



Technological and social innovation in Mental Health

15 years of collaborative research and exchanges of practice in Europe

PROGRAMME

Accreditation requested



WORKSHOPS

9.30 am to 12.00 pm • CNP St-Martin • rue St-Hubert 84, 5100 Dave (Namur)

- **Music therapy**
CNP St-Martin (BE)
- **Travelling bus of la Maison des Ados des Ardennes françaises**
Maison des Adolescents 08 (FR)
- **Animal assisted therapy**
CNP St-Martin (BE)
- **Multifamily group therapy**
CNP St-Martin (BE)
- **Peer support**
SMES (BE), IHP L'Espoir (BE), CCOMS (FR)
- **Mental Health and Housing, Escape Game**
RAPeL asbl (BE)
- **Mindfulness**
CHNP Ettelbruck (LU)
- **VR in the hospital environment**
Clinical Research Unit of CNP St-Martin (BE)
- **Self-determination**
Fondation Trajets (CH) and Empow'Them project (FR)
- **Forest therapy**
CNP St-Martin (BE) and Société Royale Forestière de Belgique
- **Social farming in the field of mental health and green care**
Asbl Nos Oignons (BE)
- **Color as a self-awareness tool**
Ingrid Lange (BE)
- **Art therapy**
CNP St-Martin (BE) and Epioni (GR)
- **Dance therapy**
Made with heART asbl (BE) and EuroPlural (PT)
- **Library therapy**
Véronique Janzyk, author (BE)
- **Transition to adulthood for young people in complex situations**
CRéSaM (BE)
- **Presentation of the journal workshop and preparation of the next edition**
IHP Psynergie (BE)
- **Relaxation**
CNP St-Martin (BE)

Companies :

Spectre Biotech (FR)
WSL (BE)
InMersiv (BE)

Stands :

Phénix asbl
CNP St-Martin European projects
Profamille
Photo exhibition by and with Juliette Jacobs
La Trifouille, a second-hand shop run by residents
Creations of young people from and at L'Athanor
SIMILES Wallonie
IT4Anxiety, with HEPN
CNP St-Martin Users Council, with LUSS et Psytouyens



LUNCH

12.00 pm to 1.00 pm • CNP St-Martin • rue St-Hubert 84, 5100 Dave (Namur)



2.00 pm to 5.00 pm • Delta • Avenue Fernand Golenvaux 18, 5000 Namur

▪ **2.00 pm - 2.30 pm : Welcome address**

Benoit Folens, General Manager, CNP St-Martin

Jean-Marc Bonmati, Honorary Director of French hospitals

Address by political and public authorities

Presentation by Roland Pochet, Professor of Cell Biology, Secretary General of the Belgian Brain Council

▪ **2.30 pm : Start of the speeches**

Moderator: Dr Kevin Namèche, Chief Medical Officer, CNP St-Martin

▪ **2.40 pm - 3.00 pm : Innovative preventive tools in mental health counselling**

Andrea Visztenvelt (Hungary) - Assistant Professor, Hungarian University of Life Sciences, Institute of Rural Development and Sustainable Economy, Department of Humanities and Vocational Training

▪ **3.00 pm - 3.20 pm : The role and promise of new technologies in psychiatry**

Pierre Oswald (Belgium) - Head Physician, Centre Hospitalier Jean Titeca, Lecturer at UMon, Senior Lecturer ULB

▪ **3.20 pm - 3.40 pm : Peer helpers as co-creators of mental health services: a comparative pilot study involving Norway and Romania**

Henning Pettersen (Norway) - Associate Professor Inland Norway University of Applied sciences INN University and Mihaela Gavrila-Ardelean (Romania) - Professor, Aurel Vlaicu University in Arad

▪ **3.40 pm - 4.00 pm : Presentation of the book «Les Dragons»**

by Jérôme Colin, RTBF journalist and author

▪ **4.00 pm - 4.20 pm : Together: tailor-made support for the well-being of your loved one**

Shyhrete Rexhaj (Switzerland) - Inf. PhD, Full Professor HES, Head of the Mental Health and Psychiatry Teaching and Research Laboratory, Institut et Haute Ecole de la Santé La Source, Lausanne

▪ **4.20 pm - 4.40 pm : From psychedelic-assisted therapy to therapy-assisted psychedelics... when drugs become therapeutic**

Dr Catherine Wauthier (Belgium) - Psychiatrist, Systemic Therapist, Yogatherapist

▪ **4.40 pm - 5.00 pm : Social entrepreneurship, innovation and psychosocial support: issues and challenges**

Nicolas Rebetez (Switzerland) - Co-General Manager, in charge of the Entrepreneurial sector, Trajets Foundation

Sandrika Scheftsik (Switzerland) - Co-General Manager, in charge of the Citizenship and Psychosocial sectors, Trajets Foundation

Contributor :

Christophe Médart

Head nurse at «Les Entours» psychiatric care home

Member of the Ethics Committee of CNP St-Martin, CP Manage and Bonneville

Member of the Scientific Committee of magazine Santé Mentale

Teacher at Henallux

Conclusion :

Professor Laurence Fond-Harmant

PhD-HDR

Director of Public Health Research

UR 3412 Education and Health Promotion Laboratory

Sorbonne Paris Nord University

Registration



cp-st-martin.be/eu-event-2024



5.00 pm to 6.00 pm • Closing cocktail and networking

With the collaboration of



HEPN
Haute École de la
Province de Namur

