

Autonomous non-commercial organization of high education

## International Academy of Arts



Cultural Educational Program

## International Language of Art

### Safety in Arts

Saint Petersburg, Russia  
(21 days/20 night)



**The mission:** exploring ways of getting out of professional crisis and preventing syndrome of professional and emotional burnouts for creative people (actors, drama directors, artists, musicians, etc.); studying methods of psychological self-regulations, exploring basics of psycho-emotional tension ceasing during creative activity.

**The course is based on methods of practical psychology**

Number of participants in each group – 15-25 people

**Content (72 hours):**

**1. System of trainings and workshops “Safety in Arts”:** studying basics of practical psychology for achieving goals in professional activity and personal life.

- exploring theory of the emotional burnout syndrome and causes of its appearance;
- working on personnel express diagnostics for harmonization relationships in collectives;
- developing skills of using psychotechnical methods for stabilizing emotional state and changing attitudes to stressful situations;
- studying ways of resisting manipulations in creative practice;
- exploring basic strategies and interactions with conflicting personalities;
- learning methods of getting out of professional crisis.



**2. Creative program «Talented In Everything»**

Quizzes and quests

Dance parties

Group singing

### 3. Sightseeing tour: «Magnificent Saint Petersburg!»



*Location: Center of Modern Art*  
Saint Petersburg, Stolyarny Pereulok 18





## THE PROGRAM SCHEDULE

Date	Time	Event
<b>Day 1</b>	Morning Afternoon	<i>Arrival, accommodation, exploring Center of Modern Art</i>
	Evening	<i>Meeting the group Presentation of the educational program</i>
Day 2		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Psychological training</li> <li>● Preparing recital</li> </ul>
Day 3		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Psychological training</li> <li>● Preparing recital</li> </ul>
	Evening	Recital / Animation program
<b>Day 4</b>	Morning Afternoon	<i>Magnificent Saint Petersburg (sightseeing tour, bus &amp; walk)</i>
	Evening	
Day 5 Day 6		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Psychological testing</li> <li>● Preparing recital</li> </ul>
Day 7 Day 8		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Methods of personnel psychological diagnosis</li> <li>● Preparing recital</li> </ul>
<b>Day 9</b>		Meeting St Petersburg artists
Day 10		<ul style="list-style-type: none"> <li>● Safety in Arts</li> </ul>

Day 11 Day 12		<ul style="list-style-type: none"> <li>● Subpersonal psychology foundations</li> <li>● Preparing recital</li> </ul>
Day 13 Day 14 Day 15		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Energetic component in creativity</li> <li>● Meeting St Petersburg artists pra</li> </ul>
Day 16	Morning Afternoon	<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● The creativity crisis and methods of its overcoming</li> </ul>
	Evening	<ul style="list-style-type: none"> <li>● Preparing recital</li> </ul>
Day 17	Morning Afternoon Evening	<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Professional and creative burnouts – methods of ceasing</li> <li>● Preparing recital</li> </ul>
Day 18		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Field practices – exploring methods</li> <li>● Preparing recital</li> </ul>
Day 19		<ul style="list-style-type: none"> <li>● Safety in Arts</li> <li>● Meditation as a tool for reestablishing psycho energy</li> <li>● Preparing recital</li> </ul>
Day 20		Preparing closing ceremony Closing ceremony
Day 21		Departure

**Participation fee: 896 US dollars per person**

**Including:**

**I. ACCOMMODATION: Hotel Remarka, central part of St Petersburg (Stolyarny Pereulok 18)**



- Individual bathroom (shower, toilet, sink).
- Air conditioning

- Furniture: wooden beds, chairs, nightstand, wardrobe, cloth hanger.
- Optional: refrigerator, TV set.
- Wi-Fi



- II. MEAL:** Breakfast (yoghurts, sandwiches, oatmeal, tea, coffee, fruits)
- III. EDUCATIONAL PROGRAM:** workshops, lectures, seminars, trainings and consultations on music improvisation.
- IV. SIGHTSEEING TOURS:** "Magnificent Saint Petersburg" and "Musical Saint Petersburg".

**Additional expenses:**

Travel expenses to/from Saint Petersburg are paid by participants. *Optional: the host can provide assistance in purchasing airplane tickets on request.*

Transfer from/to Pulkovo airport, providing comfortable bus (*in case of group arrival*).

**PAYMENT ORDER:** wire transfer (bank account data on request)

**CONTACTS:**

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**E-mail: [academart@mail.ru](mailto:academart@mail.ru)**

## International Language of Art: the crew

		
<p><b>Sultan ABAYEV</b></p> <p>member of the Russian Artists' Union , Honored Artist of Russian Federation, Rector of the International Academy of Arts</p>	<p><b>Olga GRIGORYEVA, PhD</b></p> <p>professor, member of the European Academy of Natural Science, member of the Peter's Academy of Science and Arts, first vice-rector of the International Academy of Arts</p>	<p><b>Yelena KORCHINSKAYA</b></p> <p>culturologist, transpersonal psychologist, member of the International Transpersonal Association «The Whole World», director of the project «Available Practical Psychology», educator on psychology in arts at International Academy of Arts,</p>



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## APPLICATION FORM

*intensive educational program*

### Safety in Arts

1. Personal data:

1.1 Name & Surname \_\_\_\_\_

1.2. Date of birth \_\_\_\_\_

1.3. Education \_\_\_\_\_

1.4. Occupation \_\_\_\_\_

2. Theatrical education (*if any*):    yes (*fill in 2.1 below*)            no

2.1. Educational institution \_\_\_\_\_

year of entry \_\_\_\_\_      year of graduation \_\_\_\_\_      currently a student

3. Duration of the course chosen (*mark*): 72 hours \_\_\_\_\_

4. Personal contact data

phone \_\_\_\_\_      email \_\_\_\_\_

Please fill in this form and send it to [volant-7@yandex.ru](mailto:volant-7@yandex.ru)