

21st International Project Week 2019
20th – 24th May 2019

Lecturer: Laurentiu Nicolae Costrut

University/Company: Freelancer

Country: Portugal

Psychological well-being : an experiential training in listening, mindfulness and gratitude.

Content:

Throughout these 5 days we will explore the 3 pillars of our psychological well-being: firstly, practicing the art of listening, secondly, understanding the benefits of living in the present and most importantly, learning how to be grateful.

In this short experiential training we will approach each of these elements step-by-step, helped by:

- * Evidence-based therapies that support mindfulness and gratitude will offer us a theoretical insight into the new research on the topic.
- * Exploring listening in the therapeutic relationship and other circumstances.
- * Experiential activities that will reinforce our practice and teach us how to do it ourselves (how to be mindful, how to be grateful and how to listen).
- * Space for short meditation sessions, mindfulness and gratitude exercises.
- * Learn to communicate these 3 tools further on in your profession and during your studies in the social field.

Methods:

Media presentations,
Video illustrations,
Role play, individual self-reflection tasks, group discussions,
Experiential activities.

Competences and skills to be acquired:

By the end of this training you will be able to better deal with difficult situations within your own practice in the social field, helped by:

- * Question and understand the ultimate research on mindfulness and gratitude.
- * Have a basic understanding of what it means to listen, how and why.
- * Practice yourself gratitude.
- * Develop skills in being mindful and practice mindfulness.

Prerequisites:

Wish to be more aware of yourself and your environment.
Challenge the curiosity for questioning.
The willingness to work on your own self.
An open-mind to whatever you feel and think.

Language of instruction:

English

Recommended for:

Sozialwissenschaften