

“Art of Voices”

USING ART TO SUPPORT VOICE HEARERS AND MENTAL
HEALTH SERVICE USERS



ABOUT THE PROJECT

- ▶ Funded by Erasmus+, an EU's programme to support adult education
- ▶ Innovative, multidisciplinary person-centered training
- ▶ Artists, actors, writers, and practitioners from Bosnia, Croatia, Serbia and Slovenia make up the team (West Balkan Hearing Voices Network)
- ▶ Support is based on respect for autonomy, informed choice, equality, and an openness to the personal meaning of 'voices'

PROJECT GOALS

- ▶ Encourage alternative understandings of mental health challenges
- ▶ Training to use the arts as a supportive tool
- ▶ Raising awareness about mental health issues
- ▶ Discussion on the impact on human rights

PROJECT ACTIVITIES

- ▶ In-person weekend training in June 2023
- ▶ An online resource in Jan 2024
- ▶ Promotional - multiplier events

Sarajevo, June 2023

The workshops were held over three days in Sarajevo, and was attended by X people. This included those with lived experience, clinicians, students and allies.



<https://aov.thinkific.com/>

We will be launching a website with resources on how to facilitate some of these activities.

Launch is scheduled for January 2024.

Art of Voices

Umjetnost glasova

ONLINE KURS O UPOTREBI UMJETNIČKIH PRISTUPA U RADU SA LJUDIMA KOJI ČUJU GLASOVE I KORISNICIMA PSIHIJATRISKIH USLUGA.



This is an online training that shares how to facilitate experiential workshops using artistic approaches to support voice hearers and mental health service users.

Using creative methods such as art, literature, improvisation, and performance, the training promotes a person-centered approach that integrates the values of the Hearing Voices Movement and expressive art therapies.

There is an additional introduction module which specifically discusses the topic of 'Hearing Voices'. Encouraging critical thought around mental health distress, the human rights of those within psychiatric services, as well as alternative approaches to care and support for these challenges.

The Art of Voices collaborators





WEST BALKAN HEARING VOICES NETWORK

EX- YUGOSLAVIAN COUNTRIES

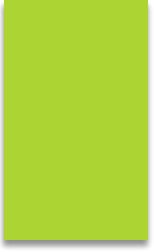
- BOSNIA AND HERZEGOVINA
- CROATIA
- SLOVENIA
- SERBIA





PROSTOR

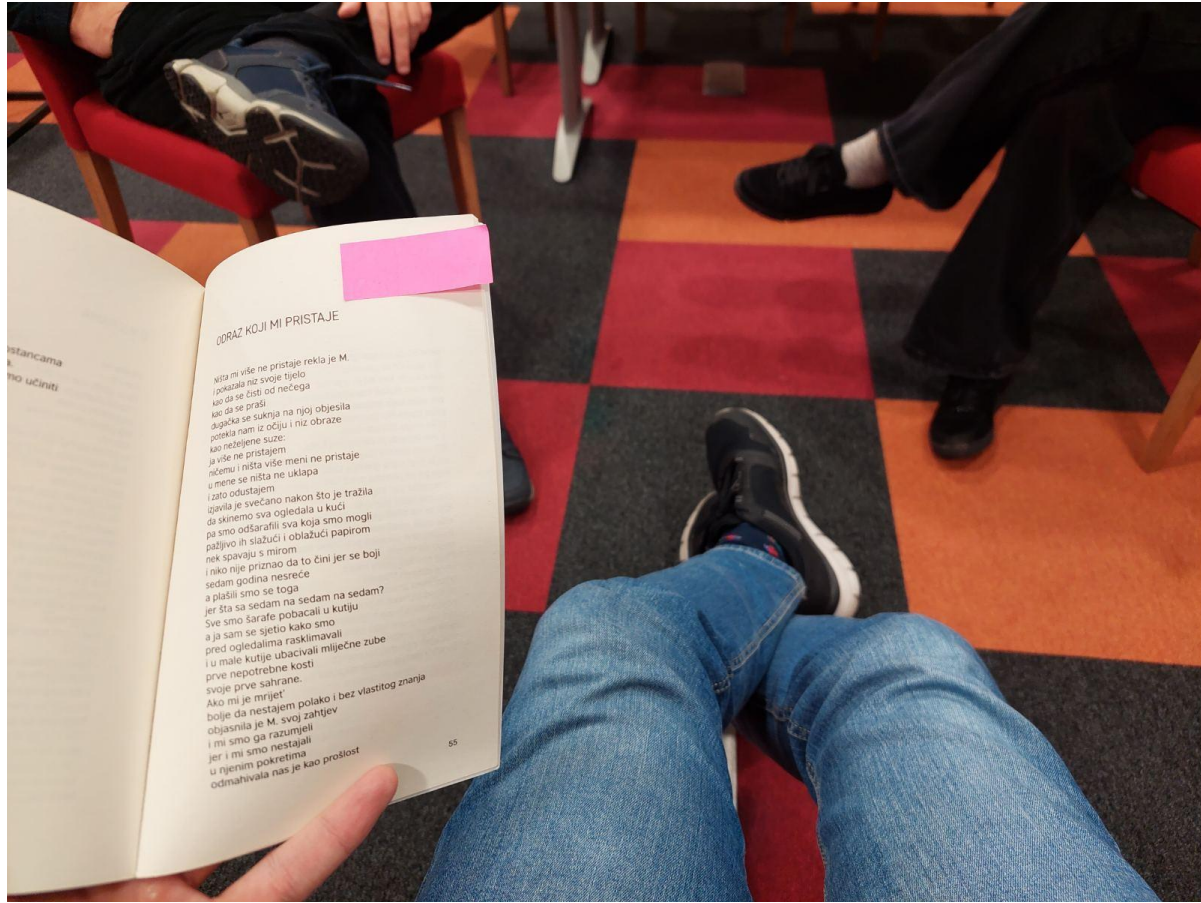
- ▶ Belgrade, Serbia
- ▶ Community mental health organisation
- ▶ Visual arts and art therapy, support groups, educational programs
- ▶ Belgrade Festival of mental health



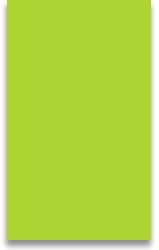


TAVAN

- ▶ Sarajevo, Bosnia and Herzegovina
- ▶ Community mental health organization
- ▶ Literature groups
- ▶ Peer support groups



TAVAN NEAVL





DOM TURNIĆ

DOM TURNIC

- ▶ Rijeka, Croatia
- ▶ Public institution, a home for people with mental health difficulties
- ▶ Theatre/ drama, radio show, support groups, supported housing
- ▶ Mentalfest, a festival of mental health



DOM TURNIĆ





HEARING VOICES SLOVENIA

- ▶ Ljubljana, Slovenia
- ▶ Hearing voices groups
- ▶ Improvisation, body work, performance, movement, theatre)
- ▶ Peer support groups



- ▶ London, UK
- ▶ Peer support groups
- ▶ London Hearing Voices Network
- ▶ Voice Collective
- ▶ Voices Unlocked

Agenda (approx)

16:00 - 16:10: (Jane, Mina, Mediha) Introduction of the team and the project

16:10 – 16:30: (Mediha) Check in, free writing activity including shared words-as-gifts

16:30 – 17:00 (Mediha) Writing a script – the here and now, the future

17:00 – 17:30: (Mina) Art and flow within the group*

- Expressing the present
- Expressing the future
-

*option to draw individually

17:40-18:00: (Mina and Mediha) Sharing and check out



Thank you!

For updates and more information

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