



SINCE 2011, WE HAVE:

conducted missions in

24

COUNTRIES

impacted over

16.000

BENEFICIARIES

worked alongside

187

PARTNER ORGANISATIONS

with the help of over

1.300

VOLUNTEER ARTS THERAPISTS

We would like to express our sincere gratitude to the BRAFA ART FAIR for this partnership!

BRAFA

ART FAIR

CONTACT

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The Red Pencil is an international humanitarian organisation that brings the power of arts therapy (visual arts, music, drama and dance) to children, adults and families who have been through traumatic life circumstances - natural disaster, displacement as a result of conflict zones, human trafficking, life-threatening disease, violence and abuse - for which they have no words.

Through arts therapy, The Red Pencil helps break the vicious cycles of helplessness and violence, reduces stress and trauma and offers a way of expression towards balance, self-empowerment and resilience. Anyone, anywhere, at any stage in their life, can benefit from arts therapy.

The Red Pencil is a registered charity and an Institution of Public Character in Geneva and Singapore, a registered Not-for-Profit Organisation in Dubai and is currently in the process of registering as a Foundation in Belgium.

In Belgium, we offer workshops and clinical sessions in partnership with Fedasil, The Red Cross and Cliniques St Luc:



Belgium, 2017-2018



• Asylum seekers from war-afflicted countries (Afghanistan, Syria, Congo...etc)



• Cancer patients

Clinical sessions



Here is a selection of our other international programmes:



Kurdistan, 2016



Caregivers of children and women who fled religious/ethnic persecutions, sexual abuse and torture during the war in Syria and Iraq



3-step humanitarian mission, Train-the-Trainer programme



Peru, 2018



Young female survivors of domestic and sexual violence, teenage mothers, adolescents at risk



6-month residency



Thailand, 2017-2018



Children and adolescents at risk (domestic violence, trafficking, drug abuse, severe neglect)



3-step humanitarian mission



When we rescue the child, we save the adult

WHAT IS ARTS THERAPY?

It is a form of psychotherapy in which clients, facilitated by a registered arts therapist, use one or more of the arts media (art, music, movement and dance), the creative process, and the resulting artwork to explore feelings and thoughts which they may have difficulties expressing verbally.

No artistic talent is required from the client in order for him/her to benefit from arts therapy.

Arts therapy can be practiced in a wide variety of environments including hospitals, psychiatric and rehabilitation facilities, wellness centres, forensic institutions, crisis centres, senior communities, private practices, and also increasingly in schools and corporations (prevention and treatment of burn-out).

Research supports the use of arts therapy within a professional relationship for the therapeutic benefits gained through artistic self-expression and reflection for individuals who experience illness, trauma, and mental health problems and those seeking personal growth.

HOW DOES ARTS THERAPY HELP?

Creates positive contributions to community



Improves interpersonal skills



Enhance sense of social support



Promotes emotional insight



Increases self-esteem



Manages negative behaviour



OUR IMPACT

Our arts therapy programmes significantly improve the emotional and mental well-being of our participants:

92%

of participants saw an improvement in their self-confidence

Source: Data collected through post-assessment questionnaires completed by asylum seekers who participated in a 5-month programme in Belgium (2017).

“I have learnt that we have the opportunity to change and reject the negativity and the violence that we faced. I now know that I can shape my own life and take charge of how I live.”

Lakshmi, survivor of domestic violence (India)

“I discovered that through art, I have the power to change my life.”

Abdul, asylum seeker from Afghanistan (Belgium)

75%

of participants showed higher resilience

Source: Data collected through post-assessment questionnaires completed by child victims of domestic violence and drug abuse, after the end of the second step of a humanitarian mission in Thailand (2018).

“Since its establishment, The Red Pencil has passionately introduced arts therapy to several individuals and families limited by challenges and adversities, helping them to reflect and introspect upon their feelings and emotions, empowering them to elevate their voice when language becomes a barrier, and helping them to find meaning via facilitated creativity and artistic expressions.”

Andy Ho Hau Yan (PhD, EdD, FT), Assistant Professor of Psychology
Division of Psychology | School of Humanities and Social Sciences
Nanyang Technological University, Singapore

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