



2nd International Meeting of Arts Prescribing in HealthCare

Olympus Riviera, Greece, 22-26 April 2026

Conference Agenda



At the foot of Mount Olympus, a place where nature and myth invite reflection and transformation, we gather for the Second International Meeting of Arts Prescribing in Health.

This meeting stands on a powerful idea: that health is shaped not only by science, but also by creativity, connection, and meaning. Growing scientific evidence confirms that the arts can improve wellbeing, support recovery, and strengthen resilience. At the same time, personal experience reminds us that healing is deeply human—rooted in expression, imagination, and shared stories.

Arts prescribing brings these dimensions together. It connects clinical knowledge with artistic practice, creating pathways for personal growth alongside medical care. Its success lies in this integration—where evidence meets emotion, and treatment becomes transformation.

Together, we explore a more holistic vision of health: one that unites science, the arts, and the evolving potential of every individual.

Efharis Panagopoulou, PhD



Athena



Scientific-Organising Committee

Peggy Kioutsouki, MSc - Chair

Venia Georgara, MSc

Cali Kolovou, MSc

Zoe Rapti, MSc

Vicky Spatoula, PhD

Ilias Thermidis, MSc

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Wednesday, 22 April 2026

10:00-14:00

ARTS RETREAT



Facilitators:

George Rodosthenous

Eva Noula

Venia Georgara

14:00-17:00

APPLIED RESEARCH SEMINAR

–

MASTER CLASS



20:00

WELCOME RECEPTION



Thursday, 23 April 2026

09:00-09:30 WELCOME ADDRESS

Efharis Panagopoulou

09:30-10:00 KEYNOTE

Nikos C. Stefanis



10:15-11:30

ORAL SESSION CREATIVITY THROUGH MUSIC, SINGING AND DANCING



1.The potential benefits of music-based therapies on rehabilitation outcomes in multiple sclerosis: a systematic review.

Nicky Ahadi, Jeeyeon Kim, Daniel Whibley, Maxwell Barnish

2.Hope Carried Through Song I : A Trauma-Informed Lullaby Writing Workshop Series for Survivors of Human Trafficking.

Elswick Susan, Rebecca Arendt, Marcin Arendt, Samantha Brown, Elyse Jones

3.Hope Carried Through Song II : A Trauma-Informed Lullaby Writing Workshop Series for Survivors of Human Trafficking.

Rebecca Arendt, Elswick Susan, Marcin Arendt, Samantha Brown, Elyse Jones

Thursday, 23 April 2026

10:15-11:30

ORAL SESSION CREATIVITY THROUGH MUSIC, SINGING AND DANCING



4.Impact of Dance for Individuals with Long-Term Pain on Pain, Well-Being and Health-Related Quality of Life: Results from a Randomized Controlled Study.

Dimitriou Varvara, Paula Bergman, Katarzyna Filipowicz, Ida-Klara Johansson

5.Creative Arts Therapies (CATs) in Trauma Treatment: Dance Movement Therapy (DMT) for traumatized refugee women - a controlled study.
Sabine Koch

Convenor: Bea Walker

11:30-12:00

COFFEE BREAK



Thursday, 23 April 2026

12:00-13:15

ORAL SESSION ENHANCING COMMUNITY ENGAGEMENT



1. Long-term impact of Arts on Prescription on mental health and sense of coherence: Results from controlled studies of individuals on sick leave.

Paula Bergman

2. Health Promotion of adults by social prescribing health program centered on belongingness and loneliness.

John Alexander Castro Muñoz, Camila Ronderos Bernal

3. Reclaiming Self and Building Community through Arts Prescribing in Mental Health.

Dora Skali

4. Factors Influencing Engagement in Arts-Based Mental Health Promotion: insights from a pilot study in Portugal.

Patricia Claudino, Ana Rita Pedro, Louise Hoffmeister, Ana Gama, Cristiano Figueiredo, Sonia Dias

Convenor: Charlotte Osborn-Forde

Thursday, 23 April 2026

13:15-14:30

LUNCH BREAK



14:30-16:00

WORKSHOP THE IMPROVment® METHOD: BRAIN BODY WELLNESS FOR INTERGENERATIONAL COMMUNITY BUILDING



Christina Soriano

16:00-17:00

NASP EXPERT ROUNDTABLE MAKING ART ON PRESCRIPTION 'CARE AS USUAL'



- An introduction to the WHO Collaborating Centre for Social Prescribing Policy and Development
- Prof Nikos Stefanis (University of Athens), presents the findings of the world's largest randomized control trial (RCT) of arts-based social prescribing

Thursday, 23 April 2026

16:00-17:00 NASP EXPERT ROUNDTABLE



- Anna Formosa (University of Malta), Founder of Creative Health Malta, on the first study for arts on prescription funded by Arts Council Malta
- Stine Eskesen (Programme Lead, Baltic Arts on Prescription programme) presents the Arts on Prescription Guide with how-to-guides in organising, facilitating, evaluating and financing AoP programmes.

Convenor: Charlotte Osborn-Forde

17:00 AFTERNOON REFRESHMENTS - POSTER PRESENTATIONS



1.fMRI Evidence for a Rare Cognitive Process During Reflective Engagement with Visual Art.
Dominika Grygarová, Petr Adámek, Juraj Jonáš, Jiří Horáček, Ladislav Kesner

Thursday, 23 April 2026

17:00



AFTERNOON REFRESHMENTS - POSTER PRESENTATIONS

2. Seeking Potential Effects of a Medical Student Advocacy Project: Exploring Utility of Ripple Effects Mapping.

Elianna Dunster, Zohar E. Ziff, Tanvika Vegiraju, Donna T. Chen, Marcia Day Childress

3. Movement and Medicine: A Pilot Workshop for Medical Students.

Zohar E. Ziff, Donna T. Chen, Kathryn Schetlick, Marcia Day Childress

4. Rural Health Equity (RHE): Co-producing arts engagement to address rural health inequalities in Highland

Sara Bradley, Liz Ellis

5. What type of art, when and how? Mapping arts prescription for different phases of cancer treatment

V. Georgara, E. Panagopoulou

20:00-22:00



GREEK DRAMA FOR A LIFE WITH NO DRAMA

Facilitator: George Rodosthenous

Friday, 24 April 2026

09:00-12:30 **WALK AND TALK IN MOUNT OLYMPUS**



13:00-14:00 **LUNCH BREAK**



14:00-15:30 **SYMPOSIUM**
ADVANCING COLLABORATIVE POLICY AND PRACTICE IN PRESCRIBING ARTS: LESSONS FROM THE CREATIVE HEALTH BOARDS PROJECT



Chris Dayson, Clair Malaney, Chloe Froggatt, Emilie Taylor, Ellie Lockley, Lucy Robertshaw, Sarah Clough, Nicola Doyle

15:30-17:00 **NATIONAL DELEGATE SUMMIT**



1. *Stine Keiding, Denmark*
2. *Sue Bennett, Canada*
3. *Anna Formosa, Malta*
4. *Paula Bergman, Sweden*
5. *Vicky Karkou, UK*
6. *Nisha Sajnani, USA*
7. *Peggy Kioutsouki, Greece*

Convenor: Bea Walker

Friday, 24 April 2026

17:00-18:30 **WORKSHOP**
(THE MOMENT) EVERYTHING CHANGED



Nikki Watson



20:30-22:00 **SOCRATES MEETS ST. PATRICK QUIZ**



Quiz

Saturday, 25 April 2026

09:00-09:30

KEYNOTE

Nisha Sajnani



09:30-10:30

SYMPOSIUM

EVIDENCE AND EXPERIENCE: MEASURING
IMPACT IN CREATIVE HEALTH
INTERVENTIONS



Paige E Davis, Robert Dean, Christen Kong

10:30-11:00

COFFEE BREAK



11:00-12:15

WORKSHOP

DECISION MAKING THROUGH MOVEMENT
& THE ARTS: SUPPORTING SOCIAL
PRESCRIBING INITIATIVES



Thania Acaron

Saturday, 25 April 2026

12:15-13:30

ORAL SESSION

NEW TECHNOLOGIES, POLICY MAKING AND
IMPLEMENTATION



1. Making Social/Arts Prescribing Policy:
A Medical Student Advocacy Model.

Donna T. Chen, Elianna Dunster, Tanvika Vegiraju, Zöe Ziff, Marcia Day Childress

2. Implementing Arts on Prescription: A Cross-
National Study of Implementation Determinants
and Implementation Strategies.

Carsten Hinrichsen, Alberte Jacobsen, Stine Arp, Holger Rank Hassing, Isabelle Pascale Mairey, Marie Broholm-Jørgensen

3. Findings from EpiArts Lab and One Nation/One
Project in the US.

Katrina Pineda

4. Neuroscience in the Gallery: The cooperation
between neuroscience institution and the gallery.

Juraj Jonáš, Dominika Grygarová

Convenor: Donna T. Chen

13:30-14:45

LUNCH BREAK



Saturday, 25 April 2026

14:45-16:00

ORAL SESSION CHILDREN AND FAMILIES



1.Arts4Us: Increasing Access to the Arts and Arts Therapies to Support Youth Mental Health/Wants Round Table.

Vicky Karkou, Pui Sze Cheung, Robyn Dowlen, Beckie Clark, Ken Fletcher, Michelle Howarth

2.Unleashing Potential: Integrating Arts on Prescription for Children & Adolescents in the Healthcare System.

Sue Bennett

3.Green and Blue Social Prescribing: Enhancing Mental Health and Well-Being in Children and Families.

Sónia Dias, Maria J. Marques, Ana Rita Goes, Ana Rita Pedro, Ana Gama

4.Towards prescribed co-curating with young adults in a cancer hospital (UK).

Benjamin Hartley

Convenor: Vicky Karkou

Saturday, 25 April 2026

16:00-16:30

COFFEE BREAK



16:30-17:45

ORAL SESSION FROM CREATIVITY TO DIGITALLY ASSISTED ARTS' IMPLEMENTATION



1.Creativity for Wellbeing six-week program – Exploring the Five Ways to Wellbeing Through Creative Experiences.

Maria Ward

2.Digital Poetry.

Sandeep Pahal, Ananta Dave

3.ArtsRx as an Arts Prescribing Model: Leveraging CRM Data to Understand Participation and Engagement.

Aly Maier Lokuta, Kristen Krause, Ricardo Kairios, Taylor Masamitsu

4.Technology-Enabled Arts Prescribing II: Tracking and Analyzing Participant Engagement in ArtsRx.

Aly Maier Lokuta, Kristen Krause, Ricardo Kairios, Taylor Masamitsu

Convenor: Aly Maier Lokuta

Saturday, 25 April 2026

**20:00-21:00 DINNER AND PARTY
(GREEK GLENTI)**



SOCIAL EVENTS

**GREEK DRAMA FOR A LIFE
WITH NO DRAMA**

**WALK AND TALK IN MOUNT
OLYMPUS**

**SOCRATES MEETS ST.
PATRICK QUIZ**

**DINNER AND PARTY
(GREEK GLENTI)**





THANK YOU!

