

BRUNDIBAR, THE CREATIVE PROCESS AND ART THERAPY AS A WAY OF WELL-BEING FACING CHILDHOOD TRAUMA (REFERENCE: PID2020-114238RB-I00)

Descripción

BRUNDIBÁR: THE CREATIVE PROCESS AND ART THERAPY AS A WELL-BEING WAY TO COMFORT CHILDHOOD TRAUMA is an R+D research project, which aims to investigate intervention methodologies through art that help children and adolescents to overcome adverse experiences, as well as to develop observation, evaluation and research records. It is also committed to developing prevention strategies in social, cultural, clinical and educational spheres in interdisciplinary collaboration with different professional teams.

Brundibár is a children's opera in two acts with music by Hans Krása and libretto in Czech by Adolf Hoffmeister. It was later adapted as a children's book, with drawings by Maurice Sendak and text by Tony Kushner.

We have chosen to call the project Brundibár because it captures the potential of the arts to overcome moments of particular hardship, especially for children. Brundibár embodies creativity, group work, coordination and understanding through the creative process, and a commitment to an imagination that can project solutions in the face of violence and evil.

The project is being developed in collaboration with the Save The Children Foundation, educational and therapeutic centres, and cultural centres.

More information on the website: <https://www.ucm.es/brundibar/>

¿Cómo funciona?

The general aims of this study are, on the one hand, to **raise the awareness of public and educational administrations that trauma is a health problem and that it is present and manifests itself at an early age as a consequence of painful experiences and shock that some children suffer and need treatment**. Art therapy has been shown to be an effective treatment in these situations and is not a luxury, but a necessary tool that helps to overcome the after-effects of traumatic experiences. On the other hand, the aim is to evaluate the effectiveness of an intervention based on art therapy for cognitive, socio-emotional and mental improvement aimed at children who have suffered adverse childhood experiences and trauma aimed at an experimental group, in comparison with a control group receiving a psychotherapeutic intervention not related to art therapy within the programme of prevention and care against violence coordinated by the organisation Save the Children.

The specific objectives of the project are:

1. To study the relationship between traumatic events in children (trauma and adverse childhood experiences) and therapeutic
1. To study the relationship between traumatic events in children (trauma and adverse childhood experiences) and therapeutic interventions through art in the scientific literature.
2. To design an intervention based on art therapy oriented towards the cognitive, socio-emotional and mental improvement of children who have suffered adverse childhood experiences and trauma.

3. To evaluate the efficacy of an art-based intervention aimed at cognitive, social-emotional and mental enhancement in children with trauma and adverse childhood experiences, in comparison with a psychotherapeutic intervention.
4. To identify (illustrate) good practices in Art Therapy that emerge from the research conducted.
5. To validate good practice emerging from the research in art therapy intervention and evaluation methodologies for art therapy practitioners working with children who have experienced violence.
6. To disseminate the results of the research to the scientific community, students, teachers, museums, cultural centres and NGOs.
5. Validar buenas prácticas que emergen de la investigación realizada en metodologías de intervención y evaluación de la arteterapia para profesionales de la terapia de arte que trabajen con niños que han sufrido violencia.
6. Difundir los resultados de la investigación en la comunidad científica, estudiantes, profesores, museos, centros culturales y ONGs.

Ventajas

This project, through extensive fieldwork in different parts of Spain, will provide art therapy intervention methodologies and validated observation tools to be used by facilitators, art therapists, psychologists, psychiatrists, educators, etc., in the care of children and adolescents at risk or who have suffered difficult experiences.

¿Dónde se ha desarrollado?

The project is being developed in.

- Basque Country,
- Andalusia,
- Castilla la Mancha and
- Community of Madrid, in the Save the Children Foundation's Child Resource Centres, as well as in:
 - Educational centres in Madrid and
 - The Therapeutic Education Centre, José Germain.

Y además

The Project implements the Proyecto tool, which links artistic images to emotions and states of trauma and also links cultural spaces as places involved in improving the well-being of children and adolescents and Mental Health.

Responsable de la investigación

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Figuras:

Por favor, las imágenes que quiera incorporar adjúntelas en el email para no perder calidad de imagen. Se pueden incluir 2 ó 3 figuras, las cuales tendrán una función explicativa y servirán también para aligerar el texto y hacer más atractiva la ficha de oferta).

Insertar aquí los pies de figura:

Figura 1. Ejemplo de pie de figura.

Por favor, enviar los modelos de ficha cumplimentados en inglés y en español, junto con las imágenes, al correo comercia@ucm.es.

