

Interreg V-A Latvia – Lithuania Programme 2014-2020
„Craftsmanship as Medicine for Deprived Communities”/ Med-Craft No LLI-532

MENTORS TRAINING PROGRAM

15, 20, 21 July, 2021

15 of July, Thursday			
09.00 – 10.30	Get to know the project and each other	 <p>DITA LEINERTE <i>The motto of life - “You can’t effect the cards that you are dealt, but you can determine how you play them.” Milton H. Erickson</i></p> <p>Current professional activity - private practice in psychology, educational psychologist, improvisation theater coach and Doula.</p>	
10.30 – 11.00	Break		
11.00 – 12.30	Characteristics of deprived communities		
12.30 – 13.30	Break (lunch break)		
13.30 – 15.00	Stereotypes. Job opportunities in deprived Communities		
15.00 – 15.20	Break		
15.20 – 17.00	Group Development. Reflections, evaluation		
09.00 – 10.30	Introduction to psychology and motivation programme	 <p>LINA BAGDONAVIČIENĒ <i>The motto of life - “You can’t stop the waves, but you can learn to surf” Jon Kabat-Zinn... and its important to start learning from NOW (Lina Bagdonavičienė).</i></p> <p>Current professional activity - psychologist - psychotherapist private practice, Mindfulness teacher, lector Lithuanian University of Health Sciences, Cognitive Behavioral Therapy Supervisor Neuromedicine institute.</p>	
10.30 – 11.00	Break		
11.00 – 12.30	Basic psychology, CBT techniques demonstration		
12.30 – 13.30	Break (lunch break)		
13.30 – 15.00	Workshops with CBT techniques		
15.00 – 15.20	Break		
15.20 – 17.00	Discussion, reflections, evaluation		
09.00 – 10.30	Approach for working with deprived communities: learning theories and models	 <p>JŪRATĒ GRICIŪTĒ <i>The motto of life - „As you look so you see“</i></p> <p>Current professional activity - psychologist-psychotherapist, lecturer, consultant.</p>	
10.30 – 11.00	Break		
11.00 – 12.30	Mentoring, coaching and training techniques: basic coaching techniques		
12.30 – 13.30	Break (lunch break)		
13.30 – 15.00	Mentoring, coaching and training techniques: group training techniques		
15.00 – 15.20	Break		
15.20 – 17.00	Practical aspects of mentoring. Self-reflection, questions and answers, evaluation		