

Crea Thera International –Annual Report 2017

Registered Creative and Therapeutic non for profit organization in Bosna and Herzegovina.

‘Empowering people of BIH by offering creative and therapeutic activities’



NGO CREA THERA INTERNATIONAL
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Creative Therapeutic Workshops

Within 2017 Crea Thera International continued offering creative and therapeutic activities to children and adults of the Srebrenica region. This year we continued with music therapy and art therapy workshops.

Crea Thera team has successfully organized and realized more than 600 creative music and art workshops:

- 80 in Mental Health Care Centre Srebrenica (40 music, 40 art)
- 40 in Mental Health Care Centre Vlasenica (20 music, 20 art)
- 12 in MFS Emmaus (6 music, 6 art)
- 40 in Skelani (20 music, 20 art)
- 520 in Crea Thera Srebrenica (280 music, 240 art)
- 10 promotional workshops in Srebrenica region schools (5 music, 5 art)

Goals and result

- **Music Therapy** : Different therapy goals were worked through playing on different instruments: improving of self-esteem and self-awareness through vocal coaching, improving of group cohesion and self-awareness by playing in bands, improving of self-awareness by learning different improvisation methods, dealing with emotions through different music exercises, increasing of feeling responsibility by playing in bands.
- **Art Therapy** : Different exercises with new materials trigger their fantasy and creativity - finding creative solutions in the art making process, working on self-esteem and concentration, working together – respecting each other, waiting and looking for each other, dealing with boundaries, working with emotions, sculptures on the theme avant-garde, mandala, perfect day, family, mother, new techniques, recycling items.
- **Result:**
 - **increased level of emotional, social and cognitive stability among children and youth in Srebrenica**
 - **empowering mental health care patients**

Activities in 2017

- **“*The body and soul matrix*” (Feb.1st)**
Promotion of the documentary
movie <https://www.youtube.com/watch?v=Cr4R6HqRVkg>
- **Mental Health Fair in Bijeljina (Feb.28th)**
Invited by “Psiholosko savjetovaliste Univerziteta Bijeljina” , Mental Health Care Center Srebrenica opened the fair with author song “Srebrenica” written by clients. In that song they describe the beauty of their city and they explain how they feel. The fair was a success and very well organized and reached a broader audience which had the opportunity to learn more about mental health.
- **International day of planet Earth (April 22nd)**
Crea Thera together with “Coalition Srebrenica” organized an event on the International day of planet Earth. Children from Srebrenica and Skelani as well as daycare clients from Mental Health Care Center Srebrenica and Vlasenica. Besides participants, many citizens were audience at this event and graded it as something very positive and needed for the community.
This event was supported and financed by OSCE mission in Bosnia and Herzegovina – Srebrenica.
- **Days of Srebrenica (May 24th – June 6th)**
Annual Manifestation “Days of Srebrenica” hosted Crea Thera and Coalition of Srebrenica for a two days event. The program was various: music concert together with Center for Mental Health Care Srebrenica – children participating at workshops in the Crea Thera space - along with an art expo consisting of mandalas, sculptures, hand craft and many more.

This event was supported and financed by the municipality of Srebrenica.

- **Decorating the balcony and yard in Centers for Mental Health Care Srebrenica and Vlasenica. (June-August)**

Initiated by clients and supported by Crea Thera International a project for decorating and creating a more pleasant environment was successfully completed in August 2017.

- **Music and Art workshops in the national library for “Children’s Week” (October 2nd till 6th)**

- **Mental health on work – Srebrenica Mental Health Care Center (October 9th)**

- **International day of Tolerance (November 16th)**

In cooperation with “Coalition Srebrenica”, Crea Thera opened an event with a few songs together with Mental Health Care clients. This event was another successful and positive happening stimulating de-stigmatization of mental health care in the society.

Perspective for 2018 and the future

Next year we aim to apply for project calls and to find funds to co-finance our projects. By making an XL-fundraising project CTI wants to cover all activities for a longer period (from 1 to 3years). We will send a letter to embassies in Bosnia and Herzegovina and promote the organization.

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