



## THE PLAY TO HEAL WELL-BEING MODEL

How sport and expressive arts are used in a structured and safe way to increase individual and collective wellbeing.

Despite growing evidence of the individual and collective consequences of trauma, concrete actions to address these invisible wounds are still often inadequate, if not entirely missing in peacebuilding and development programs. Yet psychosocial healing and well-being is essential for regaining a sense of dignity, self-worth, and continuity. Without it, there is no sustainable development or peace.

This 3-day course provides an overview of trauma-informed resiliency focused practices based on theoretical, scientific, and arts-based research. Participants will learn how sport and the expressive arts can be integrated and used as a tool to foster well-being, promote healing and work towards sustainable peace.

Course content is based on **LudArtem's Play to Heal Well-Being Model** which combines art, sport and experiential learning into a framework that strengthens key protective factors and facilitates healing and transformation in individuals and communities.

### LEARNING OBJECTIVES

Participants will have the opportunity to:

- Understand and experience the concepts of the expressive arts and sport for development
- Increase understanding of wellbeing and life skills
- Become familiar with the trauma-informed approach / do no harm approach
- Develop competencies to use sport and the expressive arts to promote wellbeing and healing using the Play to Heal Well-Being Model

**COURSE DURATION:** 2.5 days, 07 to 09 February 2020 (course begins at 6:00 p.m. on Friday February 7<sup>th</sup>)

**COURSE LOCATION:** Norwegian Institute for the Expressive Arts and Communication Drammen, Norway (<http://nikut.info>).

**TARGET AUDIENCE:** This course is suitable for professionals working nationally or internationally interested in using arts and sport methods for working with trauma and in peacebuilding and development. No experience in the arts or sport is required.

**COSTS:** Costs for three days including material is 350 USD. The max. number of participants is 20.

**COURSE FACILITATORS:** The course is facilitated by Shabrae Jackson Krieg and Marc Probst. They co-founded **LudArtem – the Center for Sports and the Expressive Arts** – in 2018. LudArtem partners with individuals and communities to lead change efforts in their context building upon existing resources and skills; identifying wellbeing and strengthening psychosocial support through sports and expressive arts-based resources.

Shabrae and Marc both have almost two decades of experience in international cooperation, sport for development and peace and the expressive Arts.

**CONTACT AND REGISTRATION:** Registration deadline: 03 January 2020. For further inquiries and to register, please contact us at [info@ludartem.com](mailto:info@ludartem.com).

