

TRAINING EVENT

Using Psychology to support the mental health of children and adults affected by war in Ukraine

May 30th - 31th 2022

9.15 am - 4:30 pm

Faculty of Theology Catholic University in Ružomberok
Hlavná 79, Košice

The following awareness raising/training event was put together in anticipation that some of it, or all of it, could be used by those attending in their engagement with children and adults fleeing war in Ukraine. We welcome any adults from Slovakia, Ukraine or any other country to this event. You do not have to be a teacher, psychologist or social worker. You just need to be supporting children or adults at this time or intending to do so in the near future.

The event will run over 2 days. The training will give you an awareness and the skills to identify the impacts of conflict and trauma on the wellbeing of children and adults. Some of the training will give you all the skills you need to go out and use them immediately. Some of it will be an introduction that will require more specific training at a later date which would involve presenters returning in the near future to get you fully 'qualified' to use any programs that require more formal training. Any additional follow-on training will be free and last no more than 2 days. You can decide if you want to 'sign up' for follow-on training after day 2 of this event. The programs referred to in the event are all evidenced based so have some research to back up their efficacy.

The presenters of the two days are as follows

Dr Stevan Radoja

Stevan is an Educational and Child Psychologist from the UK. He will be leading the event. Stevan has 35 years working as a teacher, special educational needs consultant, then a psychologist specialising in ADHD and Autism. In the last 15 years Stevan has been studying the impact of conflict/war on children and providing advice, mostly to schools and parents, on what programs and strategies can help to alleviate some of the stress children experience and also improve their mental health in the long term.

Dr Veronika Kubičková

Veronika is a Clinical Psychologist from Slovakia. She trained in the UK and specialises in working with adults who have experienced trauma in childhood and adulthood. Veronika is currently setting up a service providing assessment and treatment of post-traumatic stress disorder in individuals who have been victims of a recent arson attack in Reading, UK. She has a keen interest in supporting refugees who have experienced trauma in their home country or on their journey to safety.

Alison Rockett

Alison is a Canadian-born teacher living in the UK, spent several decades teaching children who were new to English and training teachers in how to best support early bilinguals. She now runs several Enterprise Clubs for children who are experiencing poor mental health and emotional well-being primarily using crafting as a collaborative activity.

Caritas Slovakia – Slovak Catholic charity and arch/diocesan charity

Since the first months of starting war conflict in Ukraine, Caritas Slovakia has helped hundreds of refugees. In addition to border areas, aid has been realized through the integration and accompanying process of Ukrainians while looking for accommodation, work, school, and society joining. Caritas Slovakia is currently launching 25 Support Centres throughout Slovakia with the aim of integration, social and material support, psycho-social accompanying of war refugees who have found a temporary home in Slovakia.

This activity is a part of the project of Caritas Košice and Caritas Spis that has been realized in collaboration with Jersey Overseas Aid Department.



The following is the event content for the 2 days

DAY 1

May 30th 2022

- 9.30 Welcome**
Arcidiecézna charita Košice, Steven Radoja and representative from the Jersey Overseas Aid Department
- 9.45 What we know about the impact of conflict/trauma on young people and adults**
Stevan a Veronika
- 11.00 Drinks break**
- 11.20 Overview of some types of Psychosocial and Psychoeducational support**
Stevan
- 11.30 Information for parents /caregivers**
Stevan a Veronika
- 11.50 Human Given's techniques, a brief overview**
Stevan
- 12.20 Teaching Recovery Techniques for children aged 6-8**
Stevan
- 12.40 Lunch break**
- 1.30 Teaching Recovery Techniques aged 8 and above**
Stevan
- 2.00 Teaching Recovery Techniques for caregivers**
Stevan
- 2.40 Drinks break**
- 3.00 Action for Happiness intervention including Therapeutic Crafting**
Stevan a Alison
- 4.30 Conclusion**

DAY 2

May 31th 2022

- 9.30 Introduction to the 'Huggy-Puppy' technique for 2-7-year-olds**
Veronika
- 10.15 Worry Eaters for young children also how story books such as 'Big Bag of Worries' can be used**
Steven
- 10.40 Activating Resilience and Coping Program**
Steven
- 11.05 Drinks break**
- 11.25 Activating Resilience continued**
Steven
- 11.50 Drawing and Talking Program**
Steven
- 12.30 Lunch break**
- 1.30 KOBS Curriculum to improve mental health over a 1-2-year period**
Steven
- 2.40 Drink breaks**
- 3.00 Planning ahead. What are your training needs? What is useful for future training events?**
Steven, Veronika, Alison
- 4.00 Evalution and conclusion**

The program may be subject to change.

