



AS IF

Art Salutogenesis* International Forum

AS IF is a social artistic project created and offered by students and lecturers of the BA programme in Art Therapy and Social Arts at Alanus University in Alfter, Germany.

AS IF is for people all over the world.

If you are curious about how art practice could resource you, and have access to a computer, you are welcome to join AS IF.

We offer online sessions facilitated by art therapy students (fully trained and supervised), in which we suggest creative moments.

Express yourself, feel better, feel healthier and get in touch with yourself and with others.

We offer the opportunity to take part in at least five sessions (90 minutes each), in groups with a maximum of 8 participants. Each meeting consists of an introduction to the respective topic, an artistic unit and a joint

exchange of the works created. No previous artistic experience is necessary.

At the end of each session we will propose some inspiring ideas as to how the artistic work can continue between online appointments and perhaps be integrated into your daily life.

Registration

The offer is free of charge. To register for an online group, please type: <https://www.alanus.edu/de/aktuelles/veranstaltungskalender/detail/vitamine-fuer-die-seele-vitamins-for-the-soul> (open 1st of February 2024). Upon registration, you will be sent a link to the virtual studio and information about the materials you will need. In most cases, these are simple things that can be found in almost every household that should not require additional expense. – Sessions take place in English.



Please note:

Our online offer for social artistic practice aims to work in a respectful, strengthening, resource-oriented and stabilizing way. Our project is delivered and supervised by trained art therapists however it is not a therapeutic offer and should not replace personal or group therapy or professional consultation. It is not aimed at those who are currently experiencing acute illness or instability.

Why AS IF?

The digital space has opened up global possibilities to meet and experience artistic offers on various topics. Our project started during the recent Covid-19 pandemic. We initially offered our sessions to students and teachers and had such positive feedback that we decided to offer it to others too, and to continue. The feedback we received suggested that participants found sessions had a positive effect on their health and well-being and helped alleviate the effects of isolation. Beyond Corona, we think our project is a wonderful opportunity to bring people together in a creative way, across all borders.

*What is salutogenesis?

Salutogenesis can be understood as the study of the origins of health, as opposed to the origins of disease. The term 'salutogenesis' is associated with Aaron Antonovsky, whose 1979 model, *Health, Stress and Coping*, suggested that life experiences help shape coherence which, in turn, helps us cope with stressors, manage tension and understand life as more or less comprehensible, meaningful and manageable. The salutogenesis model was foundational for the subsequent development of the positive psychology movement.

This offer is free of charge for you! If you wish, you are welcome to make a donation to the account below. In doing so, you will support the financing of our project and, in addition, students of the BA Art Therapy-Social Art who have experienced financial hardship due to the consequences of the pandemic:

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