



## Treat post-traumatic disorder through art

# NEWSLETTER 3

Welcome to the third Newsletter for our 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.

## PROGRESS SO FAR – Learning/Teaching/Training Activities

We had our first training in Barcelona, Spain! Here are the main points of the training ☺

- The first training took place from 18<sup>th</sup> of July to 22<sup>nd</sup> of July in beautiful Barcelona!
- This 5-days of training was intended for VET health trainers, including mental health professionals who wish to learn more about PTSD.
- We have discussed all the modules in IO1. Now, VET health trainers should know what PTSD is, what art therapy is and how they can approach to PTSD by using art therapy. We also received feedback from VET health trainers about the IO1 and IO2 (i.e., virtual reality scenarios).

## WHAT DID WE PLAN FOR NEXT?

Fingers are crossed for our second LTTA in Cyprus and Online Color Therapy Camps!

- We will keep you posted for our next LTTA in Cyprus.
- This second LTTA is arranged to take place in April, 2023 and intended for health support staff.
- We expect VET health trainers participated in first LTTA to act as trainers this time by using the knowledge acquired during the LTTA in Barcelona.
- During this training, we aim to test the effectiveness of the learning materials developed.
- Online Color Therapy Camps will act as a multiplier event to disseminate the project results!
- 48 local participants and 2 foreign participants are expected to participate.
- Keep in touch for future updates!

## PARTNERS

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