

22-24.05.25

LaLiBay Resort & Spa
Aegina

3rd Arts & Mental Health Festival

European Mental Health
Week 2025 - Care for mental health,
invest in social rights



European
Mental
Health Week

19-25
MAY 2025



Under the auspices:



Foreword

The Greek Carers Network EPIONI is organizing for the third consecutive year the Festival “Arts and Mental Health”, highlighting the essential role of art in mental well-being.

Aegina, an island that has inspired great artists such as Hadjikyriakos-Ghikas, Moralis, and Johannes Hölzmann, continues to enchant us and invites us to create.

This year, the festival coincides with in-person meetings of European projects in which EPIONI participates, such as HL4EU, Care the Carer, and SharE4Elderly, creating a vibrant space for dialogue and exchange of good practices.

A warm thank you to the organizations and participants from Greece and abroad — from Belgium, Poland, Sweden, Spain, Germany, France, Italy, Portugal, Romania, and other countries — for their active presence and collaboration.

Warm thanks to the Region of Attica, the Municipality of Aegina, Saronic Ferries, and the supermarket KPHTIKOS for their substantial support.

The festival has now become an institution, and we are already preparing for the next edition, which will take place on May 21–23, 2026, in Aegina.

We extend an open invitation to mental health professionals, artists, creators, and everyone interested in the connection between art and mental well-being to participate, present their work, and contribute to the success of this unique experience.

We look forward to sharing beautiful moments together with art, inspiration, and dialogue on mental health — and of course, we are always open to your ideas and suggestions!

Spyridon Zormpas

President of the Board



AGENDA

Thursday 22.05.2025

LaLiBay Resort & Spa, Aegina

- 15:00 - 15:10 **Welcome speeches**
Elsa Dimopoulou, Region of Attica
Sofia Chatzina, Public Health Supervisor of the Municipality of Aegina and Head of the Department of Education, Culture, Sports, and Social Welfare.
Kadri Soova, Mental Health Europe Director
- 15:10 - 15:30 **The role of art in self-discovery**
Elsa Dimopoulou, Psychologist
- 15:30 - 15:55 **Receptive music therapy with MI (Music and Imagery)**
Maria Metaxaki, Mental Health Counselor, Doctor of Musical Arts, Artistic Associate of the Greek National Opera
- 15:55-16:45 **"Emotion in motion", Dance and movement therapy workshop**
Panagiota Liaramantza, Nutritionist, Dance Therapist, MSc in Health Promotion and Education
- 16:45 - 17:45 **Graffiti / Street Art and Mindfulness Workshop**
Barbara Kondilis, Educator, Mental Health Counselor & Wellbeing Coach, President of nonprofit "Art, Graffiti in the City"

Friday 23.05.2025

- 9.00 **Visit to the Municipality of Aegina and meeting with Mr. Vasilis Zampelis, Deputy Mayor for Sports and Education of the Municipality of Aegina.**
- 10:00 - 10:15 **Opening remarks by the organizer and representatives of the local authorities.**
Fokion Dimitriadis, EPIONI
Elsa Dimopoulou, Region of Attica
Vasilis Zampelis, Deputy Mayor for Sports and Education of the Municipality of Aegina, Former member of the Greek National Track and Field Team
- 10:15 - 10:30 **Healthy Lifestyles for Europe - HL4EU**
Exploring and promoting cross-sectoral approaches to healthy lifestyles through physical activity
Alina Chebes, Senior Policy Officer, EuropeActive
- 10:30 - 10:40 **Care the Carer (CTC): Empowering Families, Raising Awareness, Fighting Stigma**
Iulia Halangescu, European Network for Holistic Integration
- 10:40 - 11:00 **Good practices from Medical University of Łódź**
Anna Lipert, PhD Habilitated, MSc, MA Public Health Specialists and Pedagogue in Physical Education, Professor at the Medical University of Lodz, Head of the Cardiovascular and Metabolic, Diseases Laboratory, Department of Preventive Medicine
Anna Krzyżańska-Chybowska, MA, Project Manager at the Medical University of Lodz

- 11:00 - 11:15 **Art and Dementia: Psychosocial Interventions for People with Dementia**
Angeliki Tsapanou, MSc, PhD, Clinical Neuropsychology, Associate Professor University of Patras, Alzheimer Athens, Columbia University Medical Center
- 11:15 - 11:30 **Edvard Munch: Shadows and Strokes**
Dimitra Stefanopoulou, Project Coordinator EUFAMI
- 11:30 - 11:45 **Guided Creativity for Self-Love - Rethinking Co-creation in Emotion-Focused Therapy**
Nina Søndenberg, Psychotherapist - National Director and Co-founder, Nordic Wellbeing Academy
- 11:45 - 12:00 **Arts in Psychosocial Rehabilitation**
The experience of the first year offering services at P.E.P.S.A.E.E.'s Day Center for Mental Health Support through Art
Maria Eliades, Psychologist Msc
Anna Bechraki, Sociologist Msc
- 12:00 - 12:20 **Break**
- 12:20 - 12:30 **A presentation on the contribution of sculpture to mental health, through the collaboration between the Day Centre "Heliotropio" (E.K.D.Ps.P. "Kostis Ballas") and the ceramics workshop "Dia Pilou & Sidirou" in Metaxourgeio.**
Filippa Drivala, Social Worker "Heliotropio" Day Centre (E.K.D.Ps.P. "Kostis Ballas")
Myrto Ntova, Clinical Psychologist "Heliotropio" Day Centre (E.K.D.Ps.P. "Kostis Ballas")
- 12:30 - 13:45 **Playback Theatre Workshop**
An introduction to a form of theatre that bridges the gap between storytelling and enactment. Spontaneous improvisation by caregivers and professionals. The use of live, human images in monologues and dialogues.
Dimitris Begioglou, Clinical Psychologist, Actor, Certified Playback Theatre Trainer (CPT), New York Co-director of the Greek School of Playback Theatre in Athens
- "Shaping Forms, Giving Body"**
A hands-on workshop guided by a potter and sculptor, where participants will explore clay through their own personal experience.
Vasileios Goumas, Potter
Evangelos Karkanis, Sculptor
Ceramics Workshop "Dia Pilou & Sidirou"
- 13:45 - 15:30 **Break**
- 15:30 - 16:30 **Experiential Theatre Workshop "Meet me on stage" by members of the P.E.P.S.A.E.E.E.**
With exercises from the field of Physical Theatre, we will experience the journey from individual expression to group coexistence and creation with improvisation as the main tool.
Theatre Group Specialized Day Center- "Center for Social Dialogue" P.E.P.S.A.E.E.
- 16:30 - 17:15 **The Paintings Change, carousel - Art Therapy Workshop**
Despina Papaioannou, Psychologist - Art Therapist, Society for Social Psychiatry
P. Sakellaropoulos
Aggeliki Tsiaxiri, Social Care Worker, Society for Social Psychiatry P. Sakellaropoulos

- 17:15 - 17:30 **Music in the Community and Music Therapy**
Christiana Adamopoulou, Music Therapist, Special Education Staff, National and Kapodistrian University of Athens (NKUA)
Konstantina Kostastari, Psychologist-Music Therapist, Day Care Center for People with Mental Health Conditions "Bridges of Life" of the Association for Mental Health – SOPSY Patras
- 17:30 - 17:45 **Break**
- 17:45 - 18:30 **Breathing and Physiovoical integration**
Georgia Achilleopoulou, PhD candidate at the University of Exeter, AUTH Voice teacher and singer performer.
- 18:30 - 19:30 **Break**
- 19:30 - 20:30 **A Sunset Musical Concert with Estoudiantina**
 Estoudiantina of Aegina, A large multi-age orchestra under the direction of Alexandros Spitzing.

Saturday 24.05.2025

- 10:00 - 10:10 **Welcome**
Fokion Dimitriadis, EPIONI
Kadri Soova, Mental Health Europe Director
- 10:10 - 10:20 **Thalpos Mental Health: The case of the Arts Therapies Day Centre**
Eftychia Nikolopoulou, Psychologist & Dance Movement Psychotherapist MA
- 10:20 - 10:30 **"When words fade, art builds bridges – memories on canvas and in melodies; art heals."**
Panagiota Mylona, Nurse Day Care Center for People with Dementia, Piraeus Alzheimer Athens
- 10:30 - 10:45 **Psychosocial interventions through theatrical expression in Day Care Centers for people with dementia and their caregivers**
Maria Papagianni, Psychologist – Facilitator in Theatrical Play and Theatre-in-Education
Eirini Vamvakari, Social Worker – Scientific Coordinator of the Mobile Unit Day Care Center for People with Dementia, Piraeus Alzheimer Athens
- 10:45 - 11:10 **Art Therapy Today**
Aphroditi Pantagoutsou, Occupational Therapist - Art Psychotherapist
Nancy Antoniadou, Art Psychotherapist
- 11:10 - 12:00 **Music Therapy Workshop**
Christiana Adamopoulou, Music Therapist, Special Education Staff, National and Kapodistrian University of Athens (NKUA)
Konstantina Kostastari, Music Therapist – Psychologist
Eleni Tsolka, Music Therapist, RoMI Practitioner, Special Education Teacher
- 12:00 - 12:30 **Break**

- 12:30 - 13:30 **Workshop - The experiential workshop "Paint Your Name."**
Aphroditi Pantagoutsou, Occupational Therapist - Art Psychotherapist
Nancy Antoniadou, Art Psychotherapist
- 13:30 - 14:30 **Musical Performance**
Manolis Skoulas and Eleni Papaki perform Greek and foreign ballads
- 14:30 - 15:20 **Photography and Heart-Connection Workshop in the Here and Now**
Title: "The Healing Click of the Heart»
Maro Kouri - Janani, Freelancer PhotoJournalist &
- 15:20 - 15:35 **Dementia Through the Lens: Memories of an Informal Caregiver – Specialist Perspective**
Dr. Konstantina Kontopoulou, Psychologist – Social Worker
- 15:35 - 16:30 **Break**
- 16:30 - 16:45 **Learning beyond the classroom: creative approaches in higher education. The experience within "eMAMA" project - Developing post graduate training programme for maternal mental health in sub-Saharan Africa.**
Theodora Kokkinou, Artist and Evanthia Sakellari, Professor Laboratory of Hygiene and Epidemiology, Department of Public and Community Health, University of West Attica
- 16:45 - 17:00 **Speech: Angel Clown – The Art of Clowning as a Means of Empowerment and Connection for Adults with Psychosocial Challenges and Caregivers**
Nadia Kavoulakou, Psychotherapist
Ermioni Dova, Actress – Therapeutic Clown "The Angels of Joy"
- 17:00 - 18:00 **Experiential Workshop: Angel Clown – The Art of Clowning as a Means of Empowerment and Connection**
Nadia Kavoulakou, Actress, clown facilitator, and psychotherapist
Ermioni Dova, Actress – Therapeutic Clown "The Angels of Joy"
- 18:00 - 18:30 **Cultural Representations of Inclusion**
Stelios Krasanakis, Psychiatrist – Dramatherapist – Lecturer at the National and Kapodistrian University of Athens – Director

We would like to thank LaLiBay Resort & SPA for generously providing the amphitheater

Notes

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