Seniors: Mindfulness Based Art Therapy as Effective Tool to Improve Mental Health of Seniors in the context of COVID19 pandemic

Title of Case Study 1:

DISCOVER YOUR VOICE with Olga Szwajgier

Partner Proposing:

WSBINOZ

Where Case-Study has/is being implemented:

Poland

Description of the approach/tool or resource:

"Every workshop is different, but there is always work with the breath, imagination, feelings and body, with the instrument that is the human being. I do a lot of relaxation exercises to "quiet" the jawbone that distorts vision and sound. Free, deep breathing renews in us the contact with the Whole, restores the peace of existence, improves the physical, mental, emotional and spiritual attitude."

The presenter helps each participant find his or her own personal sound, and the place where it is born in us. She teaches how to bring out the voice effortlessly. And all this happens with her kind and warm support. At the first workshop, one does not yet work with specific musical material such as a song or chant. Beginners work only with sound, because it is most important for them to learn proper vocal emission at the beginning of their "vocal way".



Every person has a sense of rhythm and hearing, but not everyone can use these means of expression. The instructor teaches how to sing with the whole body, believing that what is available to her is also available to other people.

The instructor teaches how to sing with the whole body, believing that what is available to her is also available to other people.

The classes inspire exploration and search for one's hidden vocal abilities, help rebuild self-confidence, teach tolerance and self-acceptance, and teach how to use one's mistakes as "grandmasters" in development.

The presenter encourages you to use the power of your intuition, imagination, visualization and autosuggestion. She builds on the harmony of body, mind and spirit. She teaches how to heal your voice and your soul.

Sound is movement, breath and vibration. Each sound is assigned a specific color and energy centers in our body.

Briefly explain tools /methodologies that it includes:

- voice
- singing
- relaxation

Briefly explain how are these tools/technologies used:

The workshops consist of lectures, voice exercises (group and individual) and relaxation. The teaching is based on the human instrument, breathing, speech, singing. It's a knowledge of connections with anatomy and energy centers. Working with the body and imagination.

In particular, participants:

- learn about voice emission specific to this method, the technique of operating the voice and working on its conscious sound
- get to know one's voice capabilities
- discover one's own individuality and expression through sound
- learn to overcome stage fright
- learn basic sounds · learn about sound and diction based on the whole instrument, which is the human being in its entirety



- learn that the voice the basis of good communication
- facilitate communication through clear pronunciation and clear sound
- practice voice as a tool for working with stress
- learn about the healing role of sound
- learn about the importance of imagination

How MBAT is helping the mental health sector

Singing teaches:

- conscious being here and now
- connecting thoughts, feelings, words and actions
- working in relaxation
- acceptance of self and others
- opening up to experience
- creatively seeking solutions
- controlling and transforming thoughts
- contact with oneself, with one's feelings
- self-esteem
- sharing and receiving
- coping with stress

Website link:

<https://tuiteraz.eu/pl/warsztaty/event/1777-odkryj-swoj-glos-laboratorium-glosu-prowadzi-olga-szwajgier-warszawa>

Name of Institution/Case study:

Olga Szwagier

**Title of Case study 2:**

ART THERAPY CYCLE, consisting of FIVE WORKSHOP MEETINGS, for adults

Partner Proposing:

WSBINOZ

Where Case-Study has/is being implemented:

Poland

Description of the approach/tool or resource:

The simplest definition of art therapy is a therapeutic interaction using the resources of art. It should be noted that in art therapy creation is the most important element, unlike in psychotherapy, where drawing or painting are sometimes used as a complementary element. Visual creation opens the way to communication between the inner self and the external world, following Malraux: " Art is the shortest way from man to man."

Art therapy opens access to our inner self: emotions, needs, fears, anxieties. Tension is gone and there is a natural energy for life and joy. It is a way of dealing with stress.

The ART THERAPY CYCLE is composed of:

Workshop 1.

My path: - past - present - future.

We will see our lives on a timeline using metaphor cards. We will look carefully at what we come to the workshop with. We will work with image and photography. We will choose the way we want to go through life.

**Workshop 2.**

My trunk.

What do I take with me on my journey? My abilities and talents will support me in balance. We will create an art therapy wheel of life. We'll look at strategies and ways to recharge the internal battery: physical, emotional and mental. We will look at what gives us comfort in the body. We will work out blocking thoughts and beliefs.

Workshop 3.

On the Journey.

Every journey begins with the first step so working with the body in space and music we will experience ourselves, relationships with others, our boundaries and the pace that serves us. We will determine what actions and habits to introduce into our lives to have more peace, joy and energy each day. We will also work with an intention-mandala to open up to the peace within.

Workshop 4.

Getting Comfortable.

Our mental comfort is connected to our physical comfort. We will experience various relaxation and mindfulness techniques to settle into the here and now. We will work with supportive thoughts and see what power the right words have. Our outer appearance is a reflection of our inner self. We will design a t-shirt that will be our motivational reminder of the state of inner peace that you will experience at the meeting.

Workshop 5.

My oasis of peace.

We will create an art collage as a poster to remind us of a safe place within ourselves.

As a gift, you will receive a guided meditation to listen to at home.

**Briefly explain tools /methodologies that it includes:**

- art therapy
- music therapy
- drama therapy
- dance and movement therapy
- metaphor cards
- creative visualization
- creativity and mindfulness training
- chromotherapy
- story therapy
- film therapy
- coaching
- NVC
- ACT

Briefly explain how are these tools/technologies used:

The importance is given to the creative process itself and its effect on the mental and physical well-being of the person who undergoes such therapy. These activities are an excellent way of relieving negative emotions, lowering stress and calming down.

How MBAT is helping the mental health sector

- increase in self-esteem, self-confidence, autonomy, uniqueness, integrated personality



- feeling the fullness of joy of life again
- release of energy and creativity
- better communication with others
- a sense of freedom, breaking out of the prison of the past, "I had no choice"
- loss of fear of the gaze of others and external evaluation
- courage to live fully despite difficulties and imperfections

Website link:

Zajęcia Arteterapii – Akademia Artystyczna w Warszawie (akademia-artystyczna.pl)

Name of Institution/ Case study:

Akademia Artystyczna

Title of Case study 3:

Weekend workshops in the "Artistic-Creative" space: Intuitive Painting

Partner Proposing:

WSBINOZ

Where Case-Study has/is being implemented:

Poland



Description of the approach/tool or resource:

Intuitive Painting can be described as a simple way of painting. However, it should be treated not only as a simple act of painting, but at the first place, it should be considered as a form of therapy, an amazing journey into ourselves, and can accompany us in everyday life positively influencing us, and thus the reality around us.

Intuitive Painting, through the seventeen principles, gives us the opportunity to connect with the right cerebral hemisphere, the heart, and all that is in our depths, what we do not know, do not know, and are often afraid of. Often, it is what is incomprehensible to us, painful, hidden deep that affects us the most, because it blocks us from living, making decisions. For a very long time, in the public consciousness there was a view that feelings, emotions should be seen as factors that weaken the ability to make decisions. The breakthrough on this issue took place in the late 1960s, when the meeting of heart and mind took place. Since then, there has been a shift toward the search for an internal balance between the two aspects. Similarly, in painting, the creation of paintings (not exaggeration) based on feelings, our inner emotions and experiences becomes possible with the interaction of both hemispheres, because the left hemisphere enables us to grasp the brush, make movements with it, and the right hemisphere

- can breathe emotions into the brush, choose colors, shapes.

The brilliance of Intuitive Painting lies, among other things, in the fact that by connecting with the right hemisphere, the source of our creativity, we can get rid of all emotional ballast, free ourselves from false beliefs such as: I can't, I can't, I don't deserve, nothing can be done, and achieve a feeling of harmony, inner unity. Painting shows that we are all full-fledged beings endowed with various talents, and unlimited creative possibilities. Systematic connection with the right cerebral hemisphere allows us to experience life in a way we have not known before. Scientific research confirms that the left hemisphere does not participate in creative processes. Hence, it is so important to be able to use the right cerebral hemisphere. This is evidenced by numerous opinions of scientific people, artists, who noted that the greatest manifestations of creativity take place during sleep, meditation. All situations when we allow the rational part of the mind to "rest" allow our creativity to manifest. This is because the energy of



the rational mind is directed at the external world, while the heart feeds our inner self. We encourage you to use a very simple method by which there is an immediate connection with the right hemisphere. Just take a piece of paper, a pen or pencil and start drawing lines uncontrollably. It is simple and brilliant.

Intuitive Painting doesn't just focus on painting, it is primarily a process that opens us up to what is new to us, previously unreachable. Many times, people who have had the opportunity to encounter this method transfer the principles of this style to everyday life, because the Vedas that are the source of the principles are universal and apply to all aspects of life such as personal life, professional life, relationships with others. "Painting from the heart is an amazing, very deep process." The essence of Intuitive Painting is not to have a talent for painting, painting skills. Here the most important thing is the willingness, the ability to stop thinking, to direct the brush logically, to want to control it. When we get rid of logic, get rid of the inner tension associated with limiting beliefs, for example, that we can't paint, then our imagination, childlike enthusiasm, the original idea comes to the fore, which causes us to start painting, thereby beginning to tell a story. The beginning of this story is often a journey into the unknown, because the beginning of the journey does not necessarily lead to the place where we will end the journey. That's why painting a picture from the heart is a process, a path we take at this very moment.

Briefly explain tools /methodologies that it includes:

- canvas
- paints
- brushes
- hands
- imagination
- creativity



Briefly explain how are these tools / technologies used:

During the sessions we use the innate ability to paint, which everyone has regardless of age and experience. This method helps unleash creative and intellectual potential and allows for the expression of emotions and feelings. I especially encourage people who say they can't paint, because what often blocks us is the fear of being judged. The method of intuitive painting focuses on the process, on the experience of coming into contact with colors, structures. It combines what is pleasant with what is useful. The painted images provide material for insight and a source of reflection for their authors. After the session, all that has been touched "works", usually for several, several days. Reflections and reflections appear, thanks to which change at the level of consciousness and behavior becomes possible.

How MBAT is helping the mental health sector

The process of painting a picture from the heart can heal our long-standing conflicts, various emotions such as: fears, anger, deep traumas, traumas that we have forgotten about, but which lie deep in our subconscious, and affect us. It happens that the painted image may surprise us, however, when we take a closer look at it, it turns out that the process of bringing out deeply hidden memories, emotions is itself healing. In details, benefits brought by personal experience of Intuitive Painting method:

- better coping with emotional difficulties associated with insecurity,
- overcoming anxiety resulting from the loss of a sense of predictability,
- acquiring skills to cope with feelings of lack of control and influence over changing circumstances,
- increasing self-awareness in the area of feelings and emotions,
- development of creativity and innovation in the area of ideas for finding solutions,
- knowledge of the principles of the mind increasing the ability to think out of the box,
- enhancement of intuition and imagination,



- improving concentration and learning abilities,
- liberation from template thinking,
- development of divergent thinking,
- release from stress through calming and tranquility,
- establishing a dialogue with the inner critic,
- improving self-esteem, which is especially important for people who want to strengthen their self-esteem,
- changing attitudes toward the opinions of others,
- acquiring skills related to building effective communication,
- freeing oneself from many false beliefs about oneself such as: "I can't do it", "I won't succeed"....

Website link:

Vedic ART - malartwo, malowanie vedic art, piekne obrazy, terapia kolorami, uzdrawianie (namalujserca.pl)

Name of Institution/ Case study:

Natalia Miszczyszyn, a graduate of the Faculty of Psychology at the SWPS University of Humanities and Social Sciences in Wrocław

**Title of Case study 4:**

TALK LIKE A WOMAN ... OR HOW? ART THERAPY WORKSHOP

Partner Proposing:

WSBINOZ

Where Case-Study has/is being implemented:

Poland

Description of the approach/tool or resource:

Art therapy workshops TALK LIKE A WOMAN is a time and a space to learn something about yourself. In art, through art and because of art. What matters in art therapy is the process. You don't have to be able to dance or sing, it doesn't matter if you are a born sculptor, or if drawing is completely not your fable. What matters is you, your presence, your emotions and your voice. It is the voice that will be heard, that we will talk about and work on. We will strengthen the voice. It is the voice that allows us to look at ourselves and spend valuable time with each other.

Briefly explain tools /methodologies that it includes:

The workshops combines elements of:

- choreotherapy
- art activities
- drama

Briefly explain how are these tools / technologies used:

With the usage of above mentioned techniques participants will look for their voice in their bodies and in their imagination. And all this will be in an intimate atmosphere of trust, openness and creative action.



How MBAT is helping the mental health sector

- Improves self-esteem and self-awareness
- Cultivates resilience
- Strengthens social skills
- Provides healthy self-expression

Website link:

None

Name of Institution/ Case study:

Marta Szostak, Teatr Muzyczny w Łodzi





Summary/Conclusion

The in-depth investigation of case studies revealed that MBAT does not operate as a comprehensive concept that combines both mindfulness and art therapy under the same framework in partner countries. Instead, mindfulness and art therapy are used as separate methodologies in partner countries.

In Cyprus, art therapy stands as a popular approach. Only one of the case studies aimed to integrate mindfulness together with art therapy.

In Spain, mindfulness stands as a popular approach. Although the principles of MBAT presented in the Spanish 3rd case study, they do not use the terminology of “MBAT” for the approach. Therefore, we can conclude that MBAT might exist in Spain, but individuals do not use the terminology of “MBAT”.

In Denmark, we can come across the use of mindfulness-based stress reduction (MBSR) both for the young and elderly population. However, MBAT is not a popular approach in Denmark yet.

In Lithuania, mindfulness techniques and art therapy techniques are used as separate approaches. Similar to the majority of participating countries, Lithuania lacks MBAT as a combined approach of mindfulness and art therapy. In addition to this, we can come across the use of MBSR in Lithuania.

In Türkiye, art therapy is a popular approach. MBAT is not fully developed despite the ongoing intentions of integrating it to the rehabilitation services in Türkiye. This attempt for MBAT development can be seen in the 2nd case study of Türkiye which aims to integrate bodily motions (i.e., dance movements) with the art tools.



In Poland, art therapy is used as a common approach among therapists. Even art therapies are limited in scope and MBAT is not well known in Poland.

To sum up, the most commonly used methods in partner countries are listed follows:

- Art therapy
- Mindfulness
- MBSR





Legal Framework:

Cyprus Contribution

Spain Contribution

Denmark Contribution

Lithuania Contribution

Türkiye Contribution

Poland Contribution

Introduction

The following section provides a deep analysis of the legal framework in the field of mental health in respective countries, including Cyprus, Spain, Denmark, Lithuania, Türkiye, and Poland. With this analysis, we as partners, engaged in deep research about the responsible agent for mental health law, responsible profession who is legally permitted to provide mental health services, legislation related to mental health financial issues, legislation that is specific to the implementation of MBAT in respective countries.



Cyprus Legal Framework

Cyprus:	Who is responsible for mental health law in Cyprus?
	<p>The mental health law in Cyprus has been arranged by the participation of the Mental Health Commission (MHC). The MHC handles the supervision role in the protection of mentally ill people's rights and it aids the proper utilization of Mental Health Law. This committee involves a variety of members from specific professions, including psychiatrist, lawyer, representative of the attorney general, non-profit mental health institutions, psychological and social worker association, and Pancyprrian Nurses' Association.</p>
Cyprus:	Who is legally responsible for providing mental health services to the clients/patients in Cyprus?
	<p>The issue related to the responsible profession who can provide mental health services to the clients is a great problem. Unfortunately, there is a law but no legal protection regarding by whom psychotherapies are given (NPCE, 2011). It is unsurprising to witness a person calling her/himself as psychotherapist without having necessary qualifications. In order to practice psychotherapy, one has to receive psychology education and supervised psychotherapy training. The internship is also compulsory. Although these rules, unfortunately unqualified people call themselves psychologists/psychotherapists and practice therapy at private organizations.</p>
Cyprus	What is the legislation regarding the financial issues of mental health services in Cyprus?
	<p>The Ministry of Health is responsible for implementing the mental health services by following the mental health law of Cyprus. The aim of the Ministry of Health is to provide treatment and rehabilitation opportunities to support the mental health of individuals. It is the legal right of Cypriot citizens to receive free</p>



	psychological services from governmental hospitals when they are experiencing any kind of mental disorder.
Cyprus:	Do you have legislation regarding the implementation of MBAT in Cyprus? If yes, please answer by whom and how MBAT can be delivered in legal terms?
	No, there is not any legislation regarding the implementation of MBAT in Cyprus. MBAT is unknown in Cyprus so creating a legislation for it sounds like a long process.





Spain Legal Framework

Spain:	Who is responsible for mental health law in Spain?
	<p>In Spain the Mental Health Act is the main piece of legislation through which law regulates the mandatory treatment of certain people who have a mental disorder.</p> <p>Law 33/2011, of 4 October, on General Matters pertaining to Public Health was approved in 2011 that contains the general principles pertaining to public health.</p> <p>In 2012, Royal Decree-Law 16/2012, of 20 April 2012, setting out emergency measures to ensure the sustainability of the National Health System and improve the quality and safety of its services, introduced certain reforms to ensure the viability and to organize the benefits system.</p> <p>On the mental health legislation there are some articles about it:</p> <ul style="list-style-type: none">· Article 39: The public authorities shall ensure the social, economic and legal protection of the family.· Article 43: The right to health protection is recognized. It is the responsibility of public authorities to organize and act as guardians of public health through preventive measures and the provision of necessary services.· Article 49: Public authorities will implement a policy of prevention, treatment, rehabilitation and integration of people with physical, sensory or mental disabilities.
Spain:	Who is legally responsible for providing mental health services to the clients/patients in Spain?
	<p>In Spain the responsibility for the prevention, promotion and protection of mental health is part of the framework of the National Health System and the different public services. The public authorities shall guarantee all the necessary resources to carry out the functions of prevention, promotion and care for persons with mental health problems through primary care teams. It is the responsibility of the public health administrations to provide sufficient health care personnel to make the guarantee of time in mental health care effective.</p>



Spain:	What is the legislation regarding the financial issues of mental health services in Spain?
	<p>Funding and how funds are then allocated are key issues in health policy, as they can act as an incentive or obstacle to system reform. The key task in this area is entrusted to the Mental Health Economics European Network. Although the actual percentage of mental care expenditure is not known and estimates are unreliable, about 5% of total healthcare expenditure can be attributed to mental health. The level of funding for mental health is low compared to many EU countries, so funding is inefficient and unfair. Mental health care is integrated into the public health system and therefore depends largely on public funding. Funding mechanisms are no different from those for other health sectors, as services receive most of their funding from a share of tax revenue.</p>
Spain:	Do you have legislation regarding the implementation of MBAT in Spain? If yes, please answer by whom and how MBAT can be delivered in legal terms?
	<p>In Spain there is not a specific legislation regarding the implementation of MBAT or MBAT-related methods due to their relatively recent spread. Professionals who deliver those methods need to be trained and educated for it, in legal terms those methods should be delivered by health care personnel in the field of Mental health care specifically trained and within public health facilities.</p>



Denmark Legal Framework

Denmark:	Who is responsible for mental health law in Denmark?
	<p>In Denmark, the government is responsible for legislation on mental health. Currently, a ten-year plan has just been drawn up within the field of psychiatry, with an increased focus on mental health. En 10-års plan for psykiatrien Psykiatrifonden Sundhedsloven (retsinformation.dk) Serviceloven (retsinformation.dk)</p>
Denmark:	Who is legally responsible for providing mental health services to the clients/patients in Denmark?
	<p>The Danish Health Authority works based on WHO's definition of mental health as a state of wellbeing where the individual can develop his abilities, deal with everyday challenges and stress and enter into communities with other people. Mental sundhed – Sundhedsstyrelsen.</p> <p>It is municipalities and regions that are responsible for providing treatment and services to people affected by mental health problems. The Health Act and the Service Act govern citizens' and patients' rights to the offers. Sundhedsloven (retsinformation.dk) Serviceloven (retsinformation.dk)</p> <p>Psychiatrist, psychologist, psychotherapist, mindfulness trained, occupational therapists, nurses, specially trained physiotherapists, social educators, specially trained educators, etc.</p>
Denmark:	What is the legislation regarding the financial issues of mental health services in Denmark?
	<p>Health insurance provides subsidies for psychological treatment based on special criteria. Furthermore, treatment guarantees in the Regions for special diagnosis groups. Several private and municipal workplaces have special health insurances that cover offers for a psychologist, also mindfulness, e.g. in connection with stress and</p>



	depression. Mindfulness i kommuner og regioner (au.dk) Sundhedsloven (retsinformation.dk).
Denmark:	Do you have legislation regarding the implementation of MBAT in Denmark? If yes, please answer by whom and how MBAT can be delivered in legal terms?
	<p>There is no legislation within MBAT in Denmark. The Center for Mindfulness at Aarhus University works specifically to implement mental health through projects around MBSR, MBKT and Compassion. At the Center for Mindfulness there is no experience, knowledge or offer of MBAT. However, work is done privately with creative forms of expression and other creative activities in a mindfulness approach. Forskningsprojekter hos Dansk Center for Mindfulness (au.dk) Mindfulness og det grå guld (au.dk).</p> <p>Efforts are being made to systematically implement the mindfulness programs MBSR (mindfulness-based stress reduction) and MBKT (mindfulness-based cognitive therapy) in regions and municipalities for citizens who suffer from stress, anxiety, depression, pain or chronic disorders. Mindfulness i kommuner og regioner (au.dk).</p>



Lithuania Legal Framework

Lithuania:	Who is responsible for mental health law in Lithuania?
	<p>In Lithuania, the Ministry of Health of The Republic of Lithuania is responsible for health law, including mental health. Its operations are authorized by the Constitution of the Republic of Lithuania, decrees issued by the President and Prime Minister, and laws passed by the Seimas (Parliament). Its mission is to seek national unity and continue to build a state of wellbeing for all, where everyone could lead a dignified, comfortable, safe and healthy life (Ministry of Health of The Republic of Lithuania, https://sam.lrv.lt/).</p>
Lithuania:	Who is legally responsible for providing mental health services to the clients/patients in Lithuania?
	<p>According to Republic of Lithuania law on mental health care (1995) in Lithuania mental health services can be provided in following facilities:</p> <ul style="list-style-type: none">- mental health facility means a health care institution (public or non-public), which is accredited for mental health care. If only a certain part (unit) of a medical aid institution has been accredited to engage in mental health care, the term shall apply only to the unit. In this Law the term is also applicable to psychoneurological facilities;- medical ethics commission means a commission formed in a mental health facility for addressing the issues of medical ethics; and,- mental health center means a municipality-owned institution accredited by the government to engage in mental health care and to provide social assistance to the mentally ill and other persons; <p>Moreover, following specialists are allowed to provide mental health care (specialized health care carried out in accordance with the standards approved by the Ministry of Health of the Republic of Lithuania. Its purpose is provision of psychiatric aid (diagnosis, treatment of mental functions disorders, timely prevention of exacerbation of mental diseases), helping a person to rehabilitate and return to life in the community):</p>



	<ul style="list-style-type: none">- psychiatrist means a medical doctor entitled under the statutes of the Republic of Lithuania to practice psychiatry;- psychotherapist means a person entitled under the statutes of the Republic of Lithuania to practice psychotherapy. In the event that the psychotherapist provides the mentally ill person with psychiatric aid, the requirements of this Law shall be applicable to him;- psychologist means a person entitled under the statutes of the Republic of Lithuania to provide the mentally ill with psychological aid. If the psychologist provides the mentally ill with psychological aid, the requirements of Chapter Four of this Law shall apply to him; and,- nursing staff means medical aid institution personnel nursing the mentally ill.
Lithuania:	What is the legislation regarding the financial issues of mental health services in Lithuania?
	<p>There is compulsory health insurance which is stipulated in the Republic of Lithuania Law on Health Insurance (1996) and other legal acts. All persons covered by compulsory health insurance of Lithuania must pay health insurance contributions (Sveikatos priežiūros sistemos vertinimas [Health care system evaluation], 2019).</p> <p>Nonetheless, residents of Lithuania have to pay for some services from their own personal resources when they: *are not covered by compulsory health insurance, *are provided with healthcare services at an institution which has not concluded an agreement with the National Patients' Fund, *see a physician voluntarily without their physicians' referral (with the exception of some cases where a referral is not obligatory), *choose services and procedures of their own free will, *try to get services that they are entitled to sooner than appointed, *make use of services put on the List of Paid-for Services (Vilniaus teritorinė ligonių kasa. Sveikatos priežiūros paslaugų teikimas ir apmokėjimas, 2019 [Vilnius Territorial Patients' Fund. Provision of and Payment for Healthcare Services, 2019]).</p>



Lithuania:	Do you have legislation regarding the implementation of MBAT in Lithuania? If yes, please answer by whom and how MBAT can be delivered in legal terms?
	<p>There is no legislation regarding the implementation of MBAT or MBAT related methods in Lithuania. However, there is legislation for the work of art therapists. Art therapist (and art, art as painting, music therapists)- a person acquiring the therapist's professional qualification.</p> <p>An art therapist works together with personal health care specialists and only in a personal health care institution that has a personal health care license of the institution, granting the right to provide personal health care services, which according to legal acts requirements must be submitted by an art therapist together with other personal health care professionals.</p> <p>Also, art therapists are guided by the law on Health of the Republic of Lithuania in their professional activities system law, the law on health care institutions of the Republic of Lithuania, Lithuania The Law of the Republic of Patients' Rights and Compensation for Health Damage, Requirements and other art legal acts regulating therapists' activities, statutes (regulations) of the institution where they work, rules of internal procedure and job description (Įsakymas dėl meno terapeuto veiklos reikalavimų patvirtinimo, 2019).</p>



Türkiye Legal Framework

Türkiye:	Who is responsible for mental health law in Türkiye?
	The Ministry of Health, the Ministry of Family and Social Policies, the Ministry of National Education, the Ministry of Labor, and Social Security are the governmental institutions responsible for mental health in Türkiye. Different centers and units providing services related to mental health under these four Ministries provide services in the field.
Türkiye:	Who is legally responsible for providing mental health services to the clients/patients in Türkiye?
	It is the responsibility and authority of psychiatrists to diagnose all kinds of mental problems, plan treatment, and apply appropriate psychotherapy as well as medication and other treatment methods. No other professional group has the authority to make these practices independently.
Türkiye:	What is the legislation regarding the financial issues of mental health services in Türkiye?
	When we look at the legislation on the financial issues of mental health services in Türkiye, we see the most comprehensive information in the Mental Health Referral Circular. Accordingly, the urgent treatment needs of individuals with mental health problems are also met by the Ministry of Health. Primary health care services are provided under state guarantee. The treatment services they will receive in the next steps are provided free of charge in institutions established with state facilities.
Türkiye:	Do you have legislation regarding the implementation of MBAT in Türkiye? If yes, please answer by whom and how MBAT can be delivered in legal terms?
	There is no legislation in Türkiye regarding the implementation of MBAT or MBAT-related methods. Methods related to MBAT are a method that has just started to be used and become widespread



in the current rehabilitation processes. Legally MBAT or MBAT-related methods will usually be offered by Specialist Psychologists.





Poland Legal Framework

Poland:	Who is responsible for mental health law in Poland?
	<p>According to the provisions of the Law on Mental Health Protection, mental health protection in Poland is provided by government and local government bodies and institutions established for this purpose.</p> <p>Associations and other social organizations, foundations, professional governments, churches and other religious associations, as well as self-help groups of patients and their families, and other natural and legal persons may participate in mental health protection activities.</p>
Poland:	Who is legally responsible for providing mental health services to the clients/patients in Poland?
	<p>Health care for people with mental disorders is provided in primary and specialized health care, especially psychiatric health care - in the form of emergency, outpatient, day care, hospital and community care, as well as in nursing homes.</p> <p>The medical entity operating the mental health center provides comprehensive health care for people with mental disorders in a defined territorial area in the form of emergency, outpatient, day, hospital and community care.</p>
Poland:	What is the legislation regarding the financial issues of mental health services in Poland?
	<p>No fee shall be charged to a person with a mental disorder for mental health care services provided to that person.</p>
Poland:	Do you have legislation regarding the implementation of MBAT in Poland? If yes, please answer by whom and how MBAT can be delivered in legal terms?
	<p>No.</p>



Summary/Conclusion

In Cyprus, the mental health commission based on the government (Ministry of Health) is responsible for the mental health law. The regulations regarding the providing mental health services to patients need improvements as people can easily call themselves psychologists. In cases of mental health disorders, the government offers free psychological therapies for the patients. Unfortunately, no legislation exists for the implementation of MBAT in Cyprus.

In Spain, the government (i.e., Mental Health Act) is responsible for the mental health law and public health administrators provide mental health services to the clients. The level of funding attributed to the budget of Mental Health Economics European Network is low in comparison to other EU countries. No specific legislation exists for the implementation of MBAT in Spain.

In Denmark, the government is responsible from the mental health and psychiatrists, psychologists, psychotherapists, mindfulness-trained, vocational therapists, nurses, specially trained physiotherapists, social educators, specially trained educators etc. can provide mental health services to the clients. The health insurance provides subsidies for psychological treatment based on specific criteria. In terms of the implementation of MBAT, no legislation exists.

In Lithuania, the ministry of health is responsible for the mental health law. Specialists including psychologists, psychiatrists, and psychotherapists are responsible for providing mental health services to the clients. The health insurance covers some of the expenses for the services, but clients still need to cover by their own resources if they do not meet the criteria. Unfortunately, there is no direct legislation regarding the implementation of MBAT in



Lithuania and in the future current laws on therapy and art therapy should be edited.

In Türkiye, the Ministry of Health is responsible for mental health in Türkiye. Mainly psychiatrists are responsible for providing mental health services to clients. The Ministry of Health covers urgent treatment of individuals with mental health disorders. There is no legislation for the implementation of MBAT in Türkiye.

In Poland, government institutions are responsible for mental law. Mainly, psychiatrists provide mental health services to the clients. The treatment is free for the clients with the mental health disorders. No legislation exists regarding the implementation of MBAT in Poland.

To sum up, mental health sectors of government determine the mental health law in respective countries. The majority of the laws held psychiatrists, psychologists, and psychotherapists as responsible agents who can provide mental health services. The mental health services are free in partners' countries, however, this varies as it might depend on the specific criteria. In all countries, there is no legislation regarding the implementation of MBAT.



Map of Opportunities

Opportunities in Europe's partner countries that may focus on mindfulness-based art therapy for seniors could be mapped out as follows:

- 1. Retirement Homes:** To support seniors' mental, emotional, and physical wellbeing, people working in several retirement homes and assisted living institutions in the EU can provide MBAT to seniors.
- 2. Nonprofit Organizations:** In Europe, non-profit organizations that concentrate on the emotional and mental well-being of elders will be able to use MBAT to provide them with art therapy programs.
- 3. Community Centers:** In Europe, community centers often provide a variety of senior-friendly activities and events. These kinds of facilities could benefit seniors with the use of MBAT activities.
- 4. Private Practices:** Independent therapists who use art therapy in their sessions could provide their services to senior citizens using MBAT.

Concluding, people who may work as art therapists, psychiatrists, psychologists, nurses, specially trained physiotherapists, and other related art and/or physical or mental health professionals who are dealing with seniors may use MBAT activities as an alternative, which aim to achieve positive results on seniors' health and mental well-being.



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