



The European Graduate School  
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## ***EGS Expressive Arts in Global Health Expressive Arts in Transition (EXIT) and Community Ritual: Moving Toward Belonging After Trauma and Displacement***

More than one billion people have been affected by violence and disaster throughout the world. Our mission is to maximize a scientific and cultural approach and methodology to reduce suffering and increase resiliency for survivors of violence worldwide. This Program offers a transformative training experience to create a network of global leaders in trauma recovery.

### **What does the course cover?**

This course offers a blended learning experience with 10 days onsite in Malta followed by 5 months of supervised group practice. Initiated as a pilot program in April 2016, the program is led by an internationally acclaimed faculty. Certificates of completion are awarded as Continuing Education by the Division of Arts, Health and Society of the European Graduate School.

Building communities through the arts within populations that have been displaced by conflicts is a central emphasis of the course. The interdisciplinary expressive arts theory and practice approach will expand the student's knowledge of diverse arts-based methods, acquiring a solid understanding that correlates to trauma and crisis intervention. Through case studies and situation re-enactments, students will be challenged to apply low-skill, high-sensitivity methods that are both realistic and culturally appropriate. Daily rituals as identity building and creating a sense of belonging will be explored. At the end of this course the students will be certified to practice the early intervention model Expressive Arts in Transition (EXIT).

Upon completion participants will:

- Have the skills to facilitate “community art” as a method for community building.
- Be proficient in conducting stabilization and self-regulation groups with Expressive Arts.
- Be trained in Expressive Arts in Transition (EXIT), an early intervention model, together with utilizing Expressive Arts (EXA) principles with displaced populations, creating a sense of new belonging.
- Be proficient in applying aesthetic response as a method for self-care.
- Grasp the meaning of ritual as a mechanism for identity building after displacement.
- Understand the content and background of human rights.

## **Building the Individual and Community Body after Trauma and Displacement: Expressive Arts Perspectives emphasizing movement and dance**

### **How will I learn?**

The embodied nature of trauma lends itself to responding through our senses; Expressive Arts methodologies offer multi-sensorial possibilities to shape this process. Students will develop skills on how to apply Expressive Arts in building a new “Community Body”.

#### Rituals as Nurture in Communities

Participants will learn and practice resource-based interventions for communities that have survived destruction and massive change. Additionally, students will consider the needs of communities that have been displaced by nature and/or human induced trauma from their places of origin and who are now living on the economic margins in exile. Students will focus on culturally fluent strategies that identify collective strengths rather than deficits, and explore a range of interventions that offer a resource-oriented response to displaced communities in crises.

#### Violence and Human-Rights Perspectives

Participants will explore frameworks for understanding crisis escalation, violence and Human Rights. Human Rights frameworks will be a guide to examine what happens to individual and community identity in response to the trauma of displacement.