

Interreg V-A Latvia–Lithuania Cross Border

Cooperation Programme 2014-2020

**Project No. LLI-344 „Social partnership - integration of socially vulnerable people into community life“ (SocialLife)**

**The seminar**

**,,Persons with mental deseases.**

**Work with them and integration into society“**

**AGENDA**

30-31th August, 2018

Hotel „Senlīči Hotel“, adress „Līči“, Jaunsvirlauka parish,

Jelgava local municipality, LV-3001, Latvia

**First day „Methods of creativity in dealing with persons with mental disabilities“**

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| 9.00-9.30 | Arrival and registration. Coffee / tea |
| 9.30 – 12.30 | * Creativity and the development and importance of creative thinking. * How to develop a capacity in a daily routine, problems, see an exit in the crisis, find a non-standard solution and transform an existing problem into a new, unique, positive level. |
| 12.30- 13.00 | Lunch break. |
| 13.00– 15.00 | * Intentional training of purge, contentment and creative imaginations. * Methods of creativity to reduce stress and anxiety |
| 15.00 – 15.30 | Coffee / tea break |
| 15.30– 17.30 | * The specific of the organisation of creativity activities for people with mental disabilities |
| 18.00 – 19.00 | Dinner |

Project partners:

  



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**Second day “Stress management and stress mitigation methods**

**for employees and social services clients“**

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| 8.00 – 9.00 | Breakfast. Registration. |
| 9.00 – 10.30 | * What is stress? How does this affect our organism and thinking? Good and bad stress; * Features of burning out. How is the fire going? How to notice and fix it in a timely manner? |
| 10.30-11.00 | Coffee / tea break |
| 11.00– 12.30 | * Stressors. Good and bad stressors. What are they? How do they work? * The effects of the hypothalamic - pituitary - adrenal (HHV) gland axis dysfunction |
| 12.30-13.00 | Lunch break. |
| 13.00 – 14.30 | - Stress hormones. Increased cortisol. What to do?  - Usage of the stress reduction method for people with mental disabilities |
| 14.30 – 15.00 | Coffee / tea break |
| 15.00 – 17.30 | Practical part:  - To reduce the stress of consciousness activation techniques.  - Practical improvement recommendations.  The summarizing of the seminar. |

Contact person in Iecava Local Municipality Administration:

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Project partners:

  