



International Project Week
HOCHSCHULE NORDHAUSEN

25th International Project Week 2023 08th – 13th May 2023

Lecturer: Laurentiu Nicolae Costrut

University/Company: MindRenew

Country: Portugal

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

Content:

We will explore together the 3 pillars of our psychological well-being: firstly, practicing 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 which 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.
- Learning 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:

- Questioning and understanding the ultimate research on mindfulness and gratitude.

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- Having a basic understanding of what it means to listen, how and why.
- Practicing gratitude yourself.
- Developing 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

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