

TABER

**Tackling Alexithymia to
Build Emotional Resilience**

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



Co-funded by
the European Union



Facts about Alexithymia – causes

Experts do not understand the exact cause of alexithymia. Some studies suggest that it may result from one or more of the following:

- **Genetics:** People may be more at risk if they have a close relative with the condition. There also is a genetic component to alexithymia
- **Environmental factors:** Factors like a history of childhood trauma, the presence of a physical or mental health condition, or socioeconomic factors may play a role in alexithymia
- **Brain injury:** People with injury to a part of the brain known as the anterior insula experience increased levels of alexithymia
- **Low level of education and socioeconomic status**
- **Low emotional intelligence.**



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.



PROJECT MEETING

Steering Committee

The fifth face-to-face meeting within the Erasmus+ project TABER, hosted and organized by our Turkish partner EYHDA, took place in Fethiye, Turkey on 30th January - 1st February 2024. First day was devoted to management issues.

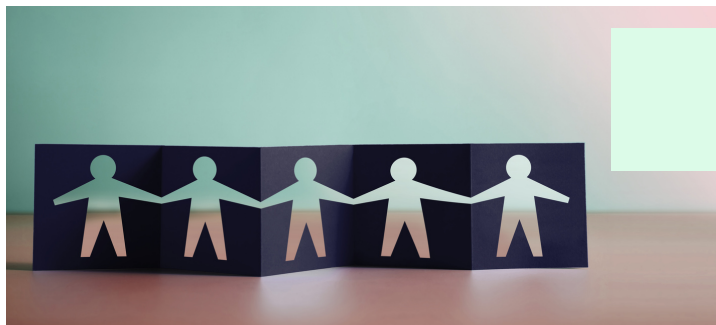
Learning, Teaching and Training Activity

The following days were full of sessions of various workshops and activities. Participants explored their emotions related to the earthquake, transferred them to canvas, and then compared it to children's painting. They learnt about unusual uses for balloons in order to integrate the group and let them have some fun. We also unraveled and revealed emotions on Dixit cards, learnt about specific body temperature of various emotions, tried to describe the picture from the perspective of a person being in this picture, and focused on mindfulness and being here and now.



Study visits

During these days, we also visited nearby educational institutions, including a special schools (Fethiye Ozel Egitim Uygulama Okulu - Fethiye Special Education Practice School and Fethiye Akinci Ozel Egitim Uygulama Okulu - Fethiye Secondary Special Education Practice School) which mission is to create an appropriate educational environment conducive to self-sufficiency and integration into society for children with special needs.



PARTNERS

We would like to present another organization forming the project consortium:

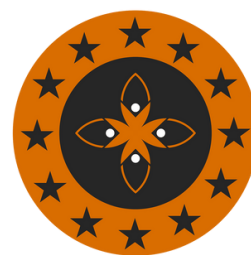
EYHDA

Europe Youth Health And Development Association – The primary mission of EYHDA is to improve oneself in thinking, understanding, research and problem solving skills, to be open, artistically sensitive, self-confident, self respectful, to have high awareness of rights, justice and responsibility, of making learning a lifestyle, to be conscious of national culture and democracy and communication.

Website: www.avgesad.com

Mail: agskdernegi@gmail.com

Localization: Ankara, Turkey

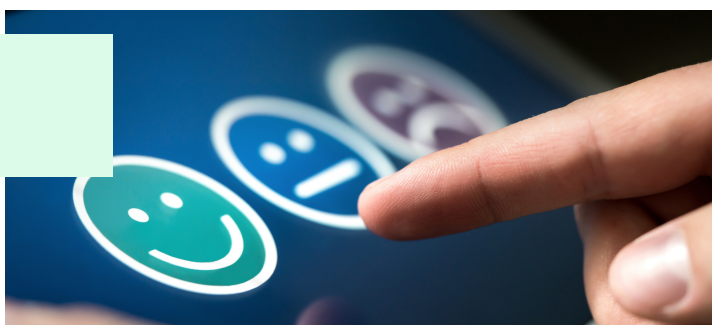


EYHDA

FEEDBACK

We would also like to share some feedback from participants of the workshops:

- “I enjoyed new activities to support narrative and expressive processes”,
- “The project gives us the chance to experience new ways, open our minds, enlarge possibilities of intervention and be therefore more efficient in more diversified situations”,
- “It was interesting to know, how the emotions reflect in our bodies and the importance to support the awareness process especially while working with persons with vulnerabilities”,
- “What touched me the most was the wonderful atmosphere, cooperation and openness of the group”.



PROJECT CONSORTIUM:



TABER

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DUEMILAUNO
AGENZIA SOCIALE

iB Institutul
Bucovina



EYHDA

ŽISPB



šentprima