



The work on the *in Japan Year 11*

The work on the *in Japan Year 11*

The work on the *in Japan Year 11*

The work on the *in Japan Year 11*

The work on the *in Japan Year 11*

The work on the *in Japan Year 11*

The work on the *in Japan Year 11*

The work on the *in Japan Year 11*





MASK ART THERAPY



**CROATIA - ZAGREB
MALI DOM
DNEVNI CENTAR ZA
REHABILITACIJU
DJECE I MLADEZI**

Title	The title may sometimes give you a hint on the related topic, but it may also be a funny/catchy one to make people remember it easily.
Description of the exercise	Art therapy workshop
Theme Making masks	
Group size 3 - 20	
Age range 3 - adults	
Complexity Possibility to simplify the activity depending on the age of the participants, functional levels and capabilities	
Time depends on the population 45 min - 3 hours	
Objectives Main objectives: Self-expression and identity exploration Additional objectives: Sensory organization - research and acceptance of materials, Functional motor skill -practice of gross and fine motor skill, Communication/Language - verbal, alternative and nonverbal communicating, learning new terms and concepts,	

Cognition/Research and Learning Modes - learning through imitation and through attempts and errors, the use of symbols and metaphors, Socio-emotional area - emotional regulation, to sublimate nonsocial and aggressive behaviors into creative ones, social rules like waiting your turn, have fun...

Materials

cardboard, markers or coal, old newspapers, color stick tape, scissors/adopt scissors/, tempera and brushes, rubber band

Preparation

Introduction to the topic: presenting content (choose a theme of masks tailored to the age of the group (eg. for children - the theme of animals, superheroes or monsters) and present the content verbally/alternative communication and through visual materials. Talk about “who you want to be” (could include pantomimes or short drama game/

pantomimes), if population is verbal - sharing about personal experiences of the theme and with masks. Last step is choice of mask theme of each participant.

Instructions

1. Demonstration of the combined technique
2. Drawing a mask on cardboard
3. Cutting of the eyes, mouth... with scissors
4. Applying extensions shaped by creasing, rolling and cutting old newspapers by stick tape
5. Use stick tape like paint and cover the surface or paint cardboard surface
6. When the mask is complete, secure the rubber band
7. Try out the mask, find out how it feels,
8. Put the group in the circle. Each participant presents his mask to the group from the mask role "I am ..., I can ..."
9. Ending ritual - with the song (Orff music instruments or music in background) make common dance under the masks
- (10. organize a carnival at

the organization)

Debriefing, evaluation

Sharing

Qualitative

analysis/description:

1. Interpretation of the creative process:
start creating an image with or without conscious intent, task orientation, impulsiveness, attention, self-initiative, following directions, provoking resistance and making things fun ...
2. content / visual work
(does it contain current emotions, pride in the finished work, its own language of expression or stereotypes, integrated or fragmented, whether it connects with itself or not, analysis of visual elements ...)
3. interaction (activity-passivity, response to the therapist, acceptance of restrictions, session completion ...)

Tips, considerations and safety

Tailor the workshop to the characteristics and interests of the students.
Use non-toxic colors. Use adapted scissors, assist

with cutting actions.

In the case of people with multiple disabilities, be their tool and helper, support them and their ideas to successfully transform into an art product.

Encourage interactions and group cohesion, reflect events and feelings, slow down the process as needed ... If you need more helpers involve volunteers.



MUSIC THERAPY



Ε.Ε.Ε.Ε.Κ. ΣΕΡΡΩΝ
WEB PAGE: eeek.ser.sch.gr
EMAIL: mail@eeek.ser.sch.gr
TEL: 2321098081
FAX: 2321098082

**GREECE – SERRES-ERGASTIRIO
EIDIKIS EPAGELMATIKIS
EKPAIDEFSIS KAI
KATARTISIS SERRON**

Title	Hello song
Description of the exercise	Therapist and cotherapist (if there is one) sing a song to introduce themselves and ask each other and learn the names of the members of the group.
Theme	Activity for getting to know with each other.
Group size	It is suitable for every group size (even for big groups).
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. "breaking the ice" between the members of the group. 2. Learning the names of each other. 3. Following simple instructions. 4. Turn taking.
Materials	A melodic instrument (like guitar) and small percussions for the members of the group to play along with the song.
Preparation	No preparation is needed.
Instructions	<p>Everyone sits in a circle and takes an instrument. Therapist starts with the song:</p> <p>"Hello everyone, and again hello! let's say our names loudly. Hello everyone and again hello! Let's say our names, one after the other. My name is (therapist's name), your name is (pause for the member to speak their name)....your name is... etc. (we continue like this until the last person of the group tells his/her name. Then we close our song) "Let's all together start playing music".</p>
Debriefing, evaluation	It's an easy activity, everyone can take part in it and it's a fun way to learn the names of the group members.

Tips, considerations and safety

If there is a person with mobility difficulties it's better to use instruments that can be adjusted on the hands or legs (like bracelet bells) so as to produce sound by just shaking a little bit the particular part of their body. If the person has no mobility, his/her assistant can move him/her along with the music and speak the name of him/her.

Everyone who is in the room should take part in the activity.

Last but not least, if there is a person who doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	Let's play some music!
Description of the exercise	Therapist and cootherapist (if there is one) sing a song for playing music with the members of the group.
Theme	Getting know with each other.
Group size	It is suitable for every group size (even for big groups).
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. “breaking the ice” between the members of the group. 2. Learning the names of the member of the group. 3. Creating safe environment for the members to play music. 4. Following simple instructions. 5. Turn taking. 6. Learning instruments'names. 7. Come in touch with dynamics and tempo.
Materials	A melodic instrument (like guitar) and small percussions for the members of the group, to play along with the song.
Preparation	No preparation is needed.
Instructions	<p>Everyone sits in a circle and take an instrument. Therapist asks the members to play along with him and starts with the song “We play together with music!”</p> <p>And then continues according to two versions.</p> <p>Version 1: With the (name of an istrument of the group i.e woodblock) plays(pause for the group member that has the woodblock to tell his/her name).</p> <p>Version 2: (Name of a person of the group) plays with the (pause for that person to tell the name of the instrument he/she holds).</p> <p>When all of the group members have answered the therapist continues,singing “We play together with music loudly/softly” and changes the way</p>

s/he sings and play according to the dynamic s/he asked for. The group should follow.

Debriefing,evaluation


It's an easy activity, everyone can take part in it and it's a fun way to learn the names of the group members and of the instruments that are used. Moreover is an easy way to introduce dynamics.

Tips, considerations and safety

- If there is a person with mobility difficulties it's better to use instruments that can be adjusted on the hands or legs (like bracelet bells) so as to produce sound by just shaking a little bit the particular part of their body. If the person has no mobility, his/her assistant can move him/her along with the music and speak the name of him/her.
- The therapist helps with the names of the instruments that the members are not familiar with.
- Last but not least, if there is a person that doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	Who's going to play with music?
Description of the exercise	Therapist and cotherapist (if there is one) sing a song and the member of the group that hears his/her name mimcs the therapist.
Theme	Singing.
Group size	It is suitable for every group size (even for big groups).
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Creating safe environment for the members to use their voice. 2. “breaking the ice” between the members of the group. 3. Learning the names of the members of the group. 4. Following simple instructions. 5. Turn taking.
Materials	A melodic instrument (like guitar) and small percussions for the members of the group, to play along with the song.
Preparation	No preparation is needed.
Instructions	<p>Everyone sits in a circle and take an instrument. Therapist asks the members to play along with him/her and the one who hears his/her name should mimic by their voice and body language the things that the therapist do.</p> <p>The therapists sings “Who's going to play, who's going to play the music and is going to be heard?</p> <p>Who's going to play, who's going to play who's going to mimic the music?” Then, s/he chooses someone from the group, plays a small melodic motiv and pauses, for the member to mimic it.</p>

Debriefing,evaluation	It's an easy activity, everyone can take part in it. Through this activity it is created a safe environnement for the people to use their voice.
Tips, considerations and safety	<ul style="list-style-type: none"> • Therapist should adjust the melody and the duration that s/he address to a spesifical person, according to the person s/he encounters with (shy, extrovert,with limited speech or not etc.). • If there is a person with mobility difficulties it's better to use instruments that can be adjusted on the hands or legs (like bracelet bells) so as to produce sound by just shaking a little bit the particular part of their body. If the person has no mobility, his/her assistant can move him/her along with the music and speak the name of him/her. • If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	A ra sam sam.
Description of the exercise	Therapist and cotherapist (if there is one) sing a song and use specific movements. The group is encouraged to follow them and do the same movements.
Theme	Moving along with music.
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.
Age range	For every age.
Complexity	Easy.
Time	About five minutes.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Body expression. 2. Getting in touch with changes in tempo (accelerando). 3. Following simple instructions. 4. “Breaking the ice” between the members of the group, so they can work together afterwards.
Materials	A melodic instrument (like guitar) is welcomed.
Preparation	No preparation is needed.
Instructions	<p>Everyone stands in a circle. Therapist asks the group to follow his/her moves and starts singing and moving with the song. The rhythmic patterns of the song are the following:</p> <p>“A Ra Sam Sam, A Ra Sam Sam,</p>  <p>Gou li Gou li Gou li Gou li Gou li , Ra Sam Sam</p>



A ra fique, a ra fique



Gou li Gou li Gou li Gou li Gou li, Ra Sam Sam



When the therapist sings *a ra sam sam* claps her/his hands . When the therapist sings *gouli gouli* s/he spins her/his hands around one another. And when the therapist sings *A Rafi A Rafi* s/he puts up her/his hands in the air. The group follows the moves of the therapist. Therapists sings three or four times the same song, but in different accelerating tempo.

Debriefing,evaluation

It's an easy activity, everyone can take part in it, in the level s/he can.

Tips, considerations and safety

- If the person has limited or no mobility, his/her assistant can move him/her along with the music.
- If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.
- It doesn't matter if someone of the group can't make exactly the same move as the therapist.
- The tempo should go according to the abilities of the group.

Title	Bim bam
Description of the exercise	Therapist and cotherapist (if there is one) sing a song and use specific movements. The group is encouraged to follow them and do the same movements.
Theme	Moving along with music.
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Body expression. 2. Learning simple rhythmic patterns. 3. Getting in touch with changes in tempo (accelerando). 4. Following simple instructions. 5. Learning parts of the body (hands, knees, head, chest, chicks) 6. “breaking the ice” between the members of the group.
Materials	A melodic instrument (like guitar) is welcomed.
Preparation	No preparation is needed.
Instructions	<p>Everyone stands in a circle. Therapist asks the members to follow his/her moves and starts singing and moving with the song.</p> <p><i>“Bim, bam hands one, two</i> <i>Biri biri bam I clap with the rhythm</i> <i>Bim bam biri bim bam biri bim clap, snap (fingers).”</i></p> <p>Therapist repeats the song and changes body parts i.e. clap thighs, stomp your heels, beat your tummy etc. Therapists sings three or four times the same song but in different accelerating tempo.</p>

Debriefing,evaluation	It's an easy activity, everyone can take part in it, in the level s/he can.
Tips, considerations and safety	<ul style="list-style-type: none">• If the person has limited or no mobility, his/her assistant can move him/her along with the music.• If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	Clapping hands, clapping knees.
Description of the exercise	Therapist and cotherapist (if there is one) sing a song and use specific movements.The group is encouraged to follow them and do the same movements.
Theme	Moving along with music.
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Body expression. 2. Learning simple rythmic patterns. 3. Getting in touch with changes in tempo (accelerando). 4. “Breaking the ice” between the members of the group. 5. Following simple instructions. 6. Learning parts of the body (hands, knees, head, chest, chicks)
Materials	A melodic instrument (like guitar) is welcomed.
Preparation	No preparation is needed.
Instructions	<p>Everyone stands in a circle. Therapist asks the members to follow his/her moves and starts singing and moving with the song.</p> <p><i>“Clapping (hands), clapping, clapping, clapping knees, knees,knees (all X3), chest, chest, knees, knees, knees. Head, head, knees, knees,knees Chest, chest, knees, knees,knees. Head, head, knees, knees,knees. Chest, chicks, knees,knees,knees.”</i></p>

Therapists sings three or four times the same song but in different accelerating tempo.

Debriefing,evaluation

It's an easy activity, everyone can take part in it, in the level s/he can.

Tips, considerations and safety

- If a person has limited or no mobility, his/her assistant can move him/her along with the music.
-
- If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	Drum talking
Description of the exercise	Therapist and cotherapist (if there is one) sing a song and use specific movements. The group is encouraged to follow them and do the same movements.
Theme	Moving along with music.
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Body expression. 2. Learning simple rhythmic patterns. 3. Encouraging using voice. 4. Following simple instructions. 5. Exercising attention. 6. Role playing 7. “breaking the ice” between the members of the group.
Materials	No instruments are needed.
Preparation	No preparation is needed.
Instructions	<p>The therapist “transforms” everyone in primitive people and asks them to communicate with voices, like drums. When the therapist says “Dam dam” the group should answer “Aaaaah!”, loudly.</p> <p>The therapist start singing like a drum and moving his/her body to the rhythm.</p> <p>Dam diri dam diri diri diri dam, (X2)</p> <p>Dam dam (pauses for the answer)</p> <p>Diri diri diri diri dam dam (pauses for the answer)</p> <p>diri diri diri diri dam.</p>

Therapist changes the time when s/he will sing “dam dam”, in order to challenge the attention of the members of the group.	
Debriefing,evaluation	It's an easy activity, everyone can take part in it, in the level s/he can.
Tips, considerations and safety	<ul style="list-style-type: none">• If a person has limited or no mobility, his/her assistant can move him/her along with the music.• If there is someone who can't be standing , the therapist can propose to all the group to sit down. In this way everyone in the group feels equal.• If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	Rhythmic circle
Description of the exercise	Therapist and cotherapist (if there is one) play rhythmic patterns with parts of their body. The group is encouraged to mimic those patterns after the therapists.
Theme	Becoming rhythmic, musical instruments.
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.
Age range	For every age.
Complexity	Easy.
Time	It depends on the size of the group.
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Body expression. 2. Learning simple rhythmic patterns. 3. Following simple instructions. 4. Exercising attention. 5. Exercising body synchronisation 6. Learning parts of the body (hands, knees, head, chest, chicks) 7. "breaking the ice" between the members of the group.
Materials	No instruments are needed.
Preparation	No preparation is needed.
Instructions	The group stands in a circle. The therapist proposes rhythmic patterns on different body parts (begins with very easy and changes the degree of difficulty according to the group's abilities). When the therapist stops the group repeats the rhythmic pattern.
Debriefing, evaluation	It's an easy activity, everyone can take part in it, in the level s/he can.

Tips, considerations and safety

- If a person has limited or no mobility, his/her assistant can move him/her along with the rhythm.
- If there is someone who can't be standing , the therapist can propose to all the group to sit down. In this way everyone in the group feels equal.
- If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	A big snake.	
Description of the exercise	All the group form a queue, holding each other from the shouldres or clothes, forming a “snake”. The therapist sings the song and moves in the tempo of the song. The “snake” follows him/her.	
Theme	Moving along with music/following changing tempo.	
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.	
Age range	For every age.	
Complexity	Easy.	
Time	It depends on the size of the group.	
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Getting in touch with changes in tempo (fast-slow). 2. “Breaking the ice” between the members of the group. 3. Following simple instructions. 4. Helping introvert children become members of a group. 5. Cooperation. 	
Materials	A melodic instrument (like guitar) is welcomed.	
Preparation	No preparation is needed.	
Instructions	<p>Everyone stands up. Therapist asks the members to form a queue (to stand one behind the other, holding by their shoulders or by their clothes). In this way they form a “snake”. The therapist is the “head of the snake”. The therapist starts singing the following song :</p> <div> <div> <p><i>Slow part</i></p> <p><i>“One big snake starts a journey, to come in our group and dance with us.</i></p> </div> <div> <p><i>Fast part</i></p> <p><i>Round, round, goes around and never, never stops Sometimes fast, sometimes slow, children can't catch it”</i></p> </div> </div>	

Therapist sings the song and walks around the space, in the slow part, while in the fast part “runs” or walks fast in the rhythm. S/he sings the song twice. If the “snake” brakes, during the song, the game stops.
We repeat the game until everyone becomes the “head of the snake”.

Debriefing,evaluation

It's an easy activity, everyone can take part in it, in the level s/he can.

Tips, considerations and safety

- If the person has limited or no mobility, it can take part in the game with a wheelchair.
- If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	I'm walking, just taking a walk.	
Description of the exercise	Therapist and cotherapist (if there is one) sing a song and and move around the space, alone at first and then form couples.	
Theme	Forming couples.	
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.	
Age range	For every age.	
Complexity	Easy.	
Time	It depends on the size of the group.	
Objectives	<p>It's for:</p> <ol style="list-style-type: none"> 1. Helping introverts become part of the group. 2. Cooperation. 3. Forming couples. 4. Body expression. 5. Getting in touch with changes in tempo (accelerando). 6. “breaking the ice” between the members of the group. 7. Following simple instructions. 8. Learning parts of the body (hands, knees, head, chest, chicks) 	
Materials	A melodic instrument (like guitar) is welcomed.	
Preparation	No preparation is needed.	
Instructions	<p>Everyone stands in the space. When the song starts, everyone moves freely and follow the instructions of the therapist. The therapist sings the following song:</p> <div> <div> <p><i>Slow part</i></p> <p><i>“I'm walking, just taking a walk around I touch nobody, I'm by my one.</i></p> </div> <div> <p><i>Fast part</i></p> <p><i>I now, form a couple, with a friend that is close to me. To walk together and to.....”</i></p> </div> </div>	

In the slow part everyone walks around freely and they be carefoul not to touch anyone else. When the fast part starts, they should find a person that is close to them and form a couple and walk aroud together. In the end of the fast part the therapist would ask the couples to do something together (l.e. jumping, touch each other's hands/knees/shoulders etc.). Therapist decides how many times will play the game.

Debriefing,evaluation

It's an easy activity, everyone can take part in it, in the level s/he can.

Tips, considerations and safety

- If the person has limited or no mobility, a wheelchair can be used.
- The proposals of the therapist should meet the group's needs.
- If there is a person tha doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	A little boat.	
Description of the exercise	Therapist and cotherapist (if there is one) sing a song. Group forms couples and move like being in a boat.	
Theme	Forming couples/following tempo.	
Group size	Better works with group of 6-10 people. But it's also appropriate with bigger groups.	
Age range	For every age.	
Complexity	Easy.	
Time	About five to seven minutes.	
Objectives	It's for: <div><div>1. Forming couples.</div><div>2. Helping introvert children become members of the group.</div><div>3. Body expression.</div><div>4. Getting in touch with changes in tempo (fast/slow).</div><div>5. “Breaking the ice” between the members of the group.</div><div>6. Following simple instructions.</div></div>	
Materials	A melodic instrument (like guitar) is welcomed.	
Preparation	No preparation is needed.	
Instructions	Everyone forms couples. They sit down, face to face, and they act like they are in little boats. The therapist sings: <div><div>Slow part “One little boat sails in the deep sea you and me pull the paddles. The little boat sail on the waves softly you and me pull the paddles.</div><div>Fast part Here comes a terrible storm, we pull the paddles hard, One, two, one, two, Let's pull the paddles hard, together, to get out of this chaos. One, two, one, two, Let's pull the paddles hard, together, Let's get out of here, fast.</div></div>	

The “Little boats” are moving with the tempo of the song, either fast or slow. The therapist usually sings the song two or three times.

Debriefing,evaluation

It's an easy activity, everyone can take part in it, in the level s/he can.

Tips, considerations and safety

- If the person has limited or no mobility, his/her assistant can move him/her along with the music.
- If there's a person that has no couple, s/he can form a couple with the therapist or make a triad with two people of the group.
- If there is a person that doesn't want to take part in the activity, we don't push them to do so, we continue to the next person.

Title	Musical train
Description of the exercise	The therapist forms a kind of "train" with the group that moves with music and stops when the music stops.
Theme	Following instructions.
Group size	Any group size.
Age range	Any age.
Complexity	Easy.
Time	It depends on the therapist.
Objectives	<ol style="list-style-type: none"> 1. Group bonding. 2. Helping introverts become members of the group. 3. Following simple instructions. 4. Exercise attention. 5. Moving along with tempo.
Materials	A melodic instrument is welcomed.
Preparation	No preparation is needed.
Instructions	<p>The therapist asks the group to form a queue, like being a "train". S/he starts as the "train driver". S/he explains that whenever the music stops, the "train" should freeze. The lyrics of the song are:</p> <p><i>"Come on guys on our train, To go a journey, far away As long as music plays. If the music stops, the train also stops"</i></p> <p>and then the therapist hums the music of the song and stops humming, whenever s/he likes, to stop the train. When the music stops the group should freeze.</p>

Debriefing,evaluation

It's an easy activity and everyone can take part in it.

Tips, considerations and safety

- If there is a person with limited or no mobility, it is proposed to use a wheelchair.
- If a person doesn't want to take part in the activity, the therapist should not insist to do so.

Title	Musical scarfs
Description of the exercise	The therapist and cotherapist (if there is any) sing a the song "musical scarfs" and the group follows the instructions of the song.
Theme	Following instructions/ pitch
Group size	Any group size.
Age range	Any age.
Complexity	Easy.
Time	It depends on the therapist.
Objectives	<ol style="list-style-type: none"> 1. Pitch. (High notes/low notes) 2. Helping introverts become members of the group. 3. Relaxation. 4. Following simple instructions. 5. Excercise attention. 6. Moving along with tempo.
Materials	Scarfs are needed. A melodic instrument is welcomed.
Preparation	No preparation is needed.
Instructions	<p>The therapist asks the group to form couples (either standing or sitting), with a person that is close to them. They leave the scarf down and when the therapist starts singing they follow the instructions of the song.The lyrics of the song are:</p> <p> <i>"Hands up, up very high. I move them in the rythm. I'm trying to catch the sky. And now hands down, Down to the floor.</i> </p> <p> <i>Scarfs up, up very high I move them in the rythm I'm trying to catch the sky And now scarfs down, Down to the floor</i> </p>

*I stay here for a while,
I touch the floor.*

*I stay here for a while,
To take a rest.*

When the song ends the people of the group sit down, (in child's pose) and take a small rest.

Debriefing,evaluation

It's an easy activity and everyone can take part in it.

**Tips, considerations and
safety**

- If there is a person with limited or no mobility, his/her assistant (or the cotherapist) help them move along with music.
- If a person doesn't want to take part in the activity, the therapist should not insist to do so.



“The path of independent life” **Erasmus+, 2020.**

SYMBOLS AND MASKS



Margareta Vidmar, mag.edu.reh., spec.psychotr.
Center for rehabilitation “Mali dom- Zagreb” Croatia



What is symbol?



Etymology - from the Greek *syn*/ together and *bállō*/ throw, put; *symbolon*/ token, watchword

- "something which stands for something else"
- Symbols are the basis of all human understanding and serve as vehicles of conception for all human knowledge - facilitate understanding of the world in which we live
- Concepts, words, rituals, images, manners and customs of daily life - representing an idea - a deeper indicator of a universal truth

Modern Man and Symbols

- The symbol/archetype in practical experience is image and emotion - has power of psychic energy
- Comes to life when person try to find out in what way, why and how is associated with them. The more they are suppressed, the more they spread in the form of neurosis
- The modern man is rational and dehumanized — thinks that he has freed himself from prejudice but he lost the ability to respond to "divine" symbols and ideas, lost spiritual values and meaning of life



- This loss is compensate by symbols in dreams and art - touching our nature. The unconscious spirit of modern man has preserved the ability to create symbols
- Creating symbols is a natural attempt to unite opposites within the psyche

Symbol Interpretation

Requires

- intelligence, imagination, self-awareness, intuition and feeling
- the life experience of the therapist
- knowledge of the client's personality, cultural background, all life circumstances, whether the client is irrational or rational
- wariness
- knowledge of mythologies, legends, fairy tales, literature ...



Masks

from Arabic *maskharah*/ to ridicule, appeared in EU in 16.cent.,
French *masque*/ covering to hide or guard the face

- objects (made from various materials) that cover the face
- the use of masks is ancient human practice across the world/ the oldest found mask is from 9000 BC
- by wearing a mask, person become a shaman, taking part in a ritual with very specific purposes



- the oldest representations of masks are **animal masks** (symbolizes human primitive and instinctive nature - a primitive man must domesticate it, a civilized man must heal the animal within and make it his friend)
- ritual masks, as **representations of the human face**, are revealing the fundamental aspects of the human psychological condition - the repression of a cooperative / instinctive self or soul (*Jeremy Griffith, biologist*)

Masks are used for:



- ritual practices and ceremonies (to communicate with spirits and gods)
- healing
- punishment
- for protection
- in the performing arts
- entertainment
- used as ornamentation
- the religious use of masks has waned, but masks are used in psychotherapy and expressive arts therapies



©2018

Carl Gustav Jung

In Ancient Rome

`persona` meant 'a mask'

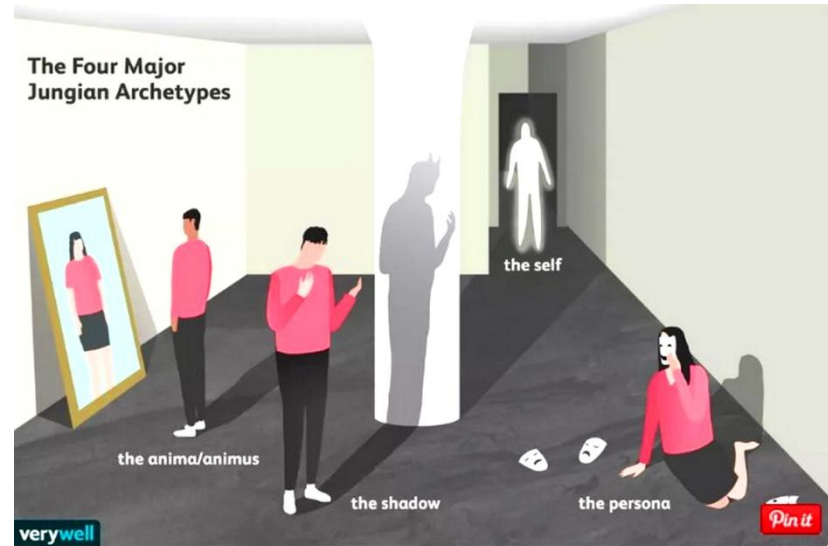


Illustration by Hugo Lin. Verwell

- the **persona** is the social face - the individual presentation to the world, a kind of mask designed to make a impression upon others and to conceal the true nature of the individual
- the development of a viable social persona is a vital part of adapting to and preparing for adult life in the external social world. A strong ego relates to the outside world through a flexible persona
- identifications with a specific persona inhibits psychological development / conformist kind of personality which is 'all persona' / concern for 'what people think'
- working with the masks gives the opportunity to try different identities



Carnivals in EU



- It's roots are in **Paganism** transformed through the **cultures of ancient Greece and Roman Empire**, into many medieval European cultures
- **Renaissance** - from court, civic events or entertainments managed by guilds developed to enliven cities
- **Reformation** - carnival customs began to die out in Protestant regions, but survived in Catholic areas, mixed with the rural folkloric customs
- **C 18th** - a tourist attraction, was repressed during the Napoleonic Republic
- **C 19th** - **civic masquerades** and their masks may have retained elements drawn from **popular culture**, carnival survived because a consequence of a self-conscious 'folklore' movement that accompanied the rise of nationalism in many European countries from December to February/March (in June)

Ancient Greek masks

- **In theatre** (Comedy and Tragedy) of ancient Greece, masks are worn by all the performers, with several different types of mask used for different types of character (had brass megaphones to amplify what actors are talking)
- members of the chorus wore the same masks (represent one voice), provided a commentary on the unfolding events
- the power of the mask creates mystery to both the performer and the audience
- now considered to be iconic symbols of classical Greek theatre





- in **the Bacchanalija** and **the Dionysus cult**, the use of masks temporarily suspended the ordinary controls on behaviour, and people enjoyed outside their ordinary rank or status
- Masks were not considered as permanent objects and were dedicated to Dionysus after performances

Traditional Cyprus Masks and Costumes

- The evidence for masking rituals in Late Bronze and Iron Age - the long tradition of masking on the island and reveals use patterns that allow a partial reconstruction of the social significance of masking ceremonies.
- At the end of the Bronze Age through the era of the autonomous city-kingdoms, masks likely functioned as symbolic objects used in constructing social identities and can be associated with restricted groups practicing rituals at key sanctuaries.
- Masking rituals flourished within the autonomous city-kingdoms and dramatically ended with the incorporation of Cyprus into the Ptolemaic kingdom



Traditional Slovakian Masks and Costumes

- **Fašiangy** (from german “last drink”)/Maslenice - symbolizes the upcoming pre-Easter fasting. This period is sacrificed to happiness, joy, wild parties, good food and strong drinks
- mix of playing pranks, rites of passage, saying goodbye to Winter/welcoming Spring, the victory of good over evil and new over old (flutes, bagpipes, bells, dancing and jumping around)
- the burning of the rag doll symbolizes Fašnik (and all the sins committed during the carnival) marks the end of carnival madness and a return to everyday life





Traditional Croatian Masks and Costumes

- **Fašnik/Poklade**
- Queen and King of carnival
- Legend - **Zvončari** scared away Tatars and Turks during the Ottoman conquest with shepherds donning masks on their heads, with bells produced a noise. From that time, they hold a mace (balta or bačuka)





- Zvončari (masks representing fantastic animal heads, or wear "flower hats") and traditional characters - bear, thief, gypsy are led by May (have strips of colorful paper)
- visit villages, the villagers greet them with wine and foods



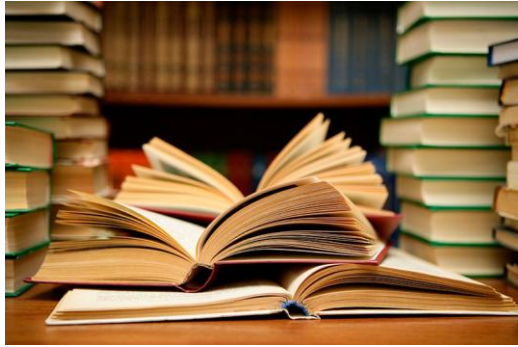


Traditional Portuguese Masks and Costumes









Literature

- Jung C.G. Psychology of Unconscious: A Study of Transformations and Symbols, Dover publication, 2002.
- Simon R., The Symbolism of Style, Routledge, 1992.
- Gary Edson, Masks and Masking, Faces of tradition and belief worldwide, Jefferson, NC: McFarland & Co., 2005.

Thank you for attention,
it is time for

