



### Five days Residential Workshop on Art based psycho-social care

Event Name	Art based psycho-social care workshop
Event Date	9/12/2024 – 13/12/2024
Event Venue	Loyola College of Social Sciences, Thiruvananthapuram
Details of the event	<p>A five-day residential workshop was collaboratively organized by the Kerala State Disaster Management Authority (KSDMA), UNICEF, and Loyola College of Social Sciences. The workshop targeted employees from the Women and Child Development (WCD) and Integrated Child Development Services (ICDS) departments with backgrounds in psychology and social work. Members from Loyola Extension Services also participated. The primary objective of the workshop was to explore the use of expressive arts as a medium to support children in processing their emotions, rebuilding resilience, and regaining a sense of stability in challenging circumstances. The sessions were facilitated by Ms. Krishnendu B. S., a practitioner in dance/movement psychotherapy, social work, and counseling, along with Mr. Zuhail Babu P., an expressive art therapist.</p>

on December 9th inaugural session led by Dr. Joy Elamon, Member of KSDMA. The day began with an introduction to the impact of disasters in Kerala on children, setting the context for the workshop. Following this, the facilitators, Ms. Krishnendu B. S. and Mr. Zuhail Babu P., introduced themselves to the participants. Each session of the workshop incorporated an opening and closing ritual in the form of play and fun full activity . The first activity was designed to help participants get to know each other, creating a foundation for collaboration. Ground rules for the sessions were then established to ensure a productive and respectful environment. The facilitators provided an overview of the history of creative arts and its perception in contemporary society. This was followed by an activity aimed at building rapport among participants, fostering trust, teamwork, and body awareness through engaging and fun exercises. Before concluding the day with the closing ritual, participants shared their learning, reflections, and feedback in a group discussion. The facilitators addressed their queries and provided additional clarifications and feedback, ensuring a constructive and interactive learning experience.

The second day of the workshop followed the established format, beginning with the opening ritual. The facilitators conducted a series of activities aimed at promoting emotional awareness, expression, and regulation, while also enhancing mindfulness, body awareness, and interpersonal connection. Through writing prompt task, participants were introduced to key values and ethical principles essential for providing emotional and psychological support.

Later in the day, Dr. Ammu facilitated an insightful session on the topic of Psychological First Aid, providing participants with practical knowledge and strategies. The day concluded with the customary closing ritual.

The third day of the workshop began with the opening ritual. The first activity, *Knowing Myself*, involved participants responding to reflective questions provided by the facilitators. This exercise encouraged self-reflection, enhanced emotional awareness, and allowed participants to explore their personal triggers, coping mechanisms, and values. Following this, the *Bubble Activity* was introduced, designed to help participants create a sense of personal safety. Next, the workshop moved on to an activity titled *Art from the Broken*, which encouraged participants to embrace imperfection and explore healing through creative transformation. The facilitators also guided participants on how to engage in effective self-care practices. The day concluded with a recap of the activities, consolidation of key learnings. The session ended with the customary closing ritual.

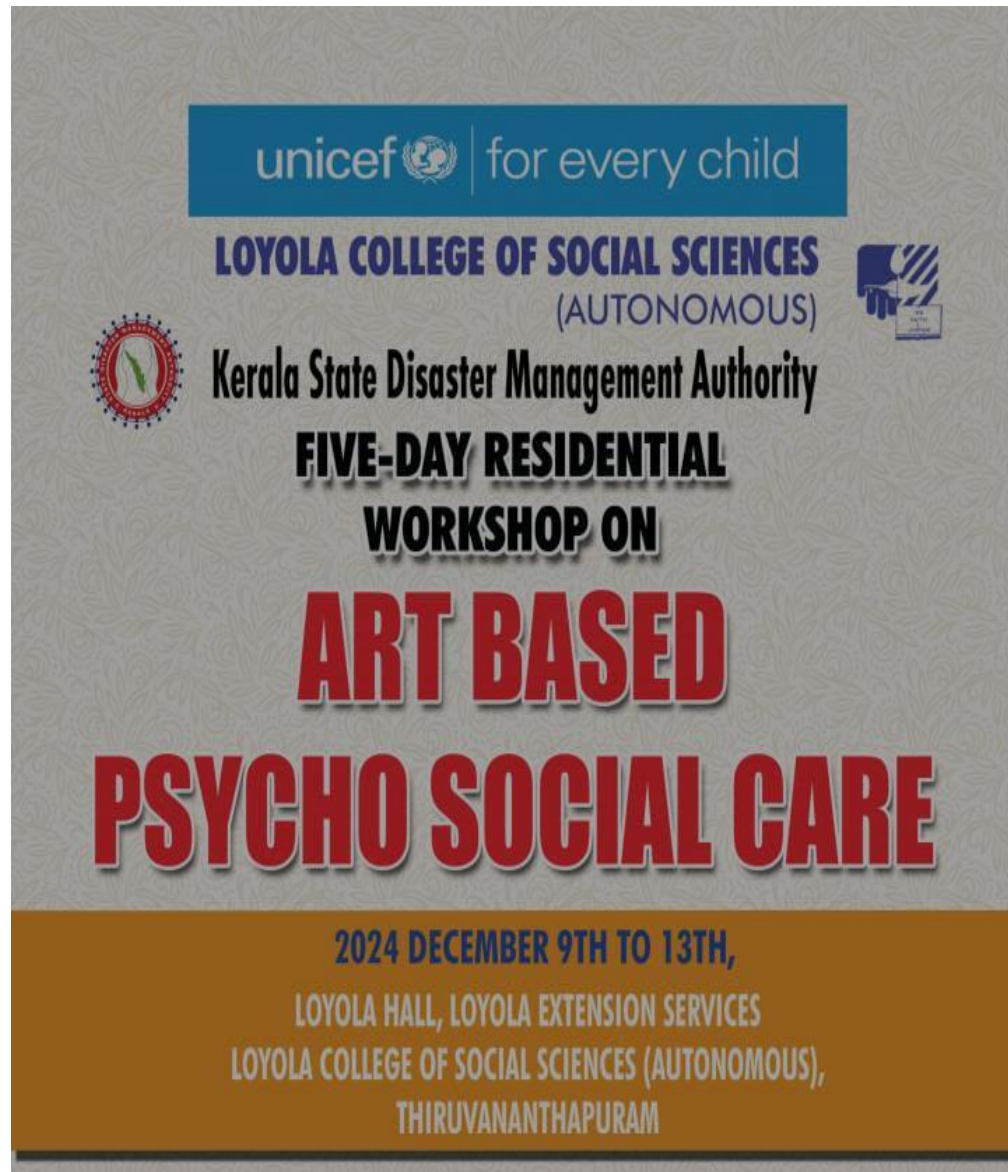
The fourth day of the workshop began with the customary opening ritual, creating a reflective and focused start. The first activity centred on understanding group dynamics and the roles of facilitation. Participants were then guided to reflect on their experiences as facilitators, compare their facilitation style with facilitators they had encountered in the past, and evaluate the current facilitators. These activities helped participants recognize the roles and qualities of effective

facilitation. The next activity, *Obstacle Walk*, emphasized the importance of overcoming challenges and adaptability in facilitation. This was followed by a group discussion on facilitation skills, encouraging participants to share insights and ideas. In the subsequent session, participants were tasked with creating session plans using activities experienced during the previous days of the workshop, along with any new activities they wished to include. Each group was assigned different scenarios, such as designing sessions for children 2 days, 1 week, or 1 month after a disaster, considering situations like COVID-19, landslides, floods, and individual cases. Participants developed plans for one-hour, half-day, and full-day sessions, factoring in basic needs assessments and setting clear objectives. The day ended with participants sharing their learnings, reflections, and feedback, followed by the closing ritual.

The fifth and final day of the workshop began with group-wise presentations of the session plans developed during the previous day's activity. Each group presented their plans, followed by opportunities for other groups to provide constructive feedback and suggestions. Participants also discussed the challenges encountered while designing their session plans, reflecting on the significance of supervision and the role of a supervisor in effective facilitation. The discussions also highlighted the challenges, limitations, and best practices (dos and don'ts) for applying art-based approaches in psychosocial support. This provided participants with a comprehensive understanding of the nuances involved in facilitating such activities.

	<p>The workshop concluded with a valedictory session. Dr. Sekhar Lukose Kuriakose Member Secretary, KSDMA and Mr. Mahendra, Risk and Resilience Officer graced the event as chief guests. Two participants shared their personal experiences from the five-day residential workshop, followed by the facilitators sharing their reflections with the group. Certificates were distributed to all participants, and the session concluded with a vote of thanks delivered by Dr. Ammu, Head of the Department of Counselling Psychology, Loyola College, Trivandrum. The workshop ended with a symbolic candle-lighting ceremony, marking the closure of the five-day residential program on psychosocial support through art-based approaches.</p>
Number of females	28
Number of Males	3
Number of transgenders	-
Number of children	-
Resource person/organizer from the side of SDMA/DDMA	<p>Dr. Pratheesh C. Mammen (State Programme Coordinator)</p> <p>Ziya Arun (HA Psychology)</p> <p>Dr. Jazeela ( HA Public Health)</p>

Photos



The poster features a grey background with a subtle floral pattern. At the top, a blue horizontal bar contains the UNICEF logo and the text 'for every child'. Below this, the text 'LOYOLA COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS)' is displayed in blue, accompanied by the Loyola College logo on the left and a blue hand icon on the right. The text 'Kerala State Disaster Management Authority' is in black. The main title 'ART BASED PSYCHO SOCIAL CARE' is in large, bold, red letters with a white outline. At the bottom, a brown horizontal bar contains the dates '2024 DECEMBER 9TH TO 13TH,' and the location 'LOYOLA HALL, LOYOLA EXTENSION SERVICES, LOYOLA COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS), THIRUVANANTHAPURAM' in white text.

unicef | for every child

LOYOLA COLLEGE OF SOCIAL SCIENCES  
(AUTONOMOUS)

Kerala State Disaster Management Authority

**FIVE-DAY RESIDENTIAL  
WORKSHOP ON  
ART BASED  
PSYCHO SOCIAL CARE**

2024 DECEMBER 9TH TO 13TH,  
LOYOLA HALL, LOYOLA EXTENSION SERVICES  
LOYOLA COLLEGE OF SOCIAL SCIENCES (AUTONOMOUS),  
THIRUVANANTHAPURAM





















# Arts-based psychosocial care to be included in trauma therapy for kids

Unicef & KSDMA had used the approach at relief camps following landslides in Wayanad

SHAINU MOHAN @TPuram

IN a first-of-its kind initiative to enhance the mental health and emotional well-being of children left traumatised by natural disasters or other crises, Unicef has joined hands with Kerala State Disaster Management Authority (KSDMA) to introduce arts-based psychosocial care, along with traditional forms of therapy and care.

The two organisations had provided arts-based psychosocial care to children at relief camps following the landslides in Wayanad. According to official sources, the new approach aims to provide a more child-friendly space and support for children in distress.

In an effort to expand the approach to cater to children in distress, KSDMA has initiated steps to upskill resource

persons in the women and child development department and Kudumbashree Mission who deal with children.

"We adopted this method for children at relief camps in Wayanad after the landslides and it was very effective," an of-

ficial associated with the initiative said. "The expressive arts were used as a medium to help children process their emotions, rebuild resilience and regain a sense of stability in challenging and traumatic situations."

With technical and financial aid from Unicef, KSDMA has collaborated with Thiruvananthapuram-based Loyola College of Social Sciences to launch a five-day workshop for government employees working with children.

"Having to repeat their trauma again and again as part of counselling is itself traumatic, and arts-based psychosocial care is an entirely different approach for children to express their feelings. It could involve music, dance,

painting, drama, or song," says Ammu Lukose, who heads the department of counselling psychology at Loyola College of Social Sciences.

As many 50 people from women and child development department, Kudumbashree and counsellors from Loyola college are attending the workshop.

Unicef and KSDMA are gearing up to hold another workshop for new batch in February. "We will be designing a module and Loyola college will launch it as a course," said an official.

Participants will have the opportunity to learn techniques to integrate the arts into their work with children, to foster emotional recovery.

The workshop also highlights the potential of expressive arts in disaster recovery for children by creating a supportive space where they can explore and process their emotions safely.



Healing move

●KSDMA has taken measures to upskill resource persons in the women and child development department and Kudumbashree Mission who deal with children

●It has also collaborated with Loyola College of Social Sciences to launch a workshop for government employees working with children