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WPA SECTION FOR ART AND PSYCHIATRY: ACTIVITIES REPORT 2025

Membership

In 2025, the Section welcomed ten new members from India, Egypt, Australia, UK and USA. The Section has 36 members who have given permission for their details to be displayed on the website, and a mail out that goes to 74 members in total. The Section sent three newsletters to members in March, July and November 2025. These were edited by Dr. Jamnuna Krishnan and Dr. Jennifer Harrison. Correspondence with members also occurred by email as needed. We were sad to lose longtime Section member Cathy Faye Goldstein Tasman (USA) who unexpectedly passed away on 9.3.2025. Cathy was an artist who earned an MFA from the University of Kentucky in 1971 having earlier graduated with a distinction in art from the Sophie Newcomb College in 1969. During her years in leadership of the American Psychiatric Association Alliance (APA), she organized national and international lectures and desired to educate psychiatrists on the impact of adverse social determinants on mental health. The 2005 American Psychiatric Association Special Presidential Commendation was among her numerous recognitions and awards.

Leadership

The committee was re-elected unopposed in October 2025.
Dr. Jennifer Harrison: Chair (Australia)
Dr. Ekaterina Sukhanova: Vice-Chair (USA)
Dr. Jamuna Krishnan: Secretary (Australia)
Dr. Hans Otto Thomashoff: Honorary Emeritus Chair (Austria)
Dr. Daniela Polese, International (At Large) representative (Italy)
Professor Diane Waller: International (At Large) representative (UK).

Meetings

Regular zoom section meetings throughout 2025 were attended by Dr. Jennifer Harrison.
A face-to-face meeting of all WPA Sections took place at WPA Prague in 7.10.2025 and was attended by Dr. Ekaterina Sukhanova and Dr. Jennifer Harrison.
A face-to-face meeting of the Section of Art and Psychiatry also took place in Prague 6.10.2025 and was attended by 10 members (see the report of Section activities in Prague posted on the Section website in 2025).
A zoom meeting was conducted with Dr. Gustavo Bezerra and colleagues in December 2025 to plan for an art exhibition proposal for WPA Congress, Stockholm 2026.
A zoom meeting was conducted with Dr. Valsemma Eapen (Regional WPA Representative) in December 2025 and was attended by Dr. Jennifer Harrison, Dr. Ekaterina Sukanhova and Dr. Jamuna Krishnan to plan for a regional conference in 2027/2028 in Australia.

Conferences, Symposia and Workshops

76th Annual National Conference of the Indian Psychiatric Society (ANCIPS, 22-25 January 2025):
Symposium on "Expressive Therapies for Child Mental Health", presented by Dr. K.S. Pavitra at ANCIPS 2025, Hyderabad, India.

January 2025: “Exploring Poet Kuvempu’s Sri Ramayana Darshanam through a lens of feminine sentiments at poet’s birth place, Kuppali”: presentation by Dr. K. S. Pavitra, Kuppali, India.

January 2025: Veterinary Doctors’ Literary Association, State of Karnataka, on “Literature and Mental Health Interface”, invited oration by Dr. K. S. Pavitra, India.

January 2025: “Mathru- Bhoomi”, lecture/demonstration discussing patriotism and mental health through dialogue utilizing poetry and dance, presented by Dr. K. S. Pavitra, Rotary Club, Shimoga, Karnataka, India.

February 2025: Rural Community Outreach Program on child and parent mental health drawing lessons from poetry and arts, presented by Dr. K. S. Pavitra, at Jnanadarshini School, Hulimande, India.

February 2025: “Utilizing fine arts for digital detox-lecture for school children at Anavatti”, presented by Dr. K. S. Pavitra, Anavatti School, Karnataka.

February 2025: Mother Language Day—fine arts in education articles and lecture demonstrations in schools, presented by Dr. K. S. Pavitra, India.

February 2025: “Happiness and health—dance for mental health”, Rotary Club, Shimoga-Bhadravathi, India, presented by Dr. K. S. Pavitra.

March 2025: International Women’s Day, Dr. K. S. Pavitra presenting Kavyakannika—combining poetry, dance and music to explore women’s mental health issues, lecture/demonstration for Indian Medical Association (IMA), Koppa, India.

March 2025: Dr. Valentin-Veron Toma „Art-Terapia și importanța acesteia pentru pacienții oncologici” [Art Therapy and Its Importance for Cancer Patients]. Medical Conference – Multidisciplinarity and Art – Solutions in Cancer Treatment. Memorial Clinic, Enayati Clinical City. Bucharest, Romania.

March 2025: Dr. Valentin-Veron Toma (with Prof. Dr. Doina Banciu & Dr. Eng. Ionuț Petre) „Utilizarea AI pentru analiza colecțiilor de artă psihopatologică în vederea identificării diagnosticului în psihiatrie” [The Use of AI to Analyze Collections of Psychopathological Art for Diagnostic Purposes in Psychiatry]. 9th National Congress of Psychiatry, Sibiu, Romania. March 19–23, 2025.

April 2025: Suicide prevention workshops utilizing poetry and dance for high school students at Dharwad, India, presented by Dr. K. S. Pavitra.

RANZCP Congress, Gold Coast, Australia, “Bright Lights and Big Ideas”, 3-7 May 2025:

Dr. Jennifer Harrison presented as part of the Section of Philosophy and Humanities Seminar on “The Role of Arts in Psychiatry”. Dr. Harrison was also the invited speaker for the RANZCP Section of Philosophy and Humanities dinner.

May 2025: Manollasa—Free Dance Movement Therapy Workshops for children, the general public and senior citizens. Presented by Dr. K. S. Pavitra, India.

Francis Webb Centenary: “100 years of Francis Webb: a tribute reading”, The Dax Centre, Melbourne, Australia, 25th June, 2025. Co-chaired by D. Jennifer Harrison, Melbourne, and Professor Toby Davidson, Macquarie University Sydney, editor of *Francis Webb Collected Poems* (2011). Francis Webb (1925-1973) was the first Australian poet to write openly about mental health experiences. Readers and speakers also included Alice Allan, Robbie Coburn, Sandy Jeffs, Mal McKimmie, Professor Peter Otto, Peter Rose, Philip Salom, Alex Skovron.

August 2025: performances, Pitarau Vande, exploring the parent–child relationship through poetry and dance, presented by Dr. K. S. Pavitra, India.

WPA Annual Congress, 5-8 October, Prague 2025:

The Section submitted three symposia for WPA Prague, which were all unsuccessful.

Professor Gustavo Bezerra, Rodrigo Pereira, Giulia Louro, Fabio Callegari and Eduardo Humes from the Institute of Psychiatry Sao Paulo, Brazil, presented a poster, titled "Reflecting through Art: The Role of Subjective Expression in a Medical School Psychiatry Rotation".

Dr. Valentin-Veron Toma (Romania) presented a poster, titled "The transition from the institutional to the community model of care for people with mental disabilities in Romania and the role of art therapy programs".

Dr. Ekaterina Sukhanova and Dr. Hans-Otto Thomashof chaired a film session with three films shown for discussion.

An intersectional State of the Art Symposium on "Literature, Culture and Mental Illness", was supported by the sections of Literature and Mental Health, Art and Psychiatry and Transcultural Psychiatry and took place on 7.10.2025. The session was chaired by Ekaterina Sukhanova, (USA) and Claudia Castellanos (Mexico), and included a presentation by Sergio Villaseñor-Bayardo, (Mexico).

Poetry reading at The Dax Centre, Melbourne, 27 November, 2025:

Chaired by Dr. Jennifer Harrison, the reading featured Oz Hardwick (UK), Professor of Creative Writing, Leeds Trinity University (UK). He was joined by Australian poets Andy Jackson, Dominique Hecq and Professor Cassandra Atherton.

December 12th, 2025: Dr. Valentin-Veron Toma "A History of the Creation of Art In/Sane, Romania's First Digital Museum Featuring Collections of Psychopathological Art, and Related Projects, 2019–2025." National Symposium "Ecoterra 2025." Botanical Garden, Bucharest, Romania.

Psychartica, Jaipur, 4-6 December, 2025:

A WPA regional conference on art and psychiatry, *Psychartica*, was held in Jaipur, India, from 4-6 December 2025. The conference was convened by Section members Professor Emeritus Vinay Kumar, Dr. K. S. Pavitra and Dr. Astha Sharma. Dr. Jennifer Harrison and Dr. Ekaterina Sukhanova were also members of the Scientific Committee for the conference. Honorary Chair the Section, Dr. Hans-Otto Thomashoff (Vienna) was an invited guest of the conference, as was WPA President Elect, Dr. Thomas Schultz. Dr. K. S. Pavitra presented 'Chithkala' exploring human emotions through dance for the delegates. Dr. Astha Sharma organized a book table which made available recent books by a number of Section members including Dr. Valentin-Veron Toma, Professor Otto Dörr and Professor Rainer Holm-Hadulla. For details of the conference please see attached report.

Publications

Dörr-Zegers, Otto (2025). "Duelo extremo y depresión". *Mente y Cultura* **6**, Número 2: 75-81.

Gray, Deanne (2022). *The Proven Efficacy of Creative Arts Therapies: What the Literature Tells Us*. (this was placed on ANZACATA website in 2025 and with permission was recently placed on WPA Section for Art and Psychiatry website).

<https://www.anzacata.org/home>

Harrison, Jennifer. Poetry on mental health and art in 2025 appeared in: *The Healing Muse* (USA); *Poetry of Flight: The Liquid Amber 2025 Prize Anthology* (Australia); *Rabbit Anthology of Nonfiction Poetry* (Australia), *New Zealand Poetry Society International Prize Anthology 2025* (New Zealand); *Best of Australian Poems 2025* (Australia), *Australian Catholic University Poetry Prize Anthology 2025* (Australia), *Ricochet*, Anthology of 2025 Flash Fiction Prize (Australia); *Proceedings of Psychartica*, a conference on art and psychiatry (India).

Harrison, Jennifer (December 2025). *Sideshow History*, poetry collection, Black Pepper, Melbourne.

Harrison, Jennifer (2025). Review of *Notes to John* by Joan Didion, *Australian Book Review*, No. 478.

Harrison, Jennifer. "The Mad Author" by Ania Walwicz (1951-2020), essay, *Axon Creative Explorations*, Australia
[Axon: Creative Explorations Vol 15 No 2 August 2025](#)

Harrison, Jennifer, Van Mourik, M. & Hopkins, L. (April 2025). Evaluating the experience of a neurodevelopmental assessment via telehealth: a pandemic-inspired response or a sustainable evolution in healthcare? *Advances in Autism*, Volume 11, Issue 3: pages 177-188

Harrison, Jennifer (2025). Chapter, 'Let's Be Aware of Trauma', in *The Art of Paediatric Medicine Beyond the Evidence Base: Clinical Pearls from Experienced Clinicians*. Edited by Dr. Catherine Lynch, Dr. Sarah Arachchi, Dr. Ralph Junckerstorff, Dr Sharmanyne Brady, A/Prof. Ar Kar Aug, Springer Nature Singapore.

Harrison, Jennifer (2025). Chapter, 'Enhancing Attachment between Autistic Children and their Parents', in *The Art of Paediatric Medicine Beyond the Evidence Base: Clinical Pearls from Experienced Clinicians*. Edited by Dr. Catherine Lynch, Dr. Sarah Arachchi, Dr. Ralph Junckerstorff, Dr Sharmanyne Brady, A/Prof. Ar Kar Aug, Springer Nature Singapore.

Harrison, Jennifer, & Westerland, Cyrus (2025). Chapter, 'Everybody Blooms', in *The Art of Paediatric Medicine Beyond the Evidence Base: Clinical Pearls from Experienced Clinicians*. Edited by Dr. Catherine Lynch, Dr. Sarah Arachchi, Dr. Ralph Junckerstorff, Dr Sharmanyne Brady, A/Prof. Ar Kar Aug, Springer Nature Singapore.

Hills de Zárata, Margaret, Waller, Diane, Vaculik, Claire Louise (December 2025). *The Routledge International Handbook of Art Therapy Practice*, Routledge International. This handbook has 50 chapters from 35 different countries, many of which are quite new to art therapy.

Holm-Hadulla, Rainer, & Alexander Nicholai Wendt (first online December 2025). *Cosmopolitan Love: The Actuality of Goethe's Passions*. Reference work entry. Springer Nature, from *The International Handbook of Love*: pp 1373-1386.

Holm-Hadulla, Rainer (2025). Taylor Swift: From melancholy to creativity and success. *Clio's Psyche*, 32(3), 316-326. <https://doi.org/10.70763/0b07c4aabfdc28bb8236e195c401e1b2>

The following publications by K. S. Pavitra have appeared in 2025 in State Newspapers/Dailies/Weeklys for the general public and scholars other than mental health professionals in the Kannada language, the state language of Karnataka, India.

Pavitra, K. S. (March 2025). "AI and Translation", *State Daily Prajavani*, India.

Pavitra, K. S. (April 2025). How much pressure is ok and where should parents stop while training children in the fields of arts or sports?. *Kasthuri State Monthly Magazine for general public*, India.

Pavitra, K. S. (April 2025). On the occasion of World Art Day: black square—visual arts interpretation and benefits for creativity and mental health. *Samyuktha Karnataka State Daily*, India.

Pavitra, K. S. (April 2025). The role of discipline, punishment and affection in teaching arts—as an artist, psychiatrist and a parent. *Hosathu State Level Monthly*, India.

Pavitra, K. S. (April 2025). Dance movement as an index of mind. *State Daily Vijaya Karnataka*, India.

Pavitra, K. S. (August 2025). Why is bad poetry important? *Kannadaprabha Sunday Supplement*, India.

Pavitra, K. S. (September 2025). Psychological interpretation of the theatre show *Lion King*. *Prajavani State Daily*, India.

Pavitra, K.S. (November 2025). Literature festivals around the world and their value for social and mental health. *Samyuktha Karnataka Sunday Supplement*, India.

Pavitra, K. S. (2025). *Manoloka*. Sneha Enterprises, Bengaluru, India (Kannada).

Toma, Valentin-Veron (2025). O istorie a creării „Art In/Sane”, primul muzeu digital cu colecții de artă psihopatologică din România și a proiectelor de cercetare asociate din perioada 2019-2025 [A history of the creation of “Art In/Sane,” Romania’s first digital museum featuring collections of psychopathological art, and the associated research projects from 2019 to 2025] In: S. Olteanu (ed). *Armonia vieții: acolo unde știința se unește cu sufletul naturii* [The Harmony of Life: Where Science Meets the Soul of Nature]. *Ecoterra National Symposium – 17th Edition, Bucharest*. Ploiesti: Editura Casa Corpului Didactic Prahova, pp. 5-14. (ISBN 978-606-047-333-6).

Projects and Research

In 2025, Professor Daniela Polese (Italy) was awarded a project grant on psychological and emotional experiences of children, ‘Draw the Mind of the Child’ from Sapienza Third Mission, University of Rome. The project was jointly awarded first place.

Dr. Loewen, Álvaro (2022-2025). Why art matters in Psychiatry: Body Dysmorphic Disorder. Visual Approaches, Stigma and Research Practices. Magazine and Video (Spain).

Dr. Loewen, Álvaro (December 2025). “Fashion Pajamas: A Look Through Psychiatry Inpatient Eyes. A Quasi-Experimental Pre-Post Art Therapy Study”, research project in progress, 2025 (Spain).

Dr. Pavitra, K. S. (November 2025). Inauguration of project series on Dance Movement Therapy in institutionalized children at Government Girls’ Home and Children in Conflict with Law at Juvenile Justice Board, India.

Exhibitions

The Dax Centre, 2025:

In collaboration with the Wilin Centre, the First Nations exhibition “Internal Landscapes” took place from 18 June (opening night) until 29 August at The Dax Centre, Melbourne. Supported by the City of Melbourne Arts Grants, the exhibition featured Laitken Jackson, Anna Ellis, Alena Landers and Tupin Wultatinyeri.

Media

Pavitra, K. S. (July 2025). Talk shows at Happiest Health TV studio on Arts for Life, India.

Release of first four solo works, Part One of *Colombine Suite* by Australian classical composer Barry McKimm (poetry text by Jennifer Harrison) on streaming platforms: Spotify/Apple Music/YouTube/Bandcamp/Soundcloud.

Teaching

Dr. K. S. Pavitra (March 2025). Rural community outreach program on dance and mental health utilizing emotions in teaching skills for trainee teachers at Koppa, India.

Dr. Jennifer Harrison, Dr. Jamuna Krishnan and Dr. Sue Lutton (RANZCP Section of Philosophy and Humanities) produced a 2025 RANZCP webinar, presented online by Dr. Harrison, with Drs. Krishnan and

Lutton chairing, on 16 April, 2025, titled “The relationship between art and health: what the evidence tells us”.

Dr. K. S. Pavitra (May 2025). Community Outreach Program, Hongirana Near Sagar, India: for trainee teachers about utilizing arts and theatre in education.

Dr. K. S. Pavitra (June 2025). Fine Arts for Mental Health, lecture/demonstration for post-graduate students at Hampi Kannada VV, India.

Dr. K. S. Pavitra (August 2025). Inauguration of Dance Movement therapy unit ‘Chithkala’ at K.S Pavitra Institute, dedicated to arts and mental health, by Director of Nimhans, Professor Pratima Murthy, India.

Dr. K. S. Pavitra (October 2025): Book Brahma Literature Festival, India, panelist discussing psychoeducation through literature.

Professor Gustavo Bezerra, psychiatrist and psychotherapist; Supervisor of the Psychotherapy Service at the Institute of Psychiatry, Hospital das Clínicas, Faculty of Medicine, University of São Paulo (IPq-HCFMUSP). As a psychotherapy teacher, Dr. Bezerra lectures to third- and fifth-year medical students and works as a psychotherapy supervisor in the psychiatry residency program. Dr. Bezerra has implemented art ekphrastic techniques (alongside others such as role-play) to teach students about mental health and illness. In 2025, Gustavo implemented a museum class to teach transference and countertransference to medical students using ekphrasis while observing art pieces from the museum.

Member Awards

Pavitra, K. S. (May 2025). Dr. Laxmi Angadi Oration Award. Oration on Happiness and Health – through fine arts at Women Writer’s Guild, Dharwad North Karnataka, India.

Pavitra, K. S. (October 2025). State Science Literature Award for the book *Manoloka—The World of Mind* by Indian Medical Association and Medical Writers’ Association.

Pavitra, K. S. (December 2025). State Academy Award for work on fine arts in the personality development of children: citation and cash award of 25000 rupees, India.

Polese, Daniela (2025). Awarded joint first place for her project application on psychological and emotional experiences of children, ‘Draw the Mind of the Child’ from Sapienza Third Mission, University of Rome.

Community Activities

Dr. Pavitra, K. S. (June 2025): book launch, Women in Science Series, Hampi Kannada VV, India.

Dr. Harrison, Jennifer (2025): co-judged the Ann Morgan Prize for Creative Writing about the Infant, The Australian Association for Infant Mental Health, Australia and New Zealand.

Dr. Harrison, Jennifer (2025): judged the Minds Shine Bright, Poetry of Place International Writing Prize, Australia.

Dr. Harrison, Jennifer (2025): continued as Manager of The Dax Poetry Collection, part of The Cunningham Dax Art Collection, The Dax Centre, University of Melbourne (Australia). She continues her position as Honorary Psychiatrist at The Dax Centre.

Training

Dr. Pavitra, K. S., April 2025, completed senior fellowship on DMT using Bharatanatyam a traditional Dance form, India.

Dr. Pavitra, K. S., April 2025, obtained certification from Centre of Excellence as a senior DMT specialist with distinction, India.

Website

The following items were posted on the Section website in 2025:

- 1) Dr. Toma, Valentin-Veron, Dorneanu, Oana, Tita, Marius (2024). *Collections of psychopathological art and art therapy in social care*, Rao, Bucharest, Romania.
- 2) "Museum of the Image of the Unconscious in Rio de Janeiro" by Professor Gustavo Bezerra, Brazil.
- 3) Paper: "Bringing Psychotherapy to Medical Students: the experience of revamping an educational program in Brazil" by Professor Gustavo Bezerra, Brazil.
- 4) WPA Section of Art and Psychiatry: Annual Activity Report 2024.
- 5) Art exhibition opening notice: 'Internal Landscapes', The Dax Centre, Melbourne, Australia, June 18, 2025.
- 6) Poetry reading notice: 100 years of Francis Webb: a tribute reading, The Dax Centre, Melbourne, Australia, 25 June, 2025.
- 7) Two posters presented by Section members at WPA Prague 2025: 1) Professor Gustavo Bezerra, Rodrigo Pereira, Giulia Louro, Fabio Callegari and Eduardo Humes from the Institute of Psychiatry Sao Paulo, Brazil, "Reflecting through Art: The Role of Subjective Expression in a Medical School Psychiatry Rotation" and 2) Dr. Valentin-Veron Toma from Romania, "The transition from the institutional to the community model of care for people with mental disabilities in Romania and the role of art therapy programs".
- 8) Section report and photo of the Section meeting, WPA Prague Congress, October 2025.
- 9) Information re the *Psychartica* Conference, December 2025.

The membership list was regularly updated by Dr. Jamuna Krishnan to include new members and to reflect changes in the Section membership.

Future Plans for 2026

Several symposia have been submitted for 2026:

- 1) RANZCP Annual Congress, Melbourne 3-7 May, 2026 (Dr. Harrison (Australia) successful).
- 2) World Psychotherapy Conference in New York City "Psychotherapy, Mental Health and Human Rights" (successful), June 4-6, 2026. Dr. Ekaterina Sukhanova (USA) will co-facilitate the conference and together with Professor Daniela Polese (Italy) will co-host a children's art exhibition in Manhattan. Section members will present at the planned symposium.
- 3) WPA Stockholm 2026 (unsuccessful symposia submissions, including an excellent proposed art exhibition from Brazil, and accompanying Section symposia, and an intersectional symposium proposed together with the WPA Conflict Management and Conflict Resolution Section).
- 4) Members of the Section will present at the World Association for Dynamic Psychiatry in Vienna, Austria, 22-26 March, 2027; the conference will be co-coordinated by Dr. Hans Otto Thomashoff (Vienna).

Dr. K. S. Pavitra plans to publish a book on dance therapy in Kannada, the state language of Karnataka, India, and will organize a state conference on creativity and mental health, India.

Several publications by members are planned for 2026. Exhibitions and workshops will also take place. Advance notices and educational materials will be posted on the WPA Art and Psychiatry website.

Dr. Valentin-Veron Toma plans further work with Romania's first digital museum of art and psychiatry. Teaching transference and countertransference to medical students through ekphrasis is planned to continue in 2026 under the guidance of Professor Gustavo Bezerra in Brazil.