

Newsletter

vol. 2

TABER

Tackling Alexithymia to
Build Emotional Resilience

Project no. 2022-1-IT03-KA220-YOU-000085580



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Transnational Project Meeting

DAY 1



The second face-to-face meeting within the Erasmus+ project TABER, hosted and organized by our Lithuanian partner VšĮ Žmogiškųjų išteklių stebėsenos ir plėtros biuras, took place in Šiauliai, Lithuania on 14th-16th March 2023. First day was devoted to administrative and management issues.

Within the project lifetime, 12 workshops regarding alexithymia and emotional resilience will be held during 6 transnational partnership meetings.

OUR WEBSITE & SOCIAL MEDIA

www.taber-project.eu

Project's website where you can find information about the project, it's partners, valuable resources or contact us.

[www.facebook.com/
TABERproject](https://www.facebook.com/TABERproject)

We also encourage you to visit the project's Facebook profile where all updates and interesting information related to the topic of the project appear.



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DAY 2

Narrative Therapy method

The method assumes working on the awareness of the group roles taken by the participants. On the pitch template, everyone puts their name by selecting one of the following areas: setters, centres, defenders. There is also a place for the coach, substitute's bench and medical staff

After briefly describing their choices, the participants play the actual match with the ball in small teams of 5. At the end, there is an in-depth discussion about the resources and roles assumed in the group, emphasizing that roles can change, depending on the group, stage of life, even the day or type of task to be performed.

Newspaper Theatre method

The method is derived from the Oppressive Theater of Augusto Boal'az from Brazil and is aimed at groups. The task is to develop a maximum 10-minute performance on a topic selected and accepted by all members of the group. To select the topic participants can use newspapers, magazines, links to articles, etc. Groups prepare performances divided into protagonist, antagonist, supporting roles and joker. They can include the problem itself, as well as its causes or proposed solutions. Performances are only an excuse to further discussion on selected topic. After the first performance, the groups switch places, the audience plays out their performance, and the actors become the audience.

Study visit and "Tea meditation" workshop



A workshop based on the experience of meditation, its stages, practicing mindfulness on what is here and now, experiencing with all the senses. All that with the ritual of brewing tea and drinking it together. Each of the participants could add an ingredient of their choice (various dried plants to choose from) to the common teapot, saying aloud what they would like to metaphorically add to this tea for themselves and for everyone else (e.g. peace, love, trust, etc.).



DAY 3

Workshop "Serious LEGO play"

This method assumes working with a metaphor and is very universal. It can be used on topics such as: emotions, values, dreams, plans for the future, etc.

The workshop consisted of building e.g. leading character trait out of LEGO bricks, the emotion that motivates a person the

most to act or the emotion that the participants would like to give to other people. This method is a good practice for talking about oneself safely, because it allows to tell a story with an indication of building made of blocks, and not exposing oneself directly.

Study Visit to Siauliai Bureau for Public Health

Participants had the opportunity to familiarize themselves with preventive measures and working methods in the field of health, addiction and disability prevention in the psychological and preventive care hospital. The forms of work of the facility include individual consultations, support groups and programs for people in crisis.



PROJECT CONSORTIUM:



TABER

TACKLING ALEXITHYMIA TO BUILD EMOTIONAL RESILIENCE



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