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GOOD PRACTICES	
Title of the project, programme	Therapeutic Photography Workshops
Duration	12 weeks (every Wednesday afternoon 18:00-20:00)
Name of the organisation/service responsible for the intervention, with reference to country and location (specific)	M.K.O. Eyes of Light – Φορέας Τέχνης στην Υγεία (Non-profit Organisation: Eyes of Light - Arts in Health Hub) Greece-Athens Abbreviation: EoL
Scope (local/regional/national/international)	National
Area	Participatory Photography
History of the project how it was conceived, development and context strategies;	<p>Eyes of Light is a pioneering non-profit founded in 2019 in Athens, dedicated to improving the quality of life for cancer patients through the healing power of art. It fosters a positive outlook and addresses the emotional challenges faced by adults impacted by cancer, whether personally or within their families.</p> <p>The organization, active mainly in Athens and online across Greece, was inspired by founder Dimitra Ermeidou's personal experience with breast cancer. Seeking community support, she connected with KEFI Athens Association and later earned a scholarship from the START CREATE CULTURAL CHANGE program, which promotes socially beneficial initiatives.</p> <p>In 2019, she launched therapeutic photography workshops for cancer patients, in collaboration with Alma Zois and KEFI Athens. Since then, Eyes of Light has expanded its work to include participatory photography and creative projects like "<i>Cancer Survivors: The Faces of Hope,</i>" engaging renowned photographers.</p>



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<p>General description of project/programme</p> <p><i>Objectives, actions, main actors and challenges, organisations involved, beneficiaries and n° of beneficiaries involved, partners and stakeholders, budget available, implementation period and other relevant information useful to understand its nature and results);</i></p>	<p>Since 2019, Eyes of Light has brought strength, joy, and optimism to people affected by cancer through award-winning therapeutic photography workshops and visual arts activities. Guided self-portrait sessions help participants reduce psychological distress, improve body image, and boost self-confidence.</p> <p>Using group dynamics, the workshops encourage self-awareness, creativity, and positive emotional growth. Participants, regardless of experience or equipment, connect with others through photography, cultural outings, and volunteer opportunities. They visit museums, create symbolic photo series like "A Webcomic for Women with Cancer," and exhibit their work.</p> <p>Workshops are free and supported by partnerships with the John S. Latsis Public Benefit Foundation, the Greek Ministries of Culture and Health, professional photographers, and mental health experts. Funding also comes from Goodfairy and crowdfunding donations.</p>										
<p>Outcomes of the practices, relevant results, impact</p>	<p>The results of doing photo-based self-exploration (photography-as-therapy) can often end up being serendipitously therapeutic ("healing") on its own, especially when using the camera as an agent of personal or social change.</p>										
<p>Transferability</p>	<p>A light version of this activity could be used for people who have already worked through their own difficulties can share their own growth and want to be seen as they want, as a unique individual.</p> <p>The activity can be suitable for seniors with some adaptations. While cancer patients are the primary beneficiaries in the original program, seniors often share similar needs for:</p> <ul style="list-style-type: none"> - Self-acceptance in the face of aging and physical changes. - Emotional healing from grief, isolation, or life transitions. - Creative engagement to maintain cognitive and emotional well-being. - Connection with peers through shared experiences. <p>Here are some ideas for adapting the activity to seniors:</p> <ul style="list-style-type: none"> - Self-Portraits: Focus on positive self-image, embracing aging bodies, facial lines, and personal style. - Symbolic Photography: Seniors can create visual metaphors of life phases, wisdom, dreams, or memories. - Thematic Photo Prompts: <table border="0" style="margin-left: 20px;"> <tr> <td style="padding-right: 20px;">"What</td> <td style="padding-right: 20px;">makes</td> <td style="padding-right: 20px;">me</td> <td style="padding-right: 20px;">feel</td> <td style="padding-right: 20px;">alive"</td> </tr> <tr> <td style="padding-right: 20px;">"My hands tell a story"</td> <td></td> <td></td> <td></td> <td></td> </tr> </table> 	"What	makes	me	feel	alive"	"My hands tell a story"				
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Sustainability	<p>The program continues successfully throughout the year with various actions in Athens and the rest of the country such as a photo marathon that was held in March, Click For Life - Φωτομαραθώνιος or actions carried out for the prevention and information against cancer as well as for supporting patients, last June at the Museum of Cycladic Art.</p>
Links and Sources	<p>Εργαστήρια Θεραπευτικής Φωτογραφίας – Eyes of Light</p> <p>✉ contact@eyesoflight.gr</p> <p>📷 eyes_of_light_gr</p> <p>🌐 eyesoflight.gr https://www.facebook.com/EyesOfLightOfficial</p>