

HOW DO I START?

- Call TRIE to set up an appointment for an intake interview.

Call (352) 42-26-34
to set up an appointment

Date:	Time:
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- Or email TRIE at TRIEeu@gmail.com
- Or consult Editus.lu in French (Art thérapie) or the TRIE website to look at the programs offered:

www.theater-research-institute.eu

Kirchberg, Luxembourg

Theater Research Institute of Europe

TRIE
Kirchberg, Luxembourg city
Luxembourg L-1858

Telephone: (352) 42-26-34

Email: TRIEeu@gmail.com

I've TRIED TRIE, and It works!



I've TRIED TRIE, and It works!

For:
Children
(learning/concentration issues)
Children and parent(s)
Individuals
Couples
Groups and special programs



Theater Research Institute of Europe -



I've TRIEd TRIE, and it works!

**Theater Research Institute of Europe –
TRIE asbl**

**Experience Positive Psychology
and Expressive Psychotherapy**

**Dr Dana Rufolo (PhD, DESS)
welcomes you to TRIE --
Your Art Therapy Center
*A place to grow in strength***

Learning problems
Family or couple conflict
Conflict at workplace
Depression
Post-partum depression
Anxiety
Dependence issues
Social isolation
Trauma
Intellectual or psychological fatigue

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AT TRIE, WHAT WILL I, OR MY CHILD, EXPERIENCE?

- One initial half-hour intake interview, free of charge.
- Therapy sessions of 1.25 hours, individually designed to your specific needs.
- TRIE's own method of art therapy, which includes drama therapy, role-playing, narrative therapy, movement therapy, music and art creation-and-appreciation therapy, concentration exercises, verbal psychotherapy, and post-session evaluation.
- Follow-up therapy sessions, if requested.
- Personal referrals to further trusted practitioners when required.
- Absolute confidentiality under the code of professional secrecy.

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WHAT IS ART THERAPY, AND WHAT CAN IT DO FOR ME AND FOR MY FAMILY?

Art Therapy is an alternative psychoanalytic approach to self-knowledge that developed during the latter half of the 20th century as a substitute for the verbal analytic approaches of earlier psychoanalysts.

It is a reaction against labels like “depressed” that provide a diagnosis but do not energize or liberate the individual who wants to change and is asking for guidance. According to the philosophy at TRIE, Art Therapy presumes that living involves conflict and that idiosyncratic patterns may evolve under chronic stress situations that push people into what is called a “survival mode.” Through Art Therapy you fortify your own creative and artistic sensibility, which permits you to buffer yourself against raw stress factors and to do more than just survive.

As practiced at TRIE, Art Therapy expands the personality through carefully directed dramatic, rhythmic, narrative and aesthetic explorations.

Using the “healthy-self” concepts of Positive Psychology, Art Therapy helps you to understand the game-playing aspects to your daily life and to appreciate your innate problem-solving skills. Compulsion is replaced by comprehension; depression is replaced by action; and low self-esteem is replaced by tolerance and empathy. For the child, anxiety is replaced by feeling secure and confident.

TRIE Art Therapy for you or your child to re-learn to think creatively and clearly.

WHAT ELSE DOES TRIE OFFER?

FOR CHILDREN:

- **Learn English through Drama**
This workshop is offered at times throughout the year to children aged 9-14. A similar course is available for adults, upon demand. This workshop is designed for a small group of children who wish to improve their English speaking and comprehension. Learn English through Drama is a fun and TRIEd and TRue way of improving spoken English. The children participate in creative drama exercises; they improvise, are guided to create their own play script, rehearse and conclude the workshop with a small performance for their families.

Drama for English-speaking Children

This workshop is the same as the above, except it is for native speakers. Age 7+

- **Public speaking** and elocution for private clients.
- **Actor training**, following the Empathy Training © methodology of TRIE, intended for young adults who wish to pursue a professional career as well as for the older individual or groups with an interest in the performing arts.

Specific workshops with invited guest performance artists. Check the website.

TRIEd and Truly Dramatic!