

Winter 2013

- Valuable help
- Heal and provide support with creativity
- Brief news
- Important Exchange
- Patron's Committee
- Doing good does good

Valuable help

Where words fail, notes, colours and bodies speak. For children in hospital the «detour» through these creative forms of expression are often the only possibility of communicating and coming to terms with their suffering and feelings. In the process, art, music and dance therapists support them expertly and sensitively. These innovative and gentle forms of therapy ease and accelerate the little children's convalescence. Time and again I experience this positive effect during my visits to the now nine Swiss hospitals that are affiliated with our non-profit foundation.

The costs are not born by the basic health insurance, so that the hospitals are dependent on donations. Thanks to the support from our donors, 2000 children, small children and adolescents had access last year to these acknowledged effective therapies.

Please help to enable this to continue in future. In the name of the young patients and their relatives, the doctors, therapists I thank you and wish you all the best.



Charlotte Leber

Charlotte Leber,
Founder and Secretary-General
of the Foundation ART-THERAPY



The music therapy in the Cantonal Hospital in Baden for pregnant women at risk in the pre-natal station and for premature and new-born babies in the neonatology department has received wide recognition.



Two therapists have started their activities in the children's clinic of the Grisons Cantonal Hospital in Chur.

Brief news

Since early this year in the University Hospital of Vaud in Lausanne (CHUV), a music therapist has been treating patients who have been hospitalised in the Unité d'Hospitalisation pour Adolescents (UHPA). The first results are extremely promising.

The first national long-term study concerning the effectiveness of art therapy in adolescents who suffer under eating disorders is nearing completion. The results of the study conducted simultaneously in Geneva, Lugano and Winterthur are expected during the course of 2013.

The president of the foundation board Prof. Alain Golay, a music lover and talented violinist, was the guest of Marcel Quillévéré in the daily music program «Les traverses du temps» on Radio France Musique and spoke about the foundation's activity. In another program Petula Clark, Patron of the Foundation, was invited and expressed her opinions concerning the therapeutic effect of music.

The Sunday Newspaper Sonntag dedicated a whole page to music therapy in the Cantonal Hospital in Baden on June 10, and on May 14 the Südostschweiz reported in detail about art therapy in the Grisons Cantonal Hospital and UN Special, the UNO staff's magazine reported in its July edition about our foundation.

Heal and provide support with creativity

The non-profit foundation ART-THERAPIE is the only Swiss organisation that promotes art, music and movement therapy programs for sick children, small children and adolescents in Swiss hospitals. It was founded in 2008 by six Swiss hospitals, in which this therapy had been offered in part since 1999.



Today there are nine Swiss university, cantonal and independent children's hospitals that are affiliated with our foundation. 22 Therapists and trainees are firmly integrated in the healthcare team, and they work with different patients, in widely-differing wards, as the field of application for this innovative, non-invasive therapy

is very wide indeed. Together with other measures they have proven to be effective for young patients suffering from acute or chronic illnesses, or suffering from the results of accidents, from personality or behavioural problems, handicaps or congenital diseases.

Art, music or dance therapy is offered in the following nine hospitals from all four parts of the country:

- Baden Cantonal Hospital (KSB)
- University Children's Hospital of Basel City and Basel Land (UKBB)
- Grisons Cantonal Hospital (KSGR) Chur
- Hôpitaux Universitaires de Genève (HUG)
- Centre Hospitalier Universitaire Vaudois (CHUV)
- Hôpital régional Lugano (EOC)
- East Switzerland Children's Hospital, St. Gall
- Winterthur Cantonal Hospital (KSW), Social Paediatric Centre
- University Children's Hospital Zurich (KISPI)

Important Exchange

The second art-therapy conference in Zurich, at which 22 therapists, doctors and foundation board members participated, was a valuable opportunity for all present to exchange information and to get to know the new colleagues.

For this annual meeting the Swiss Institute for Art Research generously placed its rooms at our disposal.



Doing good does good

With your donation you help to make these important therapies for children, small children and adolescents possible in Swiss hospitals. Creative expression promotes and accelerates convalescence in small patients.

The ART-THERAPIE foundation is acknowledged as a non-profit organisation. Your donation is tax-deductible. Donations of 50 francs and more are thanked in writing and you receive an annual donation receipt.

Brief news

Charlotte Leber was appointed to the foundation board of the Red Pencil Foundation with headquarters in Singapore. The art therapists of this foundation care for small long-term patients in hospital, but also for ill children in war zones and refugee camps.

Patron's Committee

Internationally known personalities from music and art are convinced about these creative therapies and support the aspirations of our foundation with their names.



The world-wide celebrated conductor **Valery Gergiev**, manager of the Mariinski-Theaters in St. Petersburg, principal conductor of the London Symphony Orchestra, guest conductor of the world-famous Philharmonic Orchestra and founder of the festival is convinced: «Music can touch a person's innermost parts. Its effect on the soul, spirit and body is uncontested.»

The young internationally celebrated cellist **Sol Gabetta** teaches at the music academy in Basel besides her numerous guest appearances and is director of the Solsberg chamber music festival.

The internationally known painter and video artist **Michel Huelin** from Geneva is convinced that the creative therapy approach releases vital internal powers.

As the patron right from the start the famous singer and songwriter **Petula Clark** dedicated her touching song «Butterfly in the Snow» to the small patients.

Thank you for your support!

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