

Mediation through animals and art

Our objective is mainly that people are no more objects of the pain with fills them up, but become subjects of their fate. It is often impossible for people to face their difficulties, they think not to be able to change anything, neither they can imagine any other solutions than those they are used to even when they are not efficient.

We know that the communication with those people is not only a verbal one: they are mostly not used to language. The mediation of an animal or an art seems much more suitable: people find themselves in the mediator, they can develop themselves through the relationship and the work with it.

Generally people don't want a psychotherapy: so we ask them to work with a horse, or a pencil, or a brush... people will immerse their problems in these activities: so they move the place of these problems from inside to outside.

The work with an animal can be considered as a metaphor which leads to a gratifying relation with other men, so as learning of altruistic behaviour, or of composing with one instincts, of daering friendship, of going over ones basic difficulties: with animals, the assisted becomes an assistant.

In art-therapy, playing with colours and organising them can be a metaphor for the relation with ones fantasy and lead to its control. Creating the hero of a story may be a metaphor to the research of ones identity and become a possibility of evolution.

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Associations using mediation in the
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International federation of therapies and
relationship through mediation

*" Helping through mediation
is trying
to bring the person back
to herself and so to
the others "*



**NGO with participatory status
at the Council of Europe**

The four pillars of the Council of Europe

The Parliamentary Assembly

» Delegations of the parliaments of the 47 nations

The Committee of Ministries

» The ministers of Foreign Affairs

The " R E G I O "

» Grouping regions with similar interests
ex.: South of Germany + Swiss + Alsace

The Conference of the OING :

» Grouping the OING with participatory status in **commissions working on themas**

The Fitram works to day:

- On prevention (health-handicap)
- On education and culture
- On environment

...through its permanent or occasional delegates.

Objectives of Fitram

An Official Acknowledgement

» The one of the Council of Europe is the first step allowing us to show what we are doing and to be considered as experts in this fields.

Scientific Basis

» To day, the evolution of a modern neuroscience allow to explain many processings, so as motivation, emotion and reward : we know better, to day, how the brain works and may apply it in our methods.

Coordination of the various experiences

» To give them common basis's, as well in mediation by animals then by art.

Development of the research

» By collecting the questions of the professionnals and allow them to exchange their knowledge (web).

Publications and Broadcasting

» By developping the interest of sponsors.

Role of the NGOs with participatory Status at the Council of Europe

A Lively Input

» As the fourth pillor of the Council of Europe, the NGOs are a lively input between the population and the structures of the Council.

A Link

» Between the fieldwork and the politicians...

- they bring back the informations from the base to the top and vice-versa ;
- they work on these informations and send instigations to the politicians ;
- They are invited as experts by the politicians.

The present commissions

- Social charter and social policies
- Human rights
- Education and culture
- North-south dialogue and solidarity
- Civil society in the new Europe
- Health
- Environment – town
- Gender equality
- Extreme poverty and social cohesion