



EUROPEAN CONSORTIUM OF ARTS THERAPIES EDUCATION

ECArTE

18TH EUROPEAN ARTS THERAPIES CONFERENCE

8-11 SEPTEMBER 2026

PULA, CROATIA

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## **Crossing Thresholds: Dwelling in the liminal when return is not possible.**

«Διαβαίνοντας Κατώφλια: Κατοικώντας στο μεταίχμιο όταν δεν υπάρχει πια επιστροφή».

### **Atalandi Apergi**

There are thresholds we cross not by choice, but by life's quiet insistence. We leave behind the known — a home, a self, a season — and step into the in-between. In this liminal space, return is no longer possible, there is no going back.

This dramatherapy workshop explores the deeply human experience of crossing thresholds from which there is no return — moments in life when the familiar is left behind, but the new has not yet fully arrived. Drawing from the theme of repetition and return and inspired by Cavafy's *Ithaca* and the mythic journey of Odysseus, we turn our focus to what lies between: the liminal.

This in-between phase of transformation is marked by ambiguity, disorientation, and a suspension of identity. In therapeutic terms, it may be grief, migration, illness, rupture, or awakening. These are times when return is no longer an option, and the cycle is broken as repetition takes on new meaning — not as going back, but as the slow forming of something unknown.

Through a variety of creative tools including physical movement, symbolic art-making, guided imagery and roleplaying participants will enter and embody this transitional space. They will examine what it means to dwell in the liminal — to meet what has been left behind or lost, to engage with what emerges and what lies ahead, and to begin to imagine a future not yet shaped. They will explore the demons they must face, and the deep longing for home — not as a fixed destination, but as an



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evolving sense of self and integration This workshop offers an experiential deepening into the transformational potential of liminality and the idea that in our becoming, Ithaca lives on — not as a place, but as a resonance within us.

**Atalandi Apergi** is a dramatherapist, sociologist, dramaturg (MA). She has worked in theatre in both the UK and Greece and is now based in Athens, where she works as a dramatherapist. She has run dramatherapy groups with individuals with learning disabilities, the elderly, abused women, immigrants, drug addicts and psychiatric patients and has conducted a series of experiential workshops and taught at the Hellenic American Educational Foundation. Atalandi holds specialized training in applied Ecopsychology. She is co-founder and co-ordinator of Village Psy : Encounters in Psychotherapy, an annual five-day meeting of psychotherapies in Greece and author, producer and photographer of the annual book/diary *Nature gives generously and works to heal*, Kondyli Publications She is also a certified member of the European Association for Psychotherapy (EAP), the British Association of Dramatherapists (BADth), the Panhellenic Professional Association of Dramatherapy and Playtherapy (PPADP) and the International Ecopsychology Society (IES).

### **Recent conference presentations and publications**

Apergi, A. (2025). **Roots and Wings: Reconnecting with the Nature Within.** Workshop at the International Dramatherapy conference 2025, *Human & Nature in Dramatherapy* RIGA, Latvia.

Apergi, A. (2019). **Dramatherapy as an effective tool of empowerment in working with Immigrants in Greece.** Chapter in the book by L.Yotis, D.Maravelis, A.Pandagoutsou & E.Giannouli, (eds) *The Contribution of Art Therapies in Psychiatric Intervention in Greece*, BETA Medical Arts Publications



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Apergi, A. (2014). **Working with liminality: a dramatherapeutic intervention with immigrants in a day care centre in Greece.** *Dramatherapy\** Volume 36, Issue 2-3, Taylor and Francis, Routledge.

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