

- ◆ **Pirounaki-Lioni M., Stolaki E., Papaioannou-Spiroulia A., Priftis D., Vassara V., & Papazoglou P. (2023).** Presentation: **Works of Art as Tools and Initiators of the Individuals' Inner State & Current Phase in the Therapeutic and Training Process: A Systemic-Neuroscientific Approach.** *"Fostering Connection in a fragmented World: Interweaving family, group and community training."* 13th EFTA-TIC meeting of Trainers., Athens, 29th September – 1st October 2023

Institute's Name: Laboratory for the Study of Human Relations

Names & Titles of Presenter(s): Maria Pirounaki Lioni, Elena Stolaki, Afrodite Papaioannou, Dimitris Priftis, Vasiliki Vassara, Penny Papazoglou

Contact email & telephone: info@ergastirio.eu, +302108063665, +302106129290

Title of Presentation/Workshop: Works of art as tools and initiators of the individuals' inner state and current phase in the therapeutic and training process: a systemic, neuroscientific approach.

Abstract: Work of Art initiates inner dynamics specific to each person be it a member of a family, a group in therapy, a group of trainees, a community. Any free association paired with emotions and feelings connects the individual to authentic self while transaction among the members sharing any of their reflections enhances both their connection with their selves and their sense of group coherence. Acceptance of both individual diversity and group coherence are attained at almost the same time. Neuroscience findings verify the hypotheses and highlight the importance of the use of works of Art in therapy and training. Specifically, we leveraged latest neuroscientific findings regarding visual perception as part of processing, developing an artwork, challenging a(n) individual/group narrative, and engaging emotions. In this workshop based on the works of Art chosen by members of a class of senior trainees in the National Museum of Contemporary Art Athens, participants will have the opportunity to choose, reflect silently and share parts of their reflections thus gaining a threefold realization and recognition: 'meet' their inner self evoked by their selected work of Art, share their reflections thus experience an ad hoc group cohesion and finally realizing the strength of using any work of Art in therapy especially family and group, in training, in psychosocial community activities especially seminars. Participants will also have the opportunity to hear a number of reflections of the above trainees on their role as therapists to be in relation to their chosen work of Art.