



Hellenic Film &  
Audiovisual Center  
Creative Greece

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## PRESS RELEASE

### Introducing Cinematherapy by E.K.K.O.ME.Δ.: Psychotherapy through Cinema

E.K.K.O.ME.Δ. - Creative Greece is launching the innovative program ***Cinematherapy by E.K.K.O.ME.Δ.***, an initiative that harnesses the power of cinema as a tool for psychosocial empowerment and reintegration of vulnerable social groups. The program is based on the method of cinema therapy and will be coordinated by Denise Nikolakou, a psychotherapist experienced in the field of mental health and the arts.

*Cinematherapy by E.K.K.O.ME.Δ.* is a creative, experiential method that utilizes cinema for the recognition and processing of emotions, the cultivation of empathy, and personal development. Participants watch sensibly selected films or film parts that relate to existential, emotional, or interpersonal issues, and through identification with characters or the plot, they bring to the surface personal experiences, thoughts, and emotions. This experience is then processed in either group or individual settings, under the guidance of specialists, aiming to enhance mental resilience and social reintegration.

The program is specifically designed to meet the needs of particular social groups facing social exclusion, psychological trauma, or challenges in social healing. It is implemented in collaboration with organizations that support:

- **Shelters for Abused Women**- Survivors of gender-based violence and traumatic experiences, victims of domestic violence.
- **Child & Adolescent Care Facilities** -Children and adolescents hosted in protective institutions or facing difficult social conditions.
- **Juvenile and Youth Correctional Facilities**- Minors and young people with a history of delinquency, participating in rehabilitation and reintegration programs.
- **Adult Correctional Facilities**- Inmates, with particular emphasis on individuals in the process of reintegration into society.
- **Organizations Supporting People with Disabilities**- Individuals with disabilities living in institutions or closed care systems.



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The innovation of *Cinematherapy by E.K.K.O.ME.Δ.* lies in the intersection of cinema with social care and mental health. It is not just an artistic endeavor, but a meaningful intervention aimed at restoration, personal empowerment, and the creation of spaces for expression and acceptance. Through art, the program gives voice to those who often feel voiceless, building bridges of empathy and communication between diverse social and personal experiences.

E.K.K.O.ME.Δ. - Creative Greece incorporates *Cinematherapy by E.K.K.O.ME.Δ.* into its core programs through the Creative Hub GR, as part of its strategy to develop cinematic education initiatives and social actions. The new program leverages the unique values of cinema not only as a means of artistic expression and entertainment but also as a therapeutic tool for vulnerable social groups and individuals in need of psychosocial support.

**For collaborations contact:** <mailto:cinematherapy@ekkomed.gr>

