

Newsletter

vol. 6

TABER

Tackling Alexithymia to Build Emotional Resilience

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



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Alexithymia's diagnosis

Alexithymia is not a mental health disorder, so experts cannot formally diagnose it. However, there are questionnaires and scales that professionals can use to check for signs of alexithymia. These include:

1. The Twenty-Item Toronto Alexithymia Scale (TAS-20) – a self-administered questionnaire that measures a person's ability to identify and communicate feelings. Check it [HERE](#).
2. The Bermond-Vorst Alexithymia Questionnaire (BVAQ) that is made up of 40 items within the following 5 subscales: emotionalizing, fantasizing, identifying, analyzing, verbalizing. Read more [HERE](#)
3. The Observer Alexithymia Scale (OAS) that is made up of 33 items in the following five-factor structure: distant, uninsightful, somatizing, rigid, humorless. Read more [HERE](#).



OUR WEBSITE & SOCIAL MEDIA

www.taber-project.eu

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

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 sixth face-to-face meeting within TABER, hosted and organized by our Polish partner IRIS, took place in Łódź, Poland on 23rd - 25th April 2024 and was followed by cultural-natural visit in Orientarium. The meeting was held in Miejsce Spotkań – a Community Cultural Center.

Learning, Teaching and Training Activity

The first workshop started with a quick check on our current mood, followed by energizer with vests and letters. Later on, we played with colours to create new meanings for them. During the second workshop participants went deeper into their childhood and shared some not always happy stories from their past. At the beginning of the third workshop we used Dixit cards to talk about our feelings. Then, we discussed ways to mitigate one's emotions and learned about diamond painting. Next, participants shared some positive messages while playing Chinese whispers, and finally concluded the meeting with messages in a bottles.



Study visits

On a second day educators visited Navicula – Autism Diagnosis and Therapy Center. Participants had an exceptional opportunity to observe various methods used there, e.g. PECS communication. On the last day we visited Special Educational Centre for the blind or visually impaired students. Our trainers learned about Centre's activities and many amazing tools designed for visually impaired people. Some participants even tried a game of sound tennis.



PARTNERS

We would like to present the last organization which is forming the project consortium:

Foundation IRIS

The main objective of Foundation Institute of Social Re-Integration IRIS is education (i.a. supporting, promotion and development of children and youth's educational path), culture, art, ecology, promotion of health and well-being. We also support new reforms in non-formal education, shape pro-European civic attitudes, popularize the idea of European integration and implement democracy rules.

Website: www.fundacjairis.com

Facebook: www.facebook.com/fundacjaIRIS

Localization: Łódź, Poland



FEEDBACK

We would also like to share some feedback from participants:

- "Very interesting and professional study visits",
- "What touched me the most was the wonderful atmosphere, cooperation and openness of the group",
- "I learned a lot of interesting methods and approaches that I will be able to use in my work. The most interesting and useful for me was the final evaluation",
- "This project meeting gave us the chance to experience new ways, methods and enlarge possibilities to heal the disadvantaged students".



PROJECT CONSORTIUM:



TABER
TACKLING ALEXITHYMIA TO
BUILD EMOTIONAL RESILIENCE

