

21-24.05.25

LaLiBay Resort & Spa, Aegina

Kapralos Museum

Historical & Folklore
Museum of Aegina

4th Arts & Mental Health Festival

Under the auspices:



Co-funded by
the European Union



REGION OF ATTICA



ΔΗΜΟΣ ΑΙΓΙΝΑΣ



ΕΛΛΗΝΙΚΗ
ΨΥΧΙΑΤΡΙΚΗ
ΕΤΑΙΡΕΙΑ



Hellenic Brain
Council

Foreword

Greek Carers Network EPIONI is organizing the "Art and Mental Health" Festival for the fourth consecutive year, transforming Aegina into a "Bridge of Healing and Art." With a focus on the therapeutic power of creativity, this year's festival will be hosted at the LaLiBay Resort & Spa, the Christos Kapralos Museum, and the Historical and Folklore Museum of Aegina from May 21st to 24th, 2026.

This year's event carries special significance, as the opening will be honored by a greeting from the World Health Organization (WHO) Country Office in Athens.

At the heart of the festival lies the innovative "TRUST Art Therapy" program. We are deeply moved to welcome thirty participants from Ukraine who, through ECO ART THERAPY, photography, and creative writing workshops, will utilize the natural environment of Aegina as a field for healing the trauma of war.

Simultaneously, through the Erasmus+ project "Pathways to Recovery," mental health service users and their families from Sweden, Portugal, and Greece come together to share experiences that promote recovery and social inclusion.

The final day of the festival, May 24th, coincides with World Schizophrenia Day. On this day, we are dedicating a special workshop as part of the Erasmus+ project "MENTAL-CARE," focusing on the value of meaningful communication between service users, professionals, and informal carers.

We extend our warm thanks to the Region of Attica, the Municipality of Aegina, the Embassy of Belgium Saronic Ferries, KRITIKOS supermarkets, and the Michaela's Goods store for their valuable and essential support. Furthermore, we thank the Hellenic Psychiatric Association and the Hellenic Brain Council for placing this year's event under their auspices.

We invite you to join us for beautiful moments of art and inspiration, discovering how creativity can serve as the most powerful pathway to mental health.

Spyridon Zorbas

President

Greek Carers Network EPIONI



AGENDA

Thursday 21.05.2026

LaLiBay Resort & Spa, Aegina

- 11:30 - 11:45 **Welcome speeches**
Elsa Dimopoulou, Region of Attica
Geneviève Wlazel, Embassy of Belgium
Vasileios Zambelis, Deputy Mayor of Sports and Education of Aegina
Fokion Dimitriadis, General Secretary EPIONI
- 11:45 - 12:00 **What is the evidence on the role of the arts in improving health and well-being?**
Dr Jennifer Hall, Technical Officer for Mental Health, WHO Office on Quality of Care and Patient Safety, Athens / WHO EURO Mental Health Flagship team
Dr Anastasia Giannaki, Consultant, WHO Office on Quality of Care and Patient Safety, Athens
- 12:00 -12:30 **Journaling in Therapy — A gentle road to healing**
Nina Sønderberg, Founder & National Director, Nordic Wellbeing Academy
- 12:30 - 13:00 **Arts for Systems Leadership — Policy Progress by Creative Thinking**
Lars Münter, Nordic Wellbeing Academy
- 14:00 - 15:30 **Break**
- 15:30 - 15:40 **Psychonauts: an award-winning 8-minute stop-motion short animation, co-created by patients at the forensic psychiatry clinic of the University Psychiatric Hospital Vrapče in Croatia.**
Niko Radas, direction, screenplay, music, animation— Pavao Stanojević, animation — Filip Gašparović Melis, production and editing — Luka Gamulin, sound design — Patients of the University Psychiatric Hospital Vrapče, co-creators, set design, and concept contribution
- 15:40 - 16:00 **Presentation of the medico-social hub managed by the French Red Cross in Les Échelles, specializing in support for adults with disabilities. It centralizes three complementary services providing adapted employment through an ESAT, residential housing via an FHAH, and independent living support through a SAVS.**
Discussion with the users
Philippe Karabetsos, Deputy Director of the Les Échelles Hub (ESAT / FHAH / SAVS - Disability Sector), French Red Cross
- 16:00 **“Emotion in Motion” — Dance & Movement Therapy Workshop**
Panagiota Liaramantza, Nutritionist, Dance Therapist, MSc Health Promotion & Education
- 19:15 **A Sunset Musical Concert with Estoudiantina of Aegina:**
A large multi-age orchestra under the direction of Alexandros Spitzing
Amphitheater LaLiBay Resort & Spa

Friday 22.05.2026

LaLiBay Resort & Spa, Aegina

11:00 - 11:10	Welcome Speech Michail Spyridakis, Deputy Mayor of Culture of Aegina	
11:10 - 11:20	Empowering Families and Talking About Mental Illness: From Recovery Work to Supporting the Next Generation Åsa Konradsson Geuken, Swedish Schizophrenia Association	
11:20 - 11:30	Presentation of the "Mental-Care" Erasmus+Project Jan Eerik Leppänen, FinFami	
11:30 - 11:40	Exposure to the performing arts as a motivation technique in mental health. Georgia Papadopoulou, Psychologist in the boarding house 'Eirmos', DEYPSY, systemic psychotherapist, CBH therapist Georgia Liarakou, Social Anthropologist in the boarding house 'Eirmos', DEYPSY The International Society for Mental Health Services (ISMH)	
11:40 - 11:50	Building Bridges in Mental Health: Collaborative Pathways from Local Innovation to European Networks Miguel Durães, President of the Board, RECOVERY IPSS	
11:50 - 12:00	Break	
12:00 - 12:10	Arts for Systems Leadership - Policy Progress by Creative Thinking Lars Münter, International Director, Nordic Wellbeing Academy	12:00 - 13:15 Parallel Workshop Sculpture & Mental Health: Molding the Inner World Experiential Pottery workshop guided by a potter and a sculptor, where participants will explore clay through their own personal experience. Iliotropio Day Center Hellenic Center for Intercultural Psychiatry & Care "Kostis Ballas»
12:10 - 12:20	Guided Creativity for Self-Love - Rethinking Co-creation in Emotion-Focused Therapy Nina Sønderberg, Psychotherapist - National Director and Co-founder, Nordic Wellbeing Academy	
12:20 - 12:30	Cross-Border Collaboration in Health and Social Care: Insights from Croix-Rouge française, Les Échelles Philippe Karabetosos, Red Cross, France	
12:30 - 13:15	Focus Group: Recovery in Schizophrenia: Lived Experiences and Perspectives from Sweden and Portugal, with Shared Insights from Greece and France Åsa Konradsson Geuken, Swedish Schizophrenia Association Miguel Durães, President of the Board, RECOVERY IPSS Mental Health users, Families and Professionals from Belgium, Greece, Sweden, Portugal, Finland and France	
16:00	Temple of Aphaia - Archaeological Site Visit (Optional)	

Saturday 23.05.2026

LaLiBay Resort & Spa, Aegina

- 11:30 - 12:30 **Theatrical Performance by the Family Association PESOPSY: Athens "A Mad, Mad Athens"**
Staff / Professionals: Nefeli Papageorgiou, Angela Brezetou, Georgios Tsonos, Argyro Litsaki, Dimitra Karteri, Maria Siafiani
List of Beneficiaries / Participants: Kostas Diakonis, Vasilis Mavrommatis, Anastasia Dimitrakopoulou, Konstantinos Antonopoulos, Grigoris Galanis, Dimitris Bournelis, Margarita Kefalogianni, Dionysis Androutsopoulos, Evgenia Kapetanidou, Stathis Kleitsas, Maria Trypani, Evangelia Tsoutsas
- 12:00 - 12:20 **Book Presentation**
Struggling with Mental Illness - An Autobiographical Case Study
My proposals for an alternative approach to psychiatry, based on my personal battle to tame schizoaffective disorder - bipolar type (a combination of mania, depression, and schizophrenia).
Vassileia Anastasaki, Master's Degree in Clinical Psychology, Mental Health Service User
- 12:20 - 12:40 **Journaling in therapy - A gentle road to healing**
Nina Sonderberg, Founder and National Director, Nordic Wellbeing Academy, Non-profit association DK
- 12:40 - 13:00 **"Emotion in Motion" – Dance & Movement Therapy Workshop**
Panagiota Liaramantza, Nutritionist, Dance Therapist, MSc Health Promotion & Education
- 13:00 - 13:10 **Psychonauts: an award-winning 8-minute stop-motion short animation, co-created by patients at the forensic psychiatry clinic of the University Psychiatric Hospital Vrapče in Croatia.**
Niko Radas, direction, screenplay, music, animation — **Pavao Stanojević**, animation — **Filip Gašparović Melis**, production and editing — **Luka Gamulin**, sound design — **Patients of the University Psychiatric Hospital Vrapče**, co-creators, set design, and concept contribution
- 13:10 - 13:20 **«Healthy Lifestyles for Europe» Erasmus+ Sport Project: Video Presentation and Policy Recommendations**
- 13:20 - 13:40 **Our Images, Our Voices: A Photo Exhibition by the Les Échelles Group**
Philippe Karabetsos, Deputy Director of the Les Échelles Hub (ESAT / FHAH / SAVS - Disability Sector), French Red Cross
- 13:45 - 15:00 **Break**
- 20:30 - 21:00 **TRUST Participatory site-specific Video Poem Performance**
TRUST - ART THERAPY Participants from Ukraine

Sunday 24.05.2026

Historical and Folklore Museum of Aegina

World Schizophrenia Day

MENTAL-CARE Awareness Event, Erasmus Project

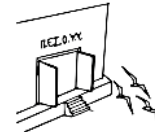
- 10:00 - 10:15 **Welcome Speech**
Representative of the city of Aegina
Fokion Dimitriadis, General Secretary EPIONI
- 10:15 - 10:30 **Schizophrenia and Creativity**
Orestis Giotakos, Psychiatrist, President, Obrela Association
Editor, "Dialogues in Clinical Neuroscience & Mental Health" (www.obrela-journal.gr)
- 10:30 - 10:45 **Exposure to the performing arts as a mobilization technique in mental health**
Georgia Papadopoulou, psychologist at the "Eirmos" boarding house, DEYPSY systemic approach therapist, GSY
Georgia Liarakou, Social Anthropologist at the "Eirmos" boarding house, DEYPSY
- 10:45 - 11:00 **Cross-Border Collaboration in Health and Social Care: Insights from Croix-Rouge française, Les Échelles**
Philippe Karabetzos, Red Cross, France
- 11:00 - 11:10 **«MOTIVA/tion: Structure and freedom. Multimedia art therapy intervention in a museum setting.»**
Patritsia Kouveli, Psychologist - Art Psychotherapist ECP, MSc Social Psychology.
Foteini Kapi, Dramatherapist.
Giota Kasimi, Museum Curator.
- 11:10 - 11:20 **Vagus Nerve Activation - Resilience Humming for First Responders**
Lars Münter, International Director, Nordic Wellbeing Academy
- 11:20 - 11:30 **Journaling in Therapy — A gentle road to healing**
Nina Sønderberg, Founder & National Director, Nordic Wellbeing Academy
- 11:30 - 11:40 **Psychonauts: an award-winning 8-minute stop-motion animated short film, co-created by patients at the forensic psychiatry clinic of the University Psychiatric Hospital Vrapče in Croatia.**
Niko Radas, direction, screenplay, music, animation — Pavao Stanojević, animation — Filip Gašparović Melis, production and editing — Luka Gamulin, sound design — Patients of the University Psychiatric Hospital Vrapče, co-creators, set design, and concept contribution
- 11:40 - 12:00 **Discussion with the audience**
All participants
- 12:00 - 13:00 **Break**
- 13:00 - 14:00 **Structure and freedom: Experiential art therapy and dramatherapy workshop**
Patricia Kouveli, Psychologist - Art Psychotherapist ECP, MSc Social Psychology.
Foteini Kapi, Dramatherapist.
- 14:00 - 15:00 **Experiential Workshop**
Chrysanthi Karagianni, Social Worker
Eva Manaridou, Psychologist
Day Center for Mental Health Support through Art, PEPSAEE

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