

Arts in Health Training Intensive | 19-21 June 2023

Description and application to participate

You are invited to apply to the arts in health training intensive in Groningen, organised by Arts in Health Netherlands and co-hosted by the Faculty of Theology and Religious Studies.

The aim of Arts in Health Netherlands is to give art and creativity a permanent place in care and the prevention of disease. Research shows that the choice to be creative can be the first step towards a positive view of health and disease prevention for patients and communities.

In the training intensive you will learn fundamentals for using the arts and creativity to support well-being in hospitals, long term care, and communities. Science shows that the arts contribute to well-being. However, arts in health *supports* well-being and is *not* meant as medical treatment. Rather, arts in health offers creative support for:

- Patients who are undergoing treatment, or recovering from illness
- People living with a chronic health condition, frailty, or disability
- Healthy lifestyles and disease prevention in communities.

Over three days, professional instructors from the Netherlands and the United States will prepare you to practise arts in health in hospitals, long-term care, and in communities.

By the end of the training participants will have tools to:

- **Lead art making**
Choosing your art form and materials; helping non-artists be creative.
- **Use creativity as care**
Making a safe space for the participant; the choice to participate.
- **Interact with staff and caregivers**
Operating in a care environment; permission; communicating with staff.
- **Understand ethics of arts in health**
Do no harm; privacy; respecting medical protocols.
- **Begin developing a practice, including self-care**
Reporting on contact with participants; self-care.
- **Understand theory**
How art contributes to care; the active patient; being present for ill persons; active listening.

Who should apply

This intensive is suitable for people from any background, however experience in the arts, health-related professions, or education are preferred. Because arts in health is a form of care, professional experience and maturity are important. Skills that are helpful include:

- Creativity
- Patience
- Ability to motivate people
- Accepting of other people's lifestyles
- Willing to work with people from all walks of life
- Happy to talk to and work with groups

Dates

The dates and times of the intensive are:

19 June | 9:30 - 17:00

20 June | 9:30 - 16:00

21 June | 9:30 - 17:00

Training location

Calmershuis, Oude Boteringestraat 24, Groningen

Contact information

Email: artsinhealth@rug.nl

Website: www.artsinhealth.nl

Application

Enrollment in the Arts in Health Training Intensive is limited. If you are interested in participating in the training, please fill out this [form](#).

We will be in touch with you as soon as possible, no later than June 1.