

# **Enhancing awareness of the role of the professional caregiver: Techniques and methods for wellbeing in adult education**

**GRUNDTVIG 2013**

**10-14 June 2013**

**Abano Terme (PADUA)**

**16 GENUARY 2013**

**Dead line for applying to your National Agency for the grant**

Selected from the National Agency and included in the **Official Catalogue** of the European LLP- Lifelong Learning Programme  
<http://ec.europa.eu/education/trainingdatabase/>

## FULL DESCRIPTION OF TRAINING CONTENTS

**Preparation** In preparation for the training participants will be asked to fill in a questionnaire in order to provide us with the following information:

- personal data;
- professional experience;
- specific interests in the field;
- examples of adult learning in their country.

Prerequisite: knowledge of basic English.

Each participant will be asked to bring a work of art or writing (drawing, painting, self-description, self-interview etc.) in order to introduce himself/herself.

**Objectives** The course aims to enhance skills in adult education and to promote awareness of personal needs and ways of attaining wellbeing.

The specific training objectives are:

- To present methods and techniques for wellbeing in adult education;
- To provide knowledge and skills in the uses of art in adult education;
- To explore personal emotions in relationships with clients;
- To gain new insights and experience in working with adults, in particular parents, disadvantaged people (psychiatric patients, drug addicts, persons with disabilities); teachers of adult courses (professionals, leaders in the area of entertainment and sport); caregivers; occupational and rehabilitation therapists; teachers of baby-sitters, child-minders, carers of elderly and infirm persons; trainers, teachers, educational counselors.

At the end of the course participants will be able to:

- In the personal-emotional sphere:

- a) Recognise their own emotional reactions;
- b) Activate coping strategies;
- c) Improve their self-esteem.

- In the sphere of relationships:

- a) Enter into contact with the emotional reactions of others;
- b) Recognise their own ways of establishing relations and enhance their ability to create relationships based on reciprocal wellbeing.

- In the professional sphere:

- a) Have a knowledge of the main theories, techniques and methods for wellbeing in adult education;
- b) Improve their skills and artistic abilities for working with adults.

**Methodology** The course will develop using a combination of different approaches: presentations by social professionals (university teachers, psychologists, psychotherapists); workshops; working groups; groups in which trainers will share their own professional experiences; role-play; direct experience of techniques. Finally, participants will be given documents, files of information and bibliographies to stimulate further reflection. The course is above all designed to be interactive, based on inclusion and exchange of information among participants. Traditional “frontal” teaching has not been planned, but rather plenary sessions, small working groups, brainstorming sessions and debates, presentations and simulations.

**Follow-up** Actions planned:

- We will ask participants to complete a questionnaire for an internal evaluation of the course in order to compare initial expectations (hopes realized, organization of the course, the course programme, contents proposed) with final results.
- A mailing list of the participants will be set up in order to create a network and facilitate contacts and exchanges of information among them and the tutors.

- After 6 months we will send them a test in order to evaluate the benefits of the course on their personal and professional wellbeing and skills developed.

## **PROGRAMME OF THE TRAINING ACTIVITIES (DAY BY DAY)**

### **Monday**

9.00 Welcome

9.30 Presentation of trainers and participants: sharing of personal experience and art/writing. A pre-evaluation of the participants will be carried out to clarify their expectations of the course. Drawing up of training contract

11.00 Question time – distribution of teaching material

12.30 Lunch

14.00-17.30 Workshop on play. How to meet and get to know each other, using techniques for developing group feeling through play

### **Tuesday**

9.00 -12.30 Parenthood as a way of taking care in the professional caring relationship

12.30 Lunch

14.00-17.30 Workshop on narrative: analysis of different ways of taking care through writing and telling stories

### **Wednesday**

9.00 – 12.30 Use of attachment and bonding in the professional caring relationship

12.30 Lunch

13.30-16.30 Workshop on drama: how to explore emotions by acting different roles and situations

16.30 Visit to Padua

### **Thursday**

9.00- 12.30 Emotions in the caregiving role

12.30 Lunch

14.00- 17.30 Workshop on the visual arts: how to recognize and express emotions through painting, drawing and the use of creative methods

### **Friday**

9.00- 12.30 Self-esteem: different theories about factors that constitute self-esteem and methods to improve it.

12.30 Lunch

14.00- 17.00 Workshop on images: how to use images to explore self-awareness and improve it.

17.00-17.30 Final feed-back: fill in the questionnaire for an internal evaluation of the course

### **Saturday**

Departure: it is possible to organize a visit to Venice in the departure day

## **TYPE OF TRAINING ACTIVITY**

TRAINING AIMED AT PARTICIPANTS RECEIVING :  
A GRUNDTVIG GRANT (ADULT EDUCATION)

## **LANGUAGES USED FOR THE TRAINING**

MAIN LANGUAGE: English

**INSTITUTION ORGANISING THE TRAINING****NAME OF THE ORGANISATION:** Associazione Genitorialità**STREET AND NUMBER:** via E. Toti 21**POSTCODE:** 35135 -**TOWN / CITY:** Padova**COUNTRY:** Italy**Nearest big city:** Venice**Distance:** 30km**WEBSITE:** [www.genitorialita.it](http://www.genitorialita.it)**ORGANISER/S OF THE TRAINING:****PERSON 1:** Ursula Napoli**TEL NR:** 0039 049 8975591**FAX NR:** 0039 049 8910444**EMAIL:** [ursula.napoli@psyveneto.it](mailto:ursula.napoli@psyveneto.it)**PERSON 2:** Giulia Aldovini**TEL NR:** 0039 049 612468**EMAIL:** [giuliarte@libero.it](mailto:giuliarte@libero.it)**IDENTIFICATION OF THE TRAINER/S: NAME, PROFESSIONAL QUALIFICATION, ROLE DURING THE TRAINING:**

Ursula Napoli, psychotherapist and psychologist, cours tutor and trainer; Giulia Aldovini, psychotherapist and psychologist, trainer; Anna Talamini, University Teacher, psychotherapist and psychologist, trainer; Nicole Lisi, psychotherapist and psychologist

**MAXIMUM NUMBER OF PARTICIPANTS ENVISAGED:** 20**FEE IN € FOR ACCOMMODATION AND MEALS :** 450.00 (Accommodation & all meals)**COURSE FEE IN € (TUITION AND MATERIALS):** 750.00**CANCELLATION FEE IN € (WHERE APPLICABLE):** 300.00**CANCELLATION RULES:**

For cancellations made more than 15 days before the start of the course, the fee will be refunded in full. Cancellations made less than 15 days before the start of the course will be subject to a cancellation fee of €300

**SPECIAL REMARKS:**

Accommodation in Abano Terme (Termal Hotel, with termal swimming pool)

It is possible to organize a visit to Venice in the departure day

**TRAINING REFERENCE NUMBER:** IT – 2013 – 864 - 001