

**Psycho-Educational and Social
Intervention Program for Parents**



Erasmus+

Program 2016-1-RO01-KA204-024504KA2
Cooperation for Innovation and the Exchange of Good Practices
Strategic Partnerships for adult education Development and Innovation

Psycho-Educational Kit

Trainer's Manual & Trainee's Workbook

LUMEN
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**PSYCHO-EDUCATIONAL AND SOCIAL
INTERVENTION PROGRAM FOR
PARENTS**

**PSYCHO-EDUCATIONAL KIT:
TRAINER'S MANUAL AND
TRAINEE'S WORKBOOK**


Coordinator **Aurora Adina COLOMEISCHI**

PSYCHO-EDUCATIONAL AND SOCIAL INTERVENTION PROGRAM FOR PARENTS. PSYCHO-EDUCATIONAL KIT: TRAINER'S MANUAL AND TRAINEE'S WORKBOOK

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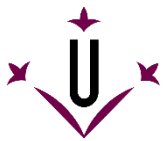
 **Erasmus+** Program 2016-1-RO01-KA204-024504KA2

Cooperation for Innovation and the Exchange of Good Practices Strategic Partnerships for adult education Development and Innovation

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The template for developing the units of the training programs is elaborated by Mine Gol-Guven, Bogazici University, Istanbul, Turkey.

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PROGRAM UNIT 6 - SELF-MANAGEMENT

TIME NEEDED FOR UNIT: 2 hours

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RATIONALE AND THEORETICAL BACKGROUND

1. Emotional regulation or Emotion Self-regulation or Emotions management – involves controlling or redirecting one's disruptive emotions and impulses and adapting to changing circumstances.

2. Emotional relaxation - a state of deep rest that is the polar opposite of the stress response. The relaxation response puts the brakes on stress and brings body and mind back into a state of equilibrium.

3. Flow - a positive state of the body during activities. During flow, people typically experience deep enjoyment, creativity, and a total involvement with life. Mihaly Csikszentmihalyi's famous investigations of "optimal experience" revealed that what makes an experience genuinely satisfying is a state of consciousness called flow.

THE IMAGES

Related to the Program



Objectives



Resources



Preparation



Contents



Time



Notes

Groupings



Individual



Pairs



Small Group















Large Group





Lecture



OBJECTIVES	
	1- To recognize the real usefulness of emotion for survival and the goal of the emotional communication 2 - To feel emotion as a physical body experience. 3 - To learn the regulation of emotional arousal through a relaxation experience.
RESOURCES	
	<ul style="list-style-type: none"> - Multimedia - simple text and image exposure in PPT - Music video DVD - Space with wooden floor where 12 people can lie down - 20 mats and 20 blankets to improve comfort during the relaxation period - Stereo system and a CD with music of Relaxation.
PREPARATION	
	Select contents and dynamics according to: <ul style="list-style-type: none"> - Established objectives and contents to learn - Find resources to the selected dynamics - Explanation about Dynamics in this session
CONTENTS	
	1 - The real usefulness of emotion for survival and the goal of the emotional communication - Group Dynamic 2 - Feeling emotional arousal as a physical body experience - Individual Dynamic 3 - The self-regulation of emotional arousal through a relaxation experience - Individual Dynamic in large group with final reflection
NOTE TO THE TRAINER	
30 minutes 	<ul style="list-style-type: none"> ➤ Open the PPT with presentation of the PSI-Well project. ➤ Introduce PSIWell project with goals of the project and the goals of this program. ➤ Let each parent introduce themselves They should say their name, name/s of children, number of children, age of children, type of disability of a child, employment etc. - The PPT is a tool to help Trainers to conduct the Relaxation experience - Trainer presents a small and brief orientation about dynamics and procedures.
1. INTRODUCTION	
2. GROUP WORK	
Experience - To live a relaxation experience, conducted by a trainer (PPT+ music)	
 60 minutes 	<p>Objectives</p> <p>To feel emotion as a physical body experience. To learn the regulation of emotional arousal through a relaxation experience.</p> <p>Procedure</p> <p>In the beginning of the session music is heard in space.</p> <ul style="list-style-type: none"> - The Trainer welcomes the trainees, smiles and invites the trainees to sit quietly on the mattresses, laying aside the blanket they will use to cover themselves when they begin the relaxation experience. - The trainer shows (may be only) the first 7 slides of the PPT 2 and talks to the trainees and hears what they ask or say. <p>Orientations</p> <p>Each trainee should observe the trainer and will repeat initial exercises of stretching, to the sound of the music.</p>

	<p>The voice of the trainer should begin to become calmer but always directed towards the attention of trainees.</p> <p>Then the trainees are invited to take a comfortable position (preferably lying down) and should be taught to pay attention to the words of the trainer.</p> <p>Trainer says: <i>“In this emotional awareness relaxation, I’ll guide you to focus on feelings, one at a time, and notice the effect of each emotion on your body. As you do this exercise, be aware that some of the feelings are unpleasant, but this discomfort can be important and helpful. You will spend about half a minute with each feeling...”</i></p> <p>The trainer continuous and says: <i>“With each emotion I mention... I will guide you to experience the associated physical sensations...”</i></p> <p>And the trainer continues: <i>“... Each time, just notice how your body is feeling, what it feels like, and where the sensations are located.</i> <i>Remember that if you need a break at any time, you can mentally return to your safety zone. Finishing each emotional awareness... prepare yourself to “give yourself an order” to go out of that “arousal” ... and breathe driving to relax yourself to your safety zone... (...) Breathe... Now, You are going to experience the Program “I order my body!”... and this is an experience about Learning emotion regulation...”</i></p> <p>In the End... At the end of the relaxation experience, each trainee should talk about: - How did he or she feel throughout the experience - What kind of feelings or body states have been living throughout the experience - Say if it was a pleasant experience or not and why</p> <p>Conclusion Trainees should be able to recognize: All of the emotions, both positive and negative, can serve a useful purpose. We must to feel it and it’s normal and natural to have emotions. When we are in tune with our body, we can allow our body to speak to us, and find out what the body is telling us.</p>
 <p>30 minutes</p>  	<p>2.4. Reflection: what’s happen with me?</p> <p>1. Reflective Questions based on the activities</p> <p>After the two experiences and respective reflections, trainer present the following questions:</p> <ul style="list-style-type: none"> - <i>How each person can know, what is going on inside them?</i> - <i>How do our children and our spouses know, our feedback about what they do?</i> - <i>Suppressing emotions Is educating and managing emotions? Can it be the same?</i> - <i>Can Humanity Live in Emotional Suppression? Why yes? Why not?</i> <p>Trainees work in group and talk and argue... and each trainee must go home with the responsibility of telling this experience to their family.</p>
<p>3. ENDING</p>	
 <p>15 minutes</p>	<p>Finally, the trainer proposed the following reflection:</p> <ol style="list-style-type: none"> 4. What are our personal strategies? 5. Do we all have some personal strategies?

	<p>6. How can we use them in everyday situations? 7. Can they help us in dealing with stress?</p>
<p>4. KEY NOTE</p>	
<p>10 minutes</p> 	<p>TAKE HOME MESSAGE</p> <ul style="list-style-type: none"> - Take a place in your home. Choose it to your relaxation place. - Chose a music. Listen to it. Breed and let your feelings go away... feel your body relax
<p>SUGGESTIONS</p>	
	<ul style="list-style-type: none"> - Music suggested: <ul style="list-style-type: none"> . <i>The Best Relaxing Classical Music Ever By Bach - Relaxation Meditation Focus Reading</i> https://www.youtube.com/watch?v=MkYSmIPBEGE . <i>CHOPIN - Nocturne Op.9 No2 (60 min) Piano Classical Music Concentration Studying Reading Background</i> https://www.youtube.com/watch?v=TqyLnMa3DJw . <i>Out Of Africa (John Barry)</i> https://www.youtube.com/watch?v=eWZ2adCaKo4
<p>ATTACHMENTS</p> <ul style="list-style-type: none"> - PPT - Get Emotional Competent with a Relaxation Program – this PPT is a short activity of Relaxation 	