



# **TRUST**

## **ART THERAPY**

*Trauma of refugees in Europe:  
An approach through art therapy  
as a solidarity program for  
Ukraine war victims.*

The CNP Saint-Martin, as a mental health hospital, has always been interested in Art Therapy projects due to their multiple therapeutic benefits.

Art offers a unique form of emotional expression, allowing patients to communicate feelings and thoughts that may be difficult to verbalize. Moreover, artistic activities have a calming effect, reducing stress and anxiety. Artistic creation promotes self-knowledge and reflection, crucial aspects in the process of mental recovery.

Also aware of its social role, the hospital accepted the challenge from various partners, including from Ukraine, to focus part of this learning process on people affected by the Ukrainian conflict, exploring the use of Art Therapy in recovery processes.

Fulfilling its social mission, the project also helps us promote solidarity with the Ukrainian people, encouraging artistic projects that express support and raise awareness about the situation in Ukraine, demonstrating how art can be a powerful tool for individual and collective healing, as well as for expressing empathy and global solidarity.

The project, starting on next September 1st and ending on August 2027 was approved by the Erasmus Agency - AEF of Belgium and is co-financed by the European Union. It is an application for an Erasmus+ program under the KA220-ADU action, which focuses on cooperation partnerships in adult education.

The project is structured into five work packages, including project management, art therapy initiatives, and a communication and dissemination plan, with a total budget of 400,000 EUR.

It brings together multiple partners across Europe, including institutions from Belgium, Greece, Portugal, Ukraine, Luxembourg, and Italy, each contributing their expertise in mental health, art therapy, and education.

The project, acronymed as "TRUST" (Trauma, Refugees, Ukraine, Solidarity, Therapy). Its main objectives are:

To destigmatize mental health issues, foster connections between mental health centers and artists, and promote art therapy as an inclusion tool.

To assist mental health victims of the Ukraine war by providing art therapy and promoting awareness of the human impact of conflict.

Activities will include cultural events to highlight Ukrainian war victims' experiences, developing digital educational resources (e-books, videos, MOOC), and implementing mobility programs across six countries, including Ukraine.

The project expects to raise awareness about the benefits of art therapy for trauma, particularly for Ukrainian war victims, through education and the creation of digital resources. The long-term benefits include promoting EU values of peace, solidarity, and inclusivity.



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