

# Newsletter

vol. 4

## TABER

Tackling Alexithymia to Build Emotional Resilience

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



Co-funded by the European Union



### Facts about Alexithymia – signs and symptoms

Alexithymia is when a person has difficulty experiencing, identifying, and expressing emotions. Signs and symptoms of alexithymia include:

- difficulties identifying feelings and emotions,
- problems distinguishing between emotions and bodily sensations that relate to those emotions,
- limited ability to communicate feelings to others,
- difficulties recognizing emotions in others, including tone of voice and facial expressions,
- a logical and rigid thinking style that does not account for emotions,
- poor coping skills when dealing with stress,
- behaving less altruistically than others,
- appearing distant, rigid, and humorless.



### OUR WEBSITE & SOCIAL MEDIA

[www.taber-project.eu](http://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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## PROJECT MEETING

### Steering Committee

The fourth face-to-face meeting within the Erasmus+ project TABER, hosted and organized by ŠENTPRIMA, took place in Ljubljana, Slovenia on 3rd-5th October 2023. First day was devoted to management and dissemination issues.

### Learning, Teaching and Training Activity

Trainers and teachers from Italy, Lithuania, Poland, Romania, Slovenia and Turkey had the opportunity to enriched their experience through absorbing and valuable workshops. First, they learnt how to identify problems and formulate coping strategies using psychotherapy cards. In this method, the cards act as a tool that allows individuals to articulate complex feelings difficult to express verbally. Next, trainers explored how they can use creative media to express ones inner world and connect with others. Finally, they broaden their knowledge and understanding of mindfulness. Participants delved deep into the practice of being fully present in the moment, embracing the power of mindfulness as a tool for the personal development of youth.



### Study visits

On a first day trainers visited the Premiki employment center, which operates in the tourism sector.

During a visit to the Ljubljana Youth Centre – Mladi zmaji (Young Dragons), they could see for themselves that it promotes the principles of participation, co-creation, co-design, and co-decision, empowering young minds to take charge of their own futures.

It is a dynamic space designed to encompass all facets of youth activities – socializing, networking, cooperation, creativity, and engagement – which ethos is built upon participatory practices where young people are active contributors.

On the last day, our visit to Rakitna Youth Climate Spa unveiled a range of comprehensive health programs tailored to the unique needs of children and adolescents.



## PARTNERS

We would like to present the next two organizations forming the project consortium:

### ŠENTPRIMA

ŠENTPRIMA is a private institute for rehabilitation and education. It was founded 2005 by ŠENT – Slovenian association for mental health. Šentprima provides services for employment and vocational rehabilitation, supported employment, the transition of young people with special needs to the labour market – and all these services include more and more people every year, especially young people with mental health problems.



Website: [www.sentprima.com](http://www.sentprima.com)  
 Facebook: [www.facebook.com/zavodsentprima](http://www.facebook.com/zavodsentprima)  
 Mail: [info@sentprima.com](mailto:info@sentprima.com)  
 Localization: Ljubljana, Slovenia

### ŽISPB

VšĮ Žmogiškųjų išteklių stebėsenos ir plėtros biuras – NGO whose vision is to become a modern and open organization, which, through innovative non-formal education methods, improves the competencies of vulnerable groups in society and the professionals who work with them, strengthens integration into the community and contributes to the development of social and psychological well-being.



Website: [www.zispb.lt](http://www.zispb.lt)  
 Facebook: [www.facebook.com/zispb.lt](http://www.facebook.com/zispb.lt)  
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 Localization: Šiauliai, Lithuania

PROJECT CONSORTIUM:



**TABER**  
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 BUILD EMOTIONAL RESILIENCE



**DUEMILAUNO**  
 AGENZIA SOCIALE

