

What Is Mental Health is the theme of two UPF Argentina's Meetings

Miguel Werner
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Argentina -- "What Is Mental Health?" was the second theme of a new educational cycle launched in June by UPF-Argentina called Peace Educational Centers – Argentina (CEPA).

In the first virtual meeting, on July 10, **Carlos Tryskier**, clinical psychologist and director of the Argentinian Fibromyalgia Foundation's Psi Area (1), made a general presentation on the topic, which is of global concern due to emotional, psychological and social disorders post-COVID (2). "Health is not only the absence of illness. It is a physical, mental and social wellbeing; a more spiritual wellbeing and a state of harmony and joy," he stated.



In the second meeting, on July 17, Mr. Tryskier provided practical applications for a healthy life, such as games and laughter. Due to their biological, psychological and social benefits, he incorporates them into Social Clown-Psychologists, an entity he directs along with Ambassador for Peace **Miriam Alberganti**. They are primary health intervention agents who use games for therapeutic benefit, employing different dynamics and techniques (3).

This was the fourth 2023 CEPA (Peace Educational Centers – Argentina) Project Series, defined as "places of participation, learning and commitment for social transformation," moderated by Ambassador for Peace **Prof. Julio Nardini**, IAAP-Argentina representative. For these events, an Ambassador for

Peace who specializes in a certain theme briefly explains it and lets participants ask questions or make comments from their knowledge and experience.

At the conclusion, **Miguel Werner**, UPF-Argentina president, thanked the lecturer and expressed appreciation for his work, where "love and humor" are combined. He also pointed out that smiles are a resource "that opens doors," beneficial not only for physical, emotional and social health, but also for Peace. "Peace begins with a smile," he quoted **Mother Theresa**.



The objective of this new UPF-Argentina initiative is to "Learn from knowledge, experiences and good practices to overcome, cooperate and commit to Common Good and Peace. To foster a collaborative space of enhancing our active listening, empathy, mutual respect for our differences, with a fraternal spirit of service. To provide resources and tools to face issues, including the post-COVID effects and changes in such uncertain times, with a sense of hope, in an intercultural, intergenerational, interreligious environment."

Links:

1) **Carlos Tryskier**: clinical psychologist, social psychologist, councilor; Argentinian Fibromyalgia Foundation's Psi Area director and co-director of Social Clown-Psychologists; Ambassador for Peace. His goal is to improve others' quality of life, to train community leaders by promoting peace and culture, to create a solidary, selfless conscience with social projects through his clown role, intended to benefit those in need.

2) Recording of the 2023 CEPA Project Series:

"What Is Mental Health?" I – 2023 CEPA Series – 10-7-2023: youtu.be/w_OnITyfpY

"What Is Mental Health?" II – 2023 CEPA Series – 17-7-2023: youtu.be/E70cEA-XgwQ

"What Is Spiritual Intelligence?" I – 12-6-2023: youtu.be/lkY52VHfrAc

"What Is Spiritual Intelligence?" II – 19-6-2023: youtu.be/YMBX5mt4kls

3) Social Clown-Psychologists are mental health workers, psychology students and undergraduates with a "solidary vocation."

More info: payasologossociales.blogspot.com.ar