



INTERNATIONAL ART THERAPY CONGRESS KATOWICE 21-23.04.2026

We are pleased to announce that the invitation to this unique event having place in Katowice, has already been accepted by eminent researchers, including:

Dr Dominik Havsteen-Franklin, Ph.D. in Art Psychotherapy and Metaphor, Professor of Practice in Arts Therapies at Brunel University, Head of the International Centre for Arts Psychotherapies Training (ICAPT) for Central and North West London NHS Foundation Trust, Vice President for the European Federation of Art Therapy and a member of the Council for the British Association of Art Therapists

Professor Marián López Fernández Cao, Vice-Chair European Consortium For Arts Therapies Education, University Complutense of Madrid, Faculty of Education Arts, Languages and Physical Education, researcher, specializing in art, feminism, art therapy and social inclusion

Professor Scott Thurston, Chair in Poetry and Innovative Creative Practice, School of Arts, Media and Creative Technologies, University of Salford, United Kingdom, Poet, Mover/ dancer, Person-centred counsellor

Joseph Jaworek MA, ATR-BC combines artistic competence with the clinical application of art therapy. He is a Certified Art Therapist and a practicing artist. Joseph is a trained SoulCollage™ supervisor. Board Member of the New Jersey Art Therapy Association and the American Art Therapy Association

Professor Eugenia Belden art therapist, visual artist, Mexico. She conducts workshops on art therapy and art in public space

Dr Joanna Omylinska-Thurston Ph.D., Associate Professor at the University of Salford, United Kingdom, Counselling Psychologist in the National Health Service, Associate Professor in Counselling and Psychotherapy National Institute of Health Research Fellow

Dr Joan Aponte, Ph.D. - psychologist and art therapist, American Board of Sexology (ABS), Art Therapy, Berlin

Agata Rappe Member of the Board of the Norwegian Association for Dance and Movement Therapy NODAK (member of EADMT), Norway

Kajros" Association of Polish Art Therapists
Poznań-Kalisz

Institute of Pedagogy,
Faculty of Social Sciences,
University of Silesia, Katowice

Department of Art Therapy,
Faculty of Pedagogy and Arts in Kalisz,
Adam Mickiewicz University, Poznań

Department of Visual Activities and Art Therapy
Institute of Artistic Education,
The Maria Grzegorzewska University of Special Education
in Warsaw

Department of Art Therapies and Arts Education,
Institute of Educational Sciences,
Faculty of Education,
Ignatianum University in Cracow

Department of Art Education and Visual Arts,
Faculty of Social Sciences and Arts
University of Applied Sciences in Nowy Sącz

are honoured to invite you to

**The 1st International Congress of Art Therapy
in Katowice
under the banner**

**"Therapy through Art and Art Therapy –
about the Essence of the Subdiscipline,
Identity and Educational Standards"**

21 - 23 April 2026

For many years, Polish pedagogical, artistic, therapeutic and psychological circles have been looking for a space to locate their activity in art therapy, with greater or lesser success. The main idea of the meeting will, therefore, be searching for ways of development of Polish art therapy as a science/research discipline, embedded in academic educational standards, ensuring comprehensive and responsible education of art therapists, as well as a strategy closely related to *praxis*. Let us add that it will be done in accordance with the perception of art therapy as a therapy that uses intervention with the use of art or performs it through art, constituting a kind of fusion of knowledge and expressive activities. After all, the need to create and express oneself is one of the primary human needs, regardless of whether it functions harmoniously or requires support. At the same time, in the intention proposed by the organizers, art therapy requires the existence of a therapeutic relationship, as well as intervention to improve the well-being of people with disabilities and non-neuronormativity, sensory dysfunctions, emotional disorders and deprivations of social life. In this context, it will be important to attempt to clarify the scope of art therapy, separating it from strictly educational activities using art only for developmental purposes, and separating it from the work of people with disabilities who have the right to be perceived as full-fledged creators/artists.

We trust that the united scientific and artistic efforts of the university community, the "Kajros" Association, as well as all those who care about the professionalization of art therapy, which includes the establishment of a new professional status, will mark the stirring of the emancipation of this discipline in Poland and the introduction of relevant regulations. The most important component of the Congress, however, will be the exchange of experience, inspiration for improving practice and the search for scientifically substantiated strategies. It will be possible thanks to the presence of distinguished guests from Europe and the United States.

For this reason, we would greatly appreciate your participation in our congress, which could undoubtedly add to its significance and scientific outcomes of the debate.

We are looking forward to your participation.

Sincerely yours,
Anita Stefańska
Katarzyna Krasoń
Aleksandra Chmielnicka-Plaskota
Danuta Pietraszewska
Iwona Bugajska -Bigos
On behalf of the organizers

If you are interested in active or passive participation in our event, please contact us by e-mail mkak26@us.edu.pl

and to **register for participation via the application form at the link**
<https://docs.google.com/forms/d/1Ssizl4-aeHODf5VTkWRk5sqe1vZ5dSEh6tRggphC4bE/edit>

We will wait for applications until **January 31, 2026**. **The Scientific Committee will accept applications by 15 February 2026** and inform interested parties of its decision.

The conference fee of **EUR 160** will cover the costs of participation in all events, congress materials and coffee breaks. The organizers do not cover the costs of accommodation and travel.

The fee should be paid by **February 25, 2026 to the account of the Association of Polish Art Therapists "Kajros" with its registered office: 62-800 Kalisz Nowy Świat street 28-30**
account number:
IBAN: PL 50 1020 2212 0000 5902 0513 5811