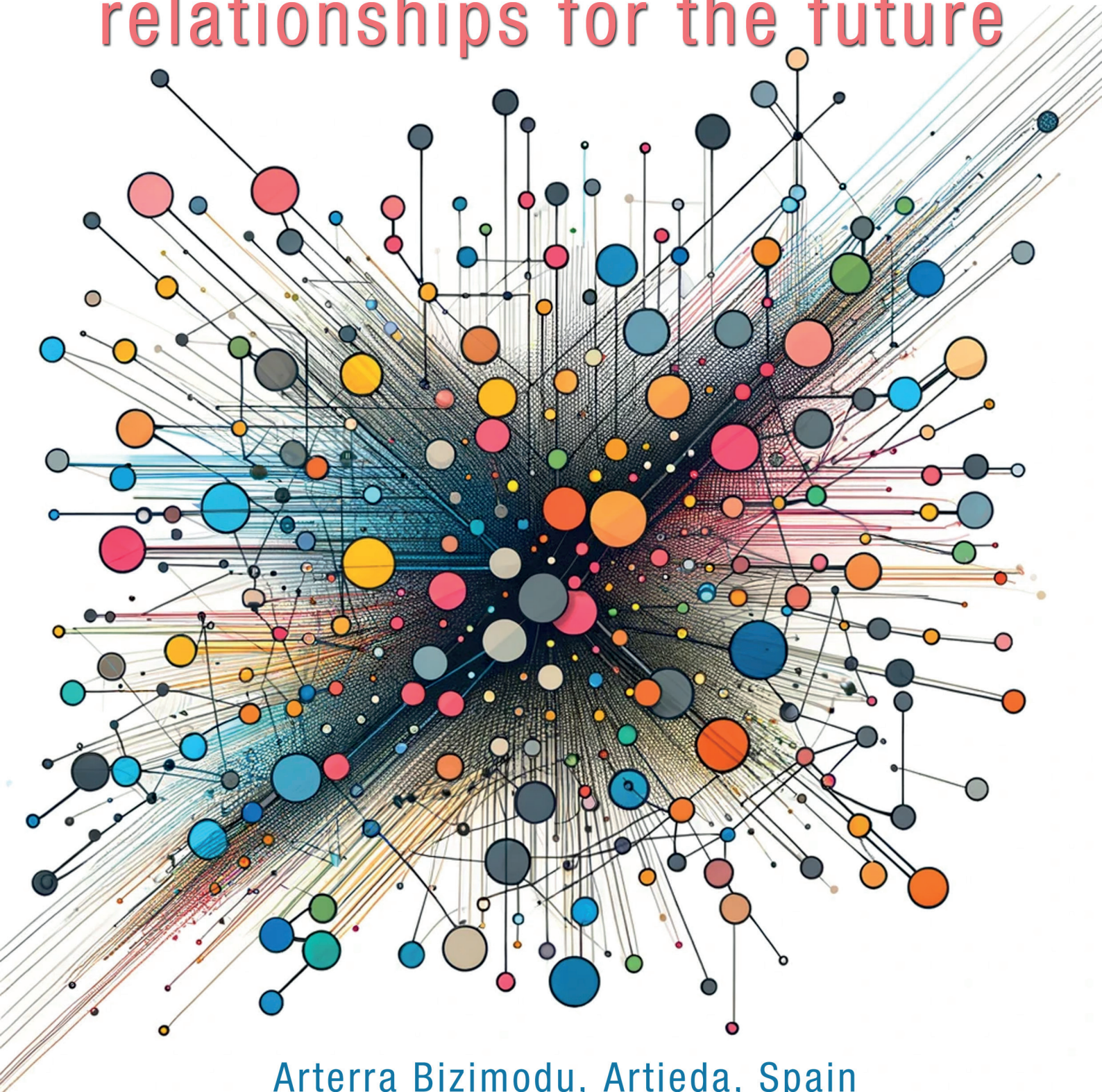


RE-YOUTH

Wellbeing and nurturing
relationships for the future



Arterra Bizimodu, Artieda, Spain
24th-30th May 2024

THE PROJECT

According to the data handled, due to a multidimensionality of factors (health, economic, environmental) and especially since the COVID-19 pandemic, adolescents and young people in the European Union states, with emphasis on the Mediterranean countries, are experiencing a dizzying increase in diagnoses of depression, anxiety, eating disorders and, terribly, suicide attempts.

At the same time it is evident the scarcity of instruments that youth workers have at their disposal at school and in non-formal education spaces to fight this new pandemic.

For this reason, from RE-YOUTH PROJECT we want to promote innovative methodologies, already experimented and of proven success, with the aim of promoting health processes that can have an impact on the wellbeing of young people.

Throughout the program, the group will interact with inputs and exercises relating to the facilitation of inner, relational and group experiences **methodologies, including Processwork and Social Presencing Theatre**

Out of the participation in the training course, participants will gain a set of knowledge, skills, tools and techniques that they will be able to reproduce in the context of their local communities in their daily work with young people

LEARNING OBJECTIVES OF THE TRAINING

Through the training process the youth worker will learn how to:

- Identify and Understand Major Mental Health Challenges in Youth
- Deepen in multidimensional innovative methodologies for working with individuals and groups
- Develop Active Listening and Empathic Communication Skills
- Apply Early Intervention Strategies
- Establish Support Networks and Connection with other Professionals:
- Promote Self-Care Practices among Youth Workers

PARTICIPANTS

The group of participants will be composed of 5 adult youth-workers each from Spain, Italy, Portugal, Turkey and Greece.

The profile of the participants is related to the professional worlds of social intervention, education, environment, mentoring, cultural animation, volunteering.

LANGUAGE

The activities will be held in English. A good English level is welcomed to participate, even if a fluent level is not necessary.

WHO CAN PARTICIPATE?

We are looking for youth workers who works with young people interested in learning new methods for working with their target-groups and who feels the desire to join a space in which to deepen the relationship between the personal, group and systemic dimensions as a motor for change

DATES

The Training Course will be held **from the 25th to the 29th** of May 2024.

We will expect you for a welcome dinner on the 24th and we will say goodbye after breakfast on the 30th of May.

METHODOLOGY

By means of a methodological package based in Processwork and social arts as Social Presencing Theatre, youth workers will learn how to design and facilitate individual and group processes directed at young people and geared toward developing healthy and nurturing relationships with themselves, in pairs and in groups.

The process will be predominantly experiential and based on personal cases. The theoretical framework will be developed in parallel with the lived experience and will be reinforced through insights from the participants.

The trainers are international professionals with extensive experience in the use of Processwork and Social Arts for support and intervention with individuals and organizations.

What is Social Presencing Theatre?

SPT is a set of practices that synthesize embodied presence, movement theater, stillness, and dialogue. It is a Social Arts form that puts into action the creative potential of Theory U and Presencing. This is not "theater" in the conventional sense, but uses simple body postures, movements, and spatial design to dissolve limiting concepts, to communicate directly, to access intuition, and to make visible both current realities, and the deeper—often invisible—leverage points for creating profound change.

What is Processwork?

Processwork is a dynamic orientation and method of working with the challenges of your inner life and outer life events. Its methods are also useful for facilitating organizations and communities dealing with conflict, recovery and social change.

Arnold Mindell, the originator of Processwork was first physicist, then Jungian psychologist. He developed a comprehensive approach to facilitate awareness of the processes emerging in us, as they signaled through our dreams, symptoms, and unintended communication. He went on to facilitate interactions in relationship, communities and societies dealing with conflict and our legacy of violence throughout history. Time and again, by way of bringing awareness along into the processes moving us, people have surprising insight, understanding and the ability to find pathways forward in even the most difficult situations.

At its heart the notion of 'deep democracy' has to do with the potential of our relationships and community. It refers to the relationship between all parts of our experience. By bringing awareness into the interaction of all parts, a difficult situation can transform and evolve.

No previous experience in described methodologies is needed for participating in the activities.

ACTIVITIES

The training activities will take place every day in two sessions, one during the morning and one during the afternoon), coffee breaks included.

Brief activities programme overview:

Day 1 – What is Wellbeing and how to accompanying it in young people

- Processwork framework on mental and emotional health in young people

Day 2 – The inner level of wellbeing :

- Inner bestiary: Inner Allies, Critics & other fantastic beasts of our secondary process
- Altered States and addictions as meaningful experiences

Day 3 – The art of "dancing" with the other:

- Rank, power and privileges in the relationship dimension
- Critics, accusations, attacks: how to sit on the fire of the conflict

Day 4 – On groups and other systems:

- System theory: a practical application
- Roles and dynamics in groups
- How to facilitate deep dialogues in groups
- Intersectionality and wellbeing

Day 5 – Social Presencing Theatre

- An Intro to bodywork and presence for conflicts transformation

Final and detailed programme will be sent after your registration to the training.

FACILITATION TEAM

Sandra Salvucci

Counselor specialized in Process-Oriented Facilitation and member of the Executive Board of the Italian Processwork School, el Arte del Processo, she coordinates the new "Counseling Desk" service for the Casa per La Pace Milano association, where they also volunteer and serve as a trainer. The focus of her work is to uncover and enhance the diverse resources within individuals and groups, aiming to foster cooperative environments and sustainable interpersonal relationships. More at: <https://www.processworkitalia.com/?lang=en>

Genny Carraro

Facilitator, counsellor, trainer, and consultant specializing in aiding communities, organizations, and individuals in enhancing clarity, efficiency, and ease in their processes. Her approach is dynamic and engaging, incorporating energy, directness, and humor.

She is co-founder of the Italian Processwork School, introducing facilitation, processwork, and related disciplines to Italy. Her work extended to the ecovillage movement, including a five-year tenure as CEO of the European Ecovillage Network (GEN Europe) and a six-year board membership at ECOLISE.

More at: <https://gennycarraro.com/>

Daniele Cibati

Theatre director, organisational facilitator and therapist by vocation and seeker by soul needs, for more than a decade he has been researching the use of art, and in particular theatre, for the facilitation of personal, organisational and community change. ,

He has focused his interest in teaching, research and consultancy in the field of emotional management and conflict transformation in groups and organisations, with a passion for accompanying youth workers in the development of their facilitation skills.

More at: www.creocomun.org

COSTS AND REMBURSEMENTS

Food, accommodation and training fee costs are fully covered by the Erasmus Plus Programme grant, thus **free for all the participants** during the activities days.

Then, according to the Erasmus+ guidelines, we will **reimburse up to 360 €/person to the participants travelling from Turkey and Greece and up to 275 €, except for Italian participants who will be reimbursed up to 275€** (for Spanish participants there is no travel reimbursement).

All the reimbursements will be done by on-line bank transfer after the training course upon receipt of all the tickets and boarding passes and fulfillment of Erasmus + Online Survey once the training course is over.

IMPORTANT: The Spanish Erasmus+ Agency applies the programme guidelines related to travel arrangements in a strict way, allowing only for a maximum 2-days gap between the project dates and your travel days.

Non-compliance with this requirement may lead to cancellation of the reimbursement.

In case of doubt and for advice on your travel arrangements, feel free to contact us!

As for health insurances, the European Health Insurance Card (EHIC) is valid also in Spain and all participants coming from EU countries need to bring it with them.

THE VENUE & HOW TO GET THERE

The Training Course will be held in Arterra Bizimodu, Artieda, Navarra (Spain).

Arterra Bizimodu is an intentional community that was born in the spring of 2014 in the town of Artieda, Navarra. With the motto "Another world is not only possible, but necessary," it has since then been journeying as an Ecovillage with the aim of promoting activities towards self-sufficiency and exploring other economies that reflect a new balance between the personal and the collective, unfolding the creativity and diverse talents of each person who joins the project.

You'll find more info about Arterra and how to travel from your country to Pamplona/Artieda at this link:

<https://shorturl.at/bBHQ3>

Please feel free to ask for travel advices once buying your tickets as better connections from your country, online low cost train and flight agency, etc.

A pick-up car can be arranged from Pamplona to Artieda if needed, just ask!

HOW TO APPLY

If you want to take part in the project, please fill in the online application form:

https://docs.google.com/forms/d/1EoupiTRZuWKovGdJpv-RMOAzy189QCi008Bj1oPr_Y0/edit

The deadline for applying is **the 15th of April 2024.**



Co-funded by the
Erasmus+ Programme
of the European Union