

## **YOUTH – BELGIUM:**

### **Migrants drawing in the classroom**

#### **SUMMARY**

A multi-year programme for migrant students going to DASPA classes (dispositif d'accueil et de scolarisation des élèves primo-arrivants et assimilés), which are educational structures within the Fédération Wallonie-Bruxelles aimed at welcoming, providing schooling and integrating students from a migrant background into ordinary education.



#### **Where**

DASPA classes in Wallonia and Brussels (Belgium)



#### **When**

From 2020 onwards



#### **Type of mission**

Group art therapy interventions  
Arts-based capacity building and training



#### **Participants**

Young migrants in a DASPA class (children and teenagers)  
Teachers of these young migrants

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#### **CONTEXT & OBJECTIVES**

Experiencing exile, migration equals to leaving one's place of reference, undergoing separation and grieving, facing the often traumatic circumstances of the journey (in addition to those that led to exile), undergoing numerous changes and adaptations (another country, another home, another cuisine, another school, other friends...) and feeling alienated and a stranger in the host country where are another language and culture prevail. Add to this the expectations and uncertainty about the future.

Many young migrants therefore present the following psychological difficulties:

- Emotional difficulties (anxiety, depression, guilt, loneliness, hyperactivity);
- Symptoms of post-traumatic stress disorder and insecurity
- Difficulties in dealing with grief;
- Low self-confidence and low confidence in others;
- Loss of cultural reference points and questioning of one's identity;
- Loss of social status and difficulties in finding one's place and anticipating the future.

#### **THE RED PENCIL (EUROPE)**

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When we rescue the child,  
we save the adult

In this context, which results in concentration issues and behavioural problems, it is difficult for young migrants to devote themselves fully to learning, and the teaching profession becomes all the more complicated.

The general objectives of the art therapy workshops are to enable young migrants to participate, express themselves, identify and regulate their emotions, become aware of their resources, improve their self-confidence and thus help them in their personal development and learning process.

## IMPACT

It is essential to provide young migrants with appropriate psychosocial support, to reinforce their resilience and reduce the negative impact of migration on their functioning and mental health. The non-verbal, symbolic and transcultural approach of art therapy enables them to express their emotions and feelings in a creative and spontaneous way, without the need to resort to a language they often haven't yet mastered. It enables them to express their feelings and put them at a distance, and thus feel better. Creating engages children in action through positive sensations. It appeals to creativity and self-expression, helping to restore self-confidence, increase well-being, promote inclusion and ultimately learning.

Watch this video about one of the interventions : [DASPA UCB Video 2 - YouTube](#)