

Summary of the seminar
„TELL through music“, Erasmus+ Programme, KA2 Strategic Partnership
Project,
project number: 2015-1-LT01-KA204-013448

Date: May 26-27, 2016
Venue: Ergastiri
Number of participants: First day 18, Second day 17

Professional background of the participants:

First day: 4 Music teachers, 2 Course instructors - Psychologists, special education teach – Occupational therapists and 8 students of occupational therapy.
Second day: 4 Music teachers, 2 Course instructors - Psychologists, special education teach – Occupational therapists and 7 students of occupational therapy

The seminar:

During the seminar were presented eight artistic exercises (two from each country). These exercises were applied to learners and in some cases to people with mental retardation who were invited to participate at the time of the respective exercise.

The list of AE carried out at the seminar:

Greece: AE1 Melody, AE2 Rhythmic Pattern I,
Czech Republic: AE2 Meter, AE4 Rondo
Lithuania: AE Music Listening, AE9 I am a music instrument
Cyprus: AE4 Reciprocity, AE8 Group singing and music.

Evaluation:

Greece:

AE1 Melody:

Very good exercise which is already applied to persons with mental disabilities in Ergastiri from Dr. Ioannis Makris.

AE2 Rhythmic Pattern I:

Very good exercises that are applied with success to persons with mental disabilities in Ergastiri from Dr. Ioannis Makris

Conclusion: This exercises was already tested clinically and all participants was very impressed by the results and the will adopt in their work.

Czech Republic:

AE2 Meter,

very good exercise – visualization of rhythm -. This exercise is very useful in persons with intellectual disabilities for the development of social, motor, and cognitive skills

AE4 Rondo

Very good, inspiring exercise - visualization of rhythm-. This exercise is very useful in persons with intellectual disabilities for the development of social, motor, and cognitive skills.

Conclusion: Very good exercises for mental disable people that can be worked by a professional such as are or by segments per case or per skill area. All trainees will use in their work.

Lithuania: AE Music Listening:

Very good exercise for the development of emotional, social, skills, communicative and cognitive skills. For people with mental retardation we can re-make this exercises in very small groups in order to increase the degree of communication.

AE9 I am a music instrument

Very good exercise for the development of emotional, social, skills, communicative and cognitive skills. For people with mental retardation we can re-make this exercises in very small groups in order to increase the degree of communication.

Conclusion: Very good exercises for mental disable people that can be worked by a professional such as are or by segments per case or per skill area. All trainees will took ideas for their work.

Cyprus:

AE8 Group singing and music:

We carried out this exercise but in the same time we used the inclusive model. People with mental disabilities after met their neighbor sang some songs. Inclusion impress both learners and people with mental disorders

AE4 Reciprocity:

We carried out this exercise but in the same time in order to increase the interactivity we create a mode of co-creation. The pairs (learners - person with mental disorder) co-create a painting and discuss about their painting in order to develop the reciprocity.

Conclusion: Excellent exercises for inclusion for people with mental disabilities

All learners took ideas for their work and they asked more training courses or material concerning these methods artistic exercises.