

## **"THE CHALLENGE IS THE HEALING METHOD" THE PRACTICE OF TRANSCULTURAL PSYCHIATRY IN THE DYONISES THEATRE**

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This abstract refers to the ongoing project of DyoNises Theatre, an transcultural psychiatry project in Rio de Janeiro, Brazil. This project emerged inside the Municipal Institute Nise da Silveira, a psychiatric hospital, in Rio the Janeiro city, where art was employed as treatment for chronically ill psychotic patients. And it continued autonomously in the public sphere, after the project was dismantled because of political problems in Brazil. Today we have an active community of patients and collaborators that frequent, free of charge, the workshops in public spaces, in a group where homeless people, patients from the public mental health facilities, families and people interested in the work mingle and promote their own mental health, with patients that have a follow up of months to over 10 years. The continuous research over cultural practices in mental health and the recurrent publication of our results provides our experience an unique insight over cultural based clinical practices with a myriad of different patients, of different origins, social status, genders and ethnics. It's our hope that with this fellowship program we'll have a better support and reach over our findings and practices, in a way that enables more people to benefit from our project not only in Brazil, that is in desperate need of public mental health policies, but even in different countries and cultures as we propose an scientific and empiric method of mental health promotion.

### Full List of Authors

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### Learning Objectives

At the conclusion of this presentation, participants will be able to:

1. Participants will be able to prepare and operate mental health promotion workshops trough art and theatre.
2. Participants will be able to observe and identify patterns or archetypes that are in play in the patients and their issues and how to better carry them out towards a development of autonomy.

### References

SILVEIRA, Nise. Images of the unconscious. Rio de Janeiro, RJ. Voices, 2015.  
PORDEUS, Vitor. Restoring the art ofhealing. Lambert Academic Publishing, 2018.