Art-therapy and sport for landmine survivors during Summer Camps in Tajikistan

10 MSP PARALLEL PROGRAMME FOR VA EXPERTS

29 NOVEMBER - 3 DECEMBER 2010, GENEVA
Summer Rehabilitation Camp

2005 - 32 survivors
2006 – 19 survivors
2007 – 25 survivors
2008 – 34 survivors
2009 – 25 survivors
2010 – 25 survivors

Totally - 160
Summer Camp 2010

3 survivors - I degree of disability
(double amputee of legs, Combination of one hand and one leg amputation and totally blind)

14 – II degree of disability
(Amputation of leg – 11 persons, Combination of amputation of one leg and one eye – 2 Amputation of hand – 1)

7 – III degrees of disability
(amputation of fingers and numerous fragmental injuries)
Sport activities

- After medical examination
- Under observation of professional trainer and doctor

- Morning exercises before breakfast
- Walking/hiking
Mechanisms of influence

- Combination of physical activities plus environmental factors
- Expressing of emotions, feelings
- Burning ‘negative’ energy
- Strengthening of will and aspiration to win, competitiveness
- Improved metabolism
- Improved blood circulation
- Improved thermoregulation
- Conditioning
Sport activities

- Group games (table tennis, chess, volleyball, basketball etc.)
Sport activities

- Competitions (race, arm-sport, table tennis, swimming etc.)
Sport activities

- Competitions (race, arm-sport, tennis table, swimming etc.)
Sport activities: swimming

Results:
1. Improved physical and psychological condition of survivors
2. Increased efficacy and stability of survivors
3. Survivors linked to the Paraolimpic Tajikistan
4. Information about sport and recreation was provided to survivors
5. Improved communication
Evening activities
Art-therapy

- **Art therapy** is the therapeutic use of art making, within a professional relationship, by people who experience illness, trauma, or challenges in living, and by people who seek personal development.

Through creating art and reflecting on the art products and processes, people can increase awareness, cope with symptoms, stress, and traumatic experiences; enhance cognitive abilities; and enjoy the life-affirming pleasures of making art.
Mechanisms of art therapy

- **Creative perceptions** believes that mobilization of hidden creative power has healing influence himself. Every person has latent/hidden capacity, which we can release by art.

- **Sublimation and catharsis.** Art as one of the types of sublimation allows reveal, realize and react to different instinctive impulses (sexual, aggressive) and emotional conditions (depression, sorrow, fear, melancholy, feeling of oppression, anger, irritation, dissatisfaction.)
Mechanisms of art therapy (cont)

- **Art-therapy as occupation**, like all other kinds of fruitful business, also can became healing process.

- **Physical and psychological influence of art-therapy** – art-therapy facilitate improving coordination, rebuilding of bantam kinetic. We should take into account direct influence of colours, lines shapes to the survivors.
Beginning: excursions to museums
Art-therapy

1. Meditation
2. Teaching of basic techniques
Art-therapy
Art-therapy
Art-therapy
Group work
Group-painting
Art-therapy
Effectiveness

• Decreased aggression and anxiety;
• Decreased fatigability;
• Facilitate non-verbal release of negative emotions;
• Improved communication between survivors and increased team building.
Effectiveness

• Established positive/friendly emotional mood;
• Identified sources for future development;
• Developed creative self-expression;
• Developed individual’s capacity;
• Improved ability expressing feelings;
Art-therapy
Thank you!

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