



Photography Exhibition

Alexandros Christodouloupoulos Photography Exhibition

Alexandros Christodouloupoulos from PhotoCure, presents the digital exhibition of 250 photographs taken during the first lockdown (April - May 2020). The photographs capture the empty cityscape of Athens, and all of them were taken at night from the eye level of a stray animal.

“The COVID-19 pandemic that broke out in 2020 confronted us with an unprecedented social phenomenon. That of the lockdown. Back then time, if not static, was certainly dilated, drunk, heavy, cumbersome. It was transformed into a unit for measuring emotions, since it now housed the whispers of our souls”

Maro Kouri workshop “The photographic healing of Here and Now”

Through the photographic joy and the discovery of our dreams, we get closer to ourselves. With action. By learning tools and techniques both self-cognitive that we apply in our daily life and photography. Our energy rises. Changes happen. By photographing the pieces we discover on our dream path, we feel alive, authentic. We trust and make the clicks, more and more understandable, more and more our own. In this way, we "build" our portfolio. Shooting with a Dream is already a Good Beginning

Exhibition of intergenerational photography by the NGO ANTAMA

ANTAMA presents the exhibition of intergenerational photography. People of all ages, residents of Aegina and festival participants from Greece and abroad, participate with a photograph that highlights the power of intergenerational relationships for a better quality of life.

For Information:
www.epioni.gr | Tel. +30 211 850 7085



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With the cooperation



Arts & Mental Health Festival

Under the auspices:

Historical & Folklore Museum of Aegina

FESTIVAL PROGRAM
25 - 26 May 2023



SPEAKERS

12:30 - 13:30	Networking Lunch - Photography Exhibition	
13:30 - 14:00	Start of meeting Greetings from the Deputy Mayor of the Municipality of Aegina Mrs Maria Koukouli and from MEP Mr Stelios Kymbouropoulos Region of Attica Spyridon Zormpas, Greek Carers Network EPIONI Kirsten Lise Andersen, Danish Committee for Health Education	
14:00 - 14:10	Art programs for seniors with mild cognitive impairment and mild dementia: A guide for professionals	Marianna Tsatali Alzheimer Hellas
14:10 - 14:30	Learning to promote health and well-being through creative methods. A postgraduate course developed within the Erasmus+ ARTHEWE project.	Evanthia Sakellari Eleni-Zoi Fenerli Department of Public and Community Health Laboratory of Hygiene and Epidemiology University of West Attica
14:30 - 15:00	Art's role in the Society of Social Psychiatry P. Sakellaropoulos, particularly in the Attica Prefecture, for prevention, treatment & rehabilitation purposes and community awareness	Angeliki Foteinou Dramatherapist, Occupational Therapist, Social Worker Evaggelia Dhmhtriou Nurse, Music Therapist
15:00 - 15:20	When there are no words: Art at the service of wellbeing and psychological integration	Antonio Carosella Psychotherapist - Art mediation counselor
15:20 - 15:40	Presentation of the "Espace Cadences" service and the "Psychiatric Care Houses" of the Neuropsychiatric Center of Saint-Martin (Namur, Belgium). & presentation of the Artists' Journey Project	Kathelyne Goffin Educator (theater workshop) Louise Marchal Educator (plastic art workshop)
15:40 - 15:50	How Social Media and writing books positively helped my mental health as a caregiver	Tina A. Michailidou Relationship Blogger
15:50 - 16:00	Exploring Portugal's Festival Mental: Cinema Arts Information (Arts and Mental Health Festival)	Catarina Belo Festival Producer
16:00 - 16:10	Exploring the Mental Health Advantages of Art Therapy: The experiences of University Psychiatric Hospital 'Vrapčë' in Croatia.	Perla El Hassan Occupational Therapist
16:10 - 16:30	Using creative spaces and formats for professional grounding - highlighting the need for mentalization in practice across Europe - Workshop	Kirsten Lise Andersen, Maria Kofoed, and Nina Sønderberg DCHE
16:30 - 16:40	Gesta(l-r)t: Conversation with art in dementia through Gestalt and Art Therapy. Presentation of works by patients with dementia at the "Agia Eleni" Day Centre of the E.E.N.A.S.D. of Thessaloniki.	Katerina Siabani Alzheimer Hellas
16:40 - 17:00	Empowering Individuals and Communities through Creativity: Insights from the Erasmus+ Program 'Creativity with MBCT' for People with Disabilities and Women Carers	Marina Makri Member of the board of EPIONI
17:00 - 18:00	Coffee Break / Guided Visit to the Historical & Folklore Museum of Aegina	
18:00 - 18:20	Open Discussion - Focus Group The use of art in mental health	Mental Health Users - Family Carers Citizens
18:20 - 18:30	How the arts affect our mental health	Christophoros Papadakis SOPSY Korydallos
18:30 - 19:30	"Fanto and Liz" - Theatrical Performance by mental health users	Anti-stigma group SOPSY Korydallos
19:30 - 20:30	Light Dinner	
20:30 - 21:30	Greek popular and traditional music from a multi-member orchestra of all ages under the direction of Alexandros Spitzing	Estoudiantina Aeginas

SPEAKERS

9:00 - 10:00	Guided Tour at the house and atelier of Christos Kapralos, one of the most important Greek sculptors of the 20th century, especially in terms of modernism. (Meeting at 9:00 at the taxi station)	Areti Pigiaditi Art Historian
10:15 - 10:30	Welcome and presentation of the programme of the 2nd day	Mary Koukouli Deputy Mayor Maria Kofoed Fokion Dimitriadis
10:30 - 11:30	Roundtable with the participation of music therapists with experience in the field of mental health Music therapy and mental health: Applications, examples and research Presentations and discussion with the audience	Christiana Adamopoulou, Christina Kalliodi, Konstantina Katostari, Elena Tsolka
11:30 - 11:50	Combating ageism through photography - The role of intergenerational relationships	Sophia Patakou, Liana Kokkolia ANTAMA
11:50 - 12:10	Healing through Photography	Alexandros Christodoulopoulos PhotoCure
12:10 - 13:00	Caring for Carers: Experiential music therapy workshop for family caregivers (in Greek)	Christina Kalliodi
13:00 - 14:00	"Close your eyes and you will see on the paper spring up... soul symbols" Interactive visual workshop, where participants are asked to close their eyes and, while listening to a melody, draw on paper guided solely by the emotion of the moment	Art Buddies group Ergastiri Coordinators: Vasiliki Vasilaki Melpomeni Dimou
14:00 - 15:00	Lunch - Photography Exhibition	
15:00 - 15:30	The photographic healing of Here and Now	Maro Kouri Photojournalist, 4D Photo Dream Coach
15:30 - 15:40	Art as a transitional space: The experience of the Art groups at the Specialized Day Center-"Social Dialogue Center" of P.E.P.S.A.E.E. with the therapeutic use of the Recovery methodology.	Stelios Moiras Social Worker MSc Scientific Director PEPSAEE Specialized Day Center-Social Dialogue Center
15:40 - 16:00	The impact of art on patients' mental health: The ART4MORE Festival experience	Alexandros Economou Msc Mental Health - Athens School of Medicine and Scientific Director KSEO EDRA
16:00 - 16:30	Experiential song workshop entitled "We unite our breaths and voices guided by tradition!"	Thalia Giannakopoulou Musician / Social Anthropologist
16:30 - 18:30	Visit to the Temple of Aphaia (optional)	
18:30 - 19:30	Theatrical performance by PEPSAEE's theatrical group "Life after low fly" is a comedy play based on comic writer's ARKA works.	PEPSAEE

