



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



Totally - 160

2005 - 32 survivors

2006 –19 survivors

2007 –25 survivors

2008 –34 survivors

2009 – 25 survivors

2010 – 25 survivors

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

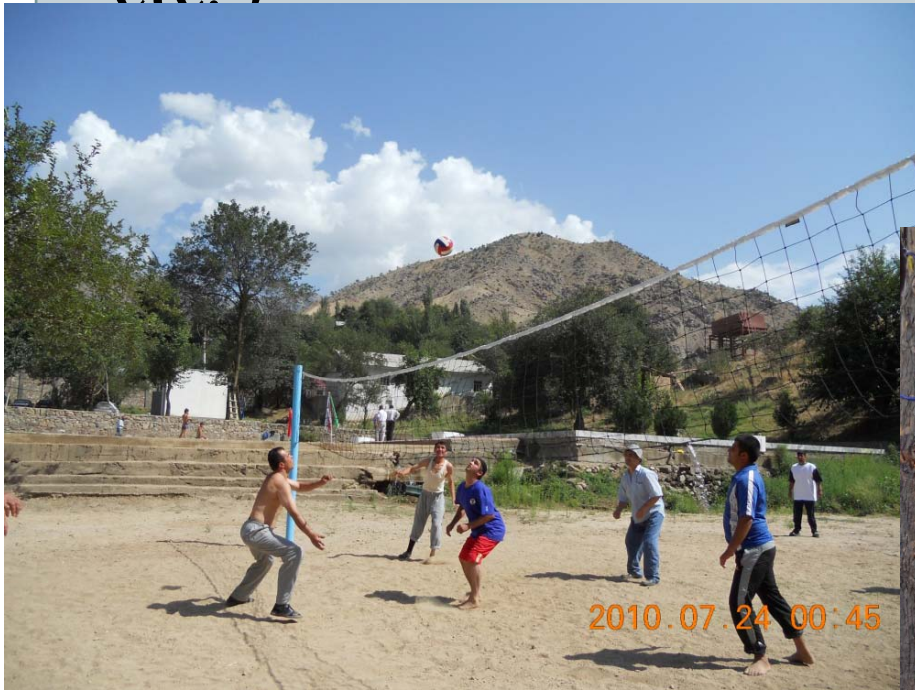
Mechanisms of influence



- 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 become healing process.
- **Physical and psychological influence of art-therapy** – art-therapy facilitates improving coordination, rebuilding of human 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

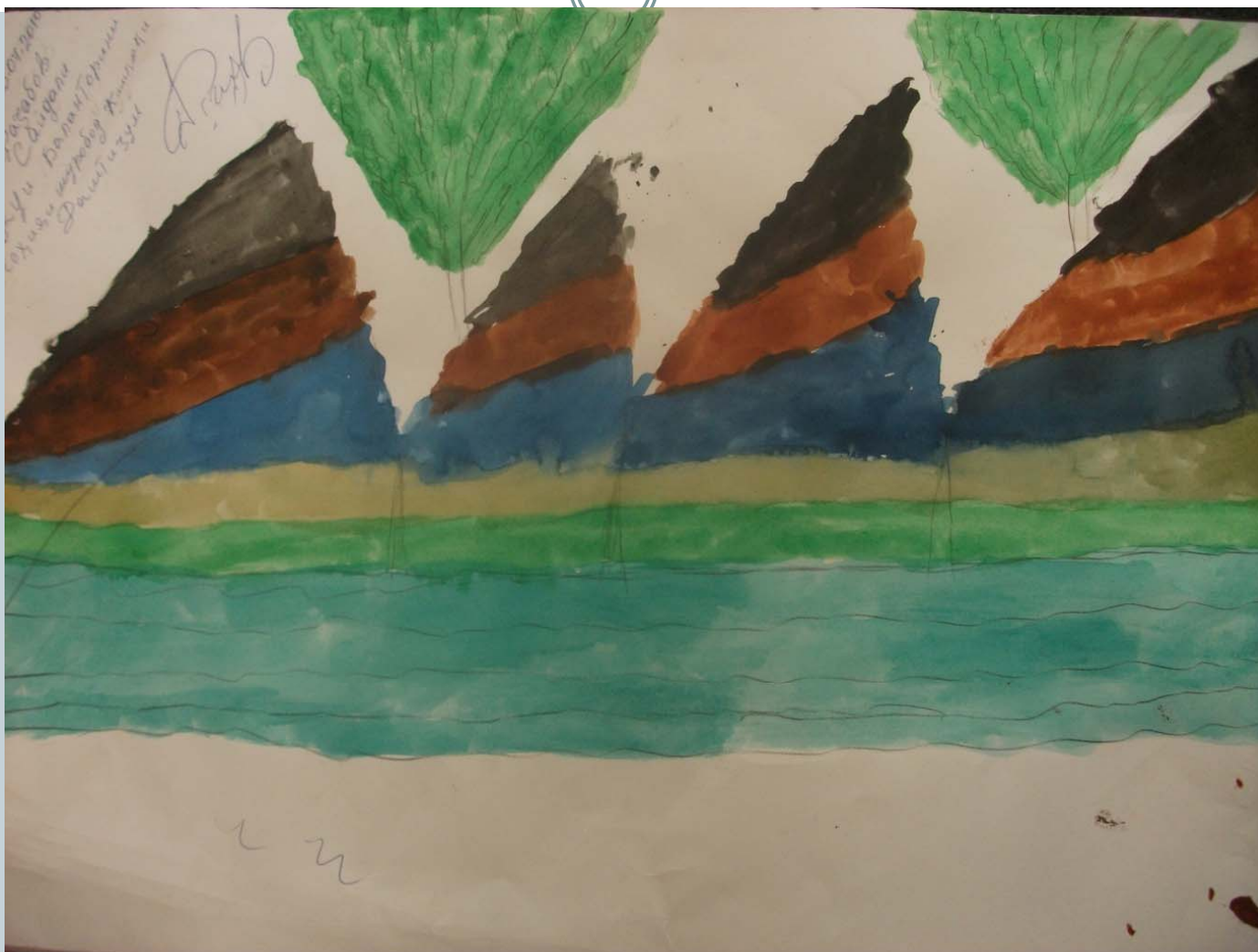
Art-therapy



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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