



Biennale Arteterapia

SIDE EVENTS OF THE EXHIBITION BAT 2026

Friday, April 3

Opening at **5:00 PM**, with greetings from the Mayor of San Benedetto Po, **Roberto Lasagna**, and Councillor **Vanna Bondavalli**, followed by a presentation by the curators, the BAT group, and a short workshop/performance led by **Aurélie Beer**: *Constellation: a collective aesthetic response.* *The audience is invited to connect with the artworks and, through movement and presence, to co-create a living and shared composition.*



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Saturday, April 4

From 9:30 AM to 12:30 PM: free expressive workshops held within the exhibition by *Maria Castagna-Mairea, Sandrine Lissac, Camilla Mele, and Caterina Varchetta.*

9:30 AM

Maria Castagna (artist / art therapist)

Eccomi Qua – Il Gioco

“Il Gioco” is a guided group experience: it is an invitation to listen, to be surprised, and to relate through minimal gestures. Each participant chooses a Raku figure, places it in the space, and listens; then selects others, moves them, and observes. In this way, a unique configuration emerges.

-Italian language with translation into English

Sandrine Lissac (artist / art therapist)

Which artwork will choose you?;

A sensitive and poetic experience inviting participants into an intimate encounter with the exhibited artworks. A shared moment of contemplation, imagining, creating, and allowing words to resonate.

-French language with translation into English and Italian

11:30 AM

Camilla Mele (artist / art therapist)

Emotions in cARToline.

Participants are invited to create postcards inspired by the exhibited works of artist Camilla Mele, and to experiment in the here and now, transforming objects and materials considered as waste into tools for expression and creativity. Each postcard becomes a small space for dialogue with oneself, with others, and with the history and emotions embedded in the materials.

Caterina Varchetta (artist / art therapist)

Wounds of Light: openings toward possible futures;

Participants are invited to an intimate encounter with the canvases of artist Caterina Varchetta, through a creative process that unfolds in material, paper, tears, and color. Each gesture becomes a way to explore one's own wound and the thread of light that can pass through it.

-Italian/French with translation into English

If the number of registrations exceeds the group capacity, an additional workshop may be activated, led by *Pamela Palomba: Postcards from Utopia.*

Believing that a postcard can still make us travel—might this be a utopia in the digital age? We will explore this through the experiences of the participants in this workshop, who will create, using collage techniques, postcards of their personal journey through the exhibited artworks.

For participation in the workshops, reservations are recommended: biennaleat26@gmail.com

2:30 PM – 3:30 PM: Sharing of workshop experiences



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3:30 PM – 5:30 PM: Reports on the Art–Utopia Relationship by the BAT Committee

Sabrina Mazzola (art therapist, artist, teacher, BAT committee)

Utopia as a therapeutic act: letting transgenerational narratives emerge and transform through art.
Utopia in art as a therapeutic space where hidden aspects of the self, family, and prenatal stories can surface and be acknowledged. The creative process gives form and dignity to what was unseen or unnamed, opening a space for acceptance and transformation.

Jasmina Pacek (art therapist, prof.dr.arts, ECArTE committee)

“ECArTE” – Presentation and invitation to the 18th European Arts Therapies Conference (Pula, Croatia)

Pamela Palomba (art therapist, BAT committee)

The utopia of the body in anorexia nervosa

In anorexia nervosa, the body, instead of being perceived as a necessary vehicle for living in this space-time, becomes a counter-space that challenges and reverses this dominant logic. The discovery of a body capable of harmonising with the mind and soul, thus allowing one to fully experience embodiment, becomes an utopia in the sense of an ideal and non-existent place that must be inhabited and made real.

Axel Rütten (art therapist, BAT committee)

Art and art therapy between utopia and new reality

How the idea of utopia is expressed in art, drawing inspiration from the BAT works, and how the utopian element in the art therapy setting can encourage patients' attitude toward change.

Sergio Schenone (art therapist, filmmaker, BAT committee)

Art and Art Therapy – Art as a model of thought, an opportunity for care, and a vision for the future

In art therapy, the artistic code can sometimes be used merely as an operational tool subordinate to other theoretical models considered more reliable and controllable. In reality, art represents a comprehensive response to the deepest human needs and, without excluding other approaches, can concretely help to process and address the fundamental questions inherent in every life journey.



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Friday, April 17

3:30 PM – 5:30 PM

Free expressive workshop led by the artistic duo **ArtChiMiKi (Chiara Facco & Michela Ghisoni)**

Let kindness guide your every gesture.

Kindness begins with how you treat yourself and the words you express. An expressive workshop where poetry, colours, and materials become words to “wear.” A space where each person can tell their story in a new, intimate, and authentic way. Gestures—drawing, cutting, assembling—become a form of self-listening: a slow time in which emotions emerge through a creative piece. A relationship, an act of care, a gift you receive.

-Italian language

Reservation recommended (phone/WhatsApp): **+39 335 343289**



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Saturday, April 18

10:00 AM – 1:00 PM / 3:30 PM – 6:00 PM: Study day on the theme of the Biennale and the exhibition

Chair: **Carlo Coppelli** (art therapist, trainer, curator, and BAT project coordinator).

Speakers:

Davide Bregola (writer, writing workshop facilitator)

Poetry and narrative as great temples of contemporaneity. Words save.

Taking care of oneself through writing

Writing is configured not only as a means of expression, but as a true generator of well-being. My intervention explores the deep bond between the written word and creative processes, analysing how self-narration can transform from a mnemonic exercise into a tool for well-being and inner transformation.

Assunta Maria Cavallo (art historian and psychologist)

Rediscovering oneself to make utopia possible. Holistic psychodrama.

Change oneself to change the world; first it is necessary to know; a deep understanding achievable through drawing and other expressive forms; the unconscious communicates what we are able to face; through dynamics with others who serve as our mirror, insight can occur and thus catharsis that frees emotions and energies, enabling us to intervene also on the environment around us, as happens with all systemic therapy tools like holistic psychodrama.

Marco Dallari (pedagogue, former professor at the University of Trento, essayist)

In the beginning was art. Artistic expression at the origin of symbolic systems.

Art, as Arthur Schopenhauer argued, is an indispensable element of knowledge, since it demonstrates and enables the construction of representations of the world, reality, and thought as well. Art represents the highest way of using all languages, and is thus the archetype of every possible mode of knowledge and symbolic sharing.

Federica Guidetti (Curator, Museo Civico Polironiano di San Benedetto Po)

Spaces that heal and places that welcome: Polirone and Benedictine hospitalitas.

The presentation examines the monastery as an architecture of care, where order, light, and silence constructed an environment capable of sustaining body and spirit. Benedictine hospitality emerges as a concrete practice of welcome, harmoniously inscribed in the spaces themselves: cloisters, infirmary, guesthouse. This heritage can dialogue with art therapy.

Karl Heinz Menzen (theologian, psychologist, psychotherapist, art therapist)

No Turning Back – Living Between Utopia and Digital Transformation. Dialogue with Axel Rütten

Digital transformation, now irreversible, is profoundly redefining the present. In this context, utopia does not disappear but takes on a critical role, questioning the promises and contradictions of the digital world. This talk will connect the theme of the 2026 Biennale with the value of utopia in art



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therapy paths, also reflecting on the symbolic meaning of choosing a monastery as the venue for the event.

Musical interludes by the duo ***Dune Mosse (Giuseppe Pierazzi & Marco Marcolini)***.

From 2:45 PM to 3:45 PM – theatrical performance by the ***Temenos group***, directed by ***Marco Panizza*** (curator of the BAT exhibition): *Malgrado tutto – Omaggio a Umberto Bellintani*.

From 4:00 PM to 6:00 PM – roundtable and dialogue with the participating audience.

Exhibition opening hours:

On holidays and the day before holidays: 10:00 AM – 1:00 PM and 3:00 PM – 6:00 PM.

On weekdays: 3:00 PM – 6:00 PM.



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Sunday, April 19

exhibition open until 1:00 PM.