

## **23<sup>rd</sup> International Project Week** **12<sup>th</sup> – 16<sup>th</sup> July 2021**

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**University/Company:** Laurentiu Nicolae Costrut

**Country:** Portugal

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### **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, practising the art of listening and the science behind silence. Secondly, understanding the benefits of living in the present and most importantly, learning how to be grateful and use resilience as a strength.

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.

\*this year two new topics

**Methods:**

Media presentations,  
Video illustrations,  
Roleplay, 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 gratitude and resilience.
- \* Have a basic understanding of what it means to listen to use silence, how and why.
- \* Practice yourself gratitude and silence.
- \* Develop skills in being mindful -practice mindfulness - and being resilient.

**Prerequisites:**

Wish to be more aware of yourself and more resilient.  
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:**

Social Sciences