

art

**THERAPY IN ADULT
EDUCATION**

ENHANCING INCLUSION, SUSTAINABILITY AND WELL-BEING

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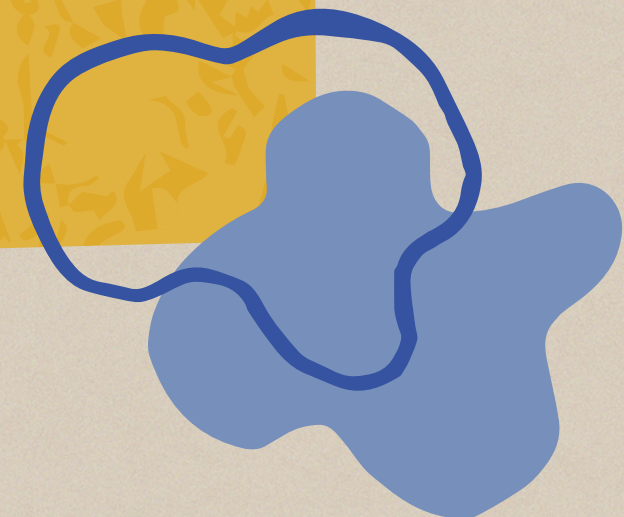


**EMPOWERING ADULTS
WITH DISABILITIES**
WITH FLOWERS MADE
FROM WASTE



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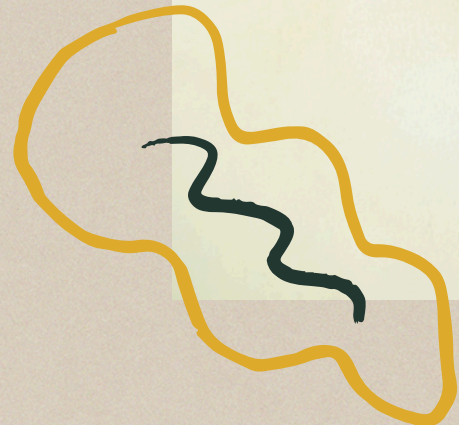


WHAT IS ART THERAPY?



- A form of psychotherapy that uses the creative process of making art, such as painting, drawing, or sculpting
- Helps people express emotions without words
- Used in education, psychology, and social work

**IN OUR PROJECT:
WE USE ART THERAPY TO SUPPORT
ADULTS WITH DISABILITIES AND
PROMOTE INCLUSION.**





WHY ART THERAPY IN ADULT EDUCATION?

Adults learn differently than children.
→ Need for practical, engaging, and
meaningful activities.

Art therapy offers:

- Active participation
 - Hands-on learning experience
 - Personal development
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BENEFITS OF ART THERAPY FOR ADULTS WITH DISABILITIES



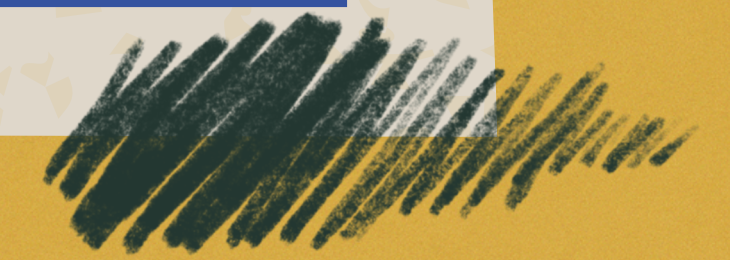
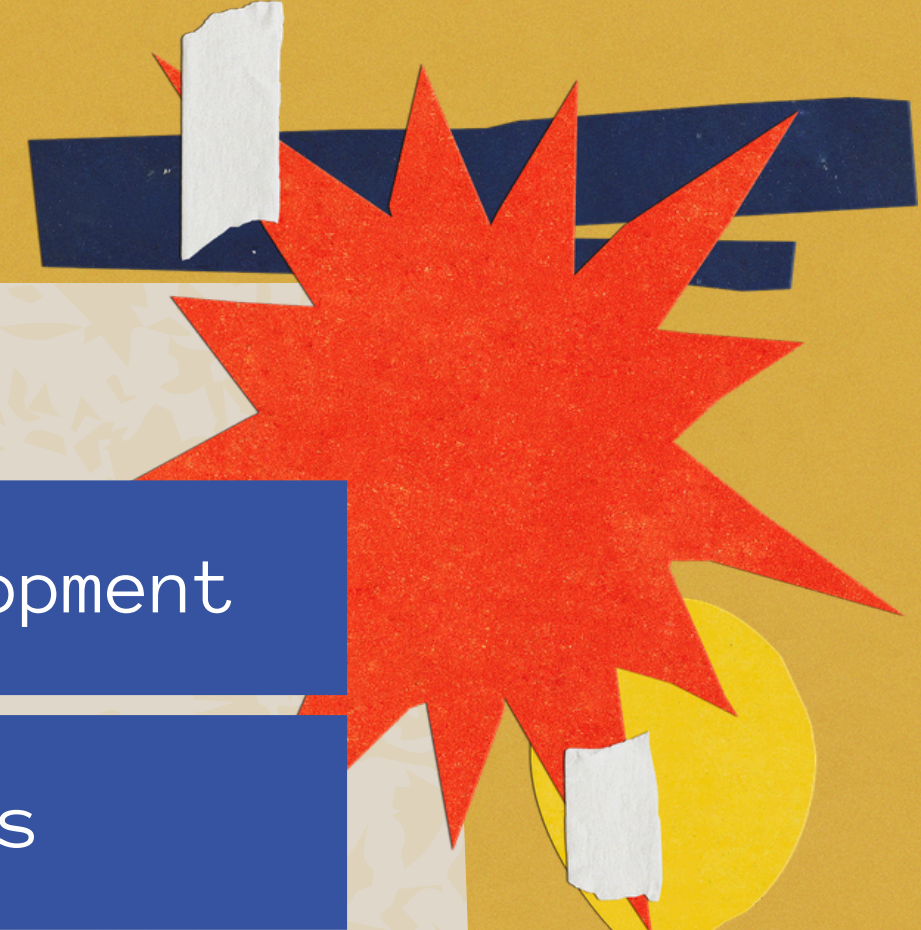
Supports cognitive development

Improves motor skills

Encourages emotional expression

Builds self-confidence

Strengthens social interactions



ART THERAPY & SUSTAINABILITY

- Using **waste materials** in creative activities
- Learning how to **reuse & recycle**
- Creating something meaningful from “waste”

DOUBLE IMPACT

1. Environmental awareness
2. Personal development

WASTE MATERIALS FOR ART

PLASTIC → FLOWERS

PAPER → DECORATIONS

METAL CAN → CANDLE HOLDER

OUR PROJECT APPROACH

Our project focuses on creating a simple, supportive and inclusive learning experience for all participants.

- Simple, step-by-step workshop activities
- Safe and accessible materials
- Supportive and inclusive environment

ROLE OF EDUCATORS

- Encourage, not control

- Focus on process, not perfection

- Support creativity



SOCIAL INCLUSION

ART THERAPY HELPS:

1) Reduce isolation

2) Create connections between people

3) Build a sense of belonging

Art can connect people beyond **language & ability**



ERASMUS+ PERSPECTIVE

The project reflects and supports the key priorities of the Erasmus+ programme in a practical way.

- 1 Promotes inclusion & diversion and encourages active participation
- 2 Supports lifelong learning
- 3 Raises environmental awareness
- 4 Encourages international cooperation between partner countries
- 5 Strengthens social participation and integration through collaborative workshops

Key idea: Art therapy is an effective and practical tool to achieve Erasmus+ priorities while creating real social impact.





HAVE YOU SEEN ART THERAPY IN YOUR COUNTRY?

HOW CAN WE USE ART THERAPY IN YOUR ORGANISATION?



SMALL CREATIVE ACTIONS CAN CREATE MEANINGFUL SOCIAL IMPACT

Art therapy supports learning,
inclusion and well-being

It empowers adults with disabilities

It connects creativity with
sustainability

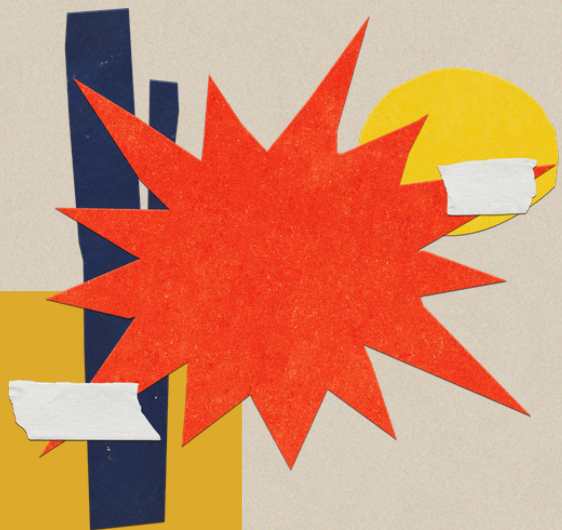


THANK

YOU

FOR

LISTENING



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