



NEVRONAS
There is no Difference... Just People

“EKEINH,” Autism, and the Art of Coexistence!

May 25, 2023



On May 14, at Art 63 Theatre, as nevronas.gr, together with therapists and parents, we had the pleasure to attend “EKEINH” — an impressive performance that was part of a 6-hour CBD Masterclass by Dr. Haris Karnezi and her team. An interactive mystery play dedicated to autism... and beyond, featuring the internationally renowned psychologist specializing in autism, Professor Tony Attwood, who “sealed” the outstanding effort of all involved!

By Popi Malessi – B.A, M.A Psychology

The goal was to better understand the needs and challenges faced by children and adolescents on the autism spectrum, as well as ways to address these difficulties using the **Cognitive Behavioral Drama (CBD)* method**.

The performance was fully interactive, including music, singing, dance movements, much joy, emotion, reflection, and participation. Exceptionally structured toward its

goal, it gave us a hands-on understanding of how, through theatrical play, children or teens can be motivated and empowered to overcome difficulties and fears, develop communication channels, shared goals, and cooperation... dare to change thought and behavior patterns that hold them back.

To find new ways to exist and coexist!

It was clear from the faces of everyone watching and participating(!) in this performance that the whole process “freed us”... we opened up... collaborated... rejoiced... and coexisted creatively.

Once again, I realized how deeply theatre understands, expresses, and influences our lives.



The Cognitive Behavioral Drama (CBD) is a new psycho-educational model based on scientific research conducted at Trinity College Dublin, Ireland, and is specially designed to address the social and communication difficulties often faced by children with low self-esteem and High Functioning Autism (HFA).

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