



## **Treat post-traumatic disorder through art**

# NEWSLETTER

We welcome you to the first newsletter of our new Erasmus Plus KA2 Project Online colour therapy: Treat post-traumatic disorder through art. Through our project we aim to develop an innovative training package for health VET trainers to use as a basic tool to train health support staff to familiarise them with PTSD and increase their skills and competences to recognise and treat individuals with traumatic disorders through proper strategies for de-escalating stressful interactions.

## OBJECTIVES AND TARGET GROUPS

Having health support staff as final beneficiaries, we propose a project with the following objectives:

1. To design, test and publish an innovative training package for health VET trainers, which will be their tool to train health support staff to acquire sufficient knowledge and understanding about PTSD and develop the skills and competences necessary to recognise, interact, and treat appropriately individuals with PTSD
2. To deliver training courses to directly train health support staff in a set of skills and, also, to deliver these courses to a target group of health VET trainers and health support staff, in order to amplify and perpetuate the ripple effect of those courses
3. To help families/social group of individuals with PTSD connect with health support staff and develop mutual trust in coping with the process and emergency situations.

## A SHORT DESCRIPTION OF THE MAIN RESULTS

All major expected results are listed & briefly detailed below:

- Colour Therapy VET trainer curriculum box (IO1),
- Virtual Reality scenarios (IO2)
- A digital/augmented reality software including augmented reality material and easy reading texts on methods and scenarios on post-traumatic disorder and treatment. It will include learning material for the development of transversal skills and training content adjusted to the specific needs of our target group,
- Psychotherapy methodology and Therapist Manual for the working groups on how to treat post-traumatic disorder through colour therapy (IO3).
- Training-the-trainers: training event for health VET trainers, C1
- Training the trainees: training event for health support staff, C2
- 4 multiplier events for health professionals, decision makers, and health specialists

## PARTNERS

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Co-funded by the  
Erasmus+ Programme  
of the European Union