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## The Meaning of “Discourse Analysis with Unconditional Positive Regard”

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Discourse Analysis with Unconditional Positive Regard” (DAUPR), through European cooperation, will strengthen key competences of those working with vulnerable adults. A 5 day training workshop will be held that will combine various methodologies such as Discourse Analysis, Unconditional Positive Regard, Appreciative Inquiry and Self-reflexivity. Partners from UK, Greece, Slovenia and Serbia will exchange best practices and create a “Best Practice Guide” that will be based on the training program and the meetings between partners. The aim is to critical reevaluate our constructions regarding vulnerability, mental health and psychological problems. We claim that if all those professionals who work with vulnerable people are able to challenge stereotypes and be more reflexive then they will be able to offer Unconditional Positive Regard to people who seek their help. Each partner will engage a group of professionals they work with to disseminate the training and make it available to the community. The 5 day event in Plymouth will cover the following topics:

- Social constructionism and political theory
- Feminist theory
- Working with vulnerable people
- Working with survivors of sexual violence
- Safeguarding adults
- Post traumatic Stress Disorder
- Discourse Analysis
- Self reflexivity
- Appreciative Inquiry
- Unconditional Positive Regard.

The program will enhance the skills of those working with vulnerable adults but it will also strengthen their relationship with those adults and the community by focusing on the positive aspects of Discourse and communication.

***The philosophy of the project is not to focus on negativity but always look at the positive aspects of everyday life and the resources available to each person.***

### The 1<sup>st</sup> Meeting in Agrinio City

On 23rd October 2017, the Director of Agrinio’s Mental Health Center Mr. Skamnelos C. welcomed the participants, and wished everyone a good start. At this meeting, issues related to vulnerability were discussed. The aims and objectives of the program was discussed and we all partners agreed that the proposed methodologies might enhance their professional skills. Also interventions and practices were discussed, such as creating web-based tools, for example an online platform, which will inform everybody about the project. Each partner was informed about his/her responsibilities regarding the program and there was further discussion about the importance of disseminating the projects’ result and how important it is to create a continuous professional development program training program (CPD)

## Mental Health Center of Agrinio – GREECE- PROGRAM'S LEADER



MHCA is a Regional Public Organization that belongs to the National Health System in Greece. We are funded only from the Greek Government. MHCA has 14 employees: psychiatrist, psychologist, sociologist, social worker, nurses, health visitors and so on. It offers not for profit mental health services to our regional province Aitoloakarnania (270.000 inhabitants) to teenagers and adults who face mental health problems. We are developing programmes that target the prevention, reconnaissance and therapy of the mental health problems relevant to declared community needs. All our services target the most appropriate therapeutic intervention for every person on an individual basis in cooperation with colleagues

and look for best practices that deliver best results. The services include:

1. Psychiatric Diagnosis, and systematic follow up and therapeutic – pharmaceutical confrontation.
2. Psychotherapeutic intervention to individual and groups.
3. Psychological support.
4. Psychosocial support and rehabilitation.
5. Research.
6. Crisis intervention.
7. Visit at home – mobile psychiatric team.

In addition, a very big part of our job is the intervention to the community in order to inform, to sensitize the public for mental health issues. These services in cooperation with other local or national organizations are target to the prevention of

the mental health problems through health and mental health educational programmes that take place to the primary and secondary education. We also target the prompt recognition of mental health problems through scientific information and removal of ignorance and fear (stigma) surrounding mental health issues through provision of training and education.

We have a lot of experience (more than 20 years) in education - more than 2,000 people in our province have been educated in small group work (15-20 persons per group). Also we are in collaboration with local and neighborhood public organizations who work in the field of mental health.

## Plymouth and District Mind – United Kingdom

Mental health charity Plymouth & District Mind formed in 1984 and delivers mental health support to the people of Plymouth. In 2004 Plymouth Mind led a local consortium of 5 organisations, including the local office of a national organisation, Working Links. We have developed and transferred a level 3 community mental health training programme to Slovenia, Poland, Greece and Lithuania. PADM employs 13 staff, currently, and many of them empower support groups, such as "Understanding Depression", "Explore Your Anger", "How to manage your money" deliver self harm awareness and a full

range of mental health training to adult learners and community groups. In January 2013 PADM opened its "Plymouth Recovery College" to facilitate inclusion of disadvantaged participants. The aim of the Recovery College is to help people move forward in their journey, fulfill their potential and attain a better quality of life. PADM provides services to an average of 400 mental health service users, their carers and support workers, per month. PADM vice-chairs the Plymouth Mental Health Providers Network and leads on local strategic action plans in mental health. PADM is accredited to deliver Mental Health First Aid and ASIST to all stakeholders

involved in suicide intervention and positive mental well being. We also run IMPRESS project (Innovative and Meaningful Post Recruitment Employment Support Services). PADM have a level 3 Quality Mark (highest level) from National Mind. PADM staff ethos is from a position of unconditional positive regard for vulnerable adults. PADM has a specific expertise in developing and accrediting bespoke training packages for learners. Together with other partners we created the Plymouth Development Tool for Vocational Training (<http://141.163.201.246/developmentool/index.php>). This tool will underpin local stakeholder input into local delivery of the final training program.



## ODYSSEUS, Centre for the prevention of abuses and the promotion of psycho-social rehabilitation

Centre for the prevention of abuses and the promotion of psycho-social rehabilitation- ODYSSEUS is scientifically supervised by OKANA- the national organization against drugs. ODYSSEUS is an organization that opened in July of 1998. We are responsible for running prevention programs according to the needs of the population of Aitolokarnania, which is the biggest prefecture in Greece. Its' scientific team offers a variety of prevention programs More specifically in collaboration with the Health and the Education ministry we offer educational programs in schools (primary and secondary education). All our services are offered for free.

We are trying to actively engage children to think critically about what prevention means. More The prevention programs are not only theoretical (educational speeches) but actively involve children by using various experiential techniques and exercises.

specifically our prevention programs in schools are about:

- Drugs and their psychosocial implications
- Alcohol and social behavior
- Smoking
- Bullying and violence in the school environment
- Anxiety disorders related with puberty
- Gender identities- Equality
- Psychological and emotional health.

We are also offering training programs for teachers of primary and secondary education.

Due to the financial and social crisis in Greece we also cover all the requests of the population for counseling.

Each year our team runs long term parents' groups. Those groups cover a variety of topics depending on each year's needs of the parents.

Odysseus also runs women's empowerment art-therapy groups.

ODYSSEUS also runs educational campaigns for the community that promote psychosocial health. This year we trained volunteers from the region of Aitolokarnania that want to be active citizens and offer their help to vulnerable people.



ΚΕΝΤΡΟ ΠΡΟΦΥΛΑΞΗΣ ΤΗΣ ΕΚΠΑΙΔΕΥΣΗΣ ΚΑΙ  
ΕΠΙΧΕΙΡΗΣΗΣ ΤΗΣ ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ ΥΓΕΙΑΣ  
ΠΡΟΦΥΛΑΞΗΣ ΜΟΝΟΤΕΛΕΣ ΑΤΙΛΟΚΑΡΝΑΝΙΑ  
"ΟΔΥΣΣΕΑΣ"

## ŠENTPRIMA – SLOVENIA

ŠENTPRIMA is a private institute for counselling, training and rehabilitation of people with disability, especially for people with mental health disorders. It was founded 2005 by ŠENT – Slovenian association for mental health.

The main programme or activity of ŠENTPRIMA is vocational rehabilitation.

Its services are carried out in Ljubljana, Kočevje, Koper, Postojna Sežana by team of professional workers such as occupational medical doctor, psychiatrist, psychologist, sociologist, social worker, vocational therapist, social pedagogue etc. Team consists of more than 30 different professional

workers.

Other activities which Šentprima carries out are also very important or even basic for successful training, rehabilitation and employment of persons who are involved in vocational rehabilitation. Those are:

- supported employment
- informing, counselling people with disabilities, employers, professional workers (fields: training and employment of people with disabilities, mental health, community care, social economy, human resource management)
- education programmes for people with disabilities, employers, professional workers (fields: training and

employment of people with disabilities, mental health, community care, social economy, human resource management)

- cooperation with centre for development of vocational rehabilitation, cooperation in different international projects on the field of psychosocial and vocational rehabilitation for people with mental health problems, training and employment of people with disabilities, mental health, community care, social economy, human resource management.



šentprima

## ASTRA - SERBIA



Since 2002 ASTRA is running the SOS hotline for victims of trafficking one of the first in the Regional and still the only one in Serbia. From the begging of its work up today ASTRA supported 485 victims of trafficking and received 28846 calls through the SOS hotline. Since 2012 ASTRA is running European number for missing children. Up today through this number ASTRA received 29315 calls and worked on 487 cases of missing children.

Within the direct assistance program ASTRA developed the network of 30 lawyers specialized for representing victims of trafficking in the court as well as network of 20 psychotherapists of different orientation trained to work with trafficking trauma. Reintegration program was additionally strengthened by and worldwide. As a

contribution to local community capacity building and decentralization, ASTRA has also built and provided training to Serbian anti trafficking Network. ASTRA is a member of the world wide anti trafficking GAATW (<http://www.gaaw.org/>) network and European anti trafficking NGO platform. Within the direct victims assistance program due to the needs of repatriation and reintegration of victims of trafficking ASTRA developed and cooperate on daily basis with formal (i.e. La strada international <http://lastradainternational.org/>) and informal network of NGOs who are service providers. ASTRA is a member of the European coalition monitoring the process of EU integration particularly chapters 23 and 24. The launching of ASTRA Daily Center in

January 2007. It is intended primarily for victims who do not live in shelters and who are thus left outside any victim assistance scheme.

ASTRA has published a large number of research publications, reports and educational materials on the topic of human trafficking. So far, ASTRA has conducted six large-scale media campaigns and for its needs developed the mailing list with more than 1000 mailing addresses.

To provide better help for its clients and to enhance prevention and victim protection mechanism, ASTRA cooperates, through networks or on case-to-case basis with numerous organizations from Serbia

## Project Objectives and Strategy

The main objective of the program is to strengthen the competences of those working with vulnerable adults. The main objective is innovative. It brings together 3 specific competences for practitioners who work with vulnerable adults. Namely: Unconditional Positive Regard (UPR), Discourse Analysis and Self-Reflexivity. Whilst taking the position at outset of "starting where your client is at" is the foundation for all who wish to work from a position of unconditional positive regard, it is arguably the most difficult to put into practice. Using self-reflexivity as a tool, DAUPR will create a training programme for continuous professional development (CVET) for

social workers and all who work with vulnerable adults. Whilst theory abounds in working with vulnerable adults, most concentrate on the paradigms of the client group itself, rather than on the practitioner. DAUPR will create a 5 day short term staff training event to look at the principles that underpin UPR and how to put them into practice in everyday working life of the practitioners. Partners will visit each other to exchange best practice and to build on the outcomes of the 5-day training event. Whilst the client group can differ, the underlying methodology for working with vulnerable adults is the same.

The fact that the subjects of the study will be the projects' scientific team is another innovative element. Most of the studies examine the quantitative parts of the phenomenon or the psychological profile of the survivor. In this project we want to examine the political and ideological constructions about vulnerable adults by investigating self reflectively how practitioners talk about their client group, in any of its manifestation (sex trafficking survivors, post traumatic stress, mental health etc).

## RESPONSIBILITIES OF EACH PARTNER

- **MHCA** responsible for project coordination, communication and budget monitoring.
- **ASTRA** has dissemination skills and we will be putting those into practice by allocating the task of dissemination of the project and the coordination and reporting of final local conference events. They will create a dissemination plan and present at the 1st partnership meeting.
- **PADM** will create the web site, project logo and be responsible for social media networking. PADM will host the 5-day Short Term Staff Training Event (November 2017) making use of their fully functional training room facilities. PADM will lead on the delivery of 2 five-week train the practitioner training courses delivered between months 9 and 20. PADM to create the Training and Best Practice Resource Guide at the end of the project, underpinned by stakeholder involvement using the PDTVT, and KOLB's experiential learning cycle.
- **SENTPRIMA** has extensive evaluation experience and we will make best use of these skills - will prepare the evaluation report for the project and a feedback evaluation of both local conference workshop events and dissemination conference events; they will lead on the collation of learner diaries from participants at the transnational partnership meetings to further inform the evaluation report.
- **ODYSSEUS** will create newsletters following each partner meeting; will lead on the local stakeholder committee recruitment and reporting; will contribute to all other partner tasks in order to gain further experience of working in an EU partnership project.
- **ALL partners** will be responsible for creating Europass Mobility Certificates – to be led by PADM, prior to the 5-day training event in Plymouth. All partners will be responsible for recruiting a team of 4 to participate in the short term staff training event.
- **Each partner** will recruit a local stakeholder committee of no fewer than 5 from all backgrounds related to working with vulnerable groups, to include those with lived experience and also policy and decision makers (locally) (led by ODYSSEUS).
- **Each partner** will nominate one of their team to participate in the project steering committee, led by MHCA. All project related decisions will be the responsibility of the steering committee, informed by each partner's local stakeholder committee.
- **ALL partners** will review the training programme and support PADM in discussions with OnCourse SouthWest to have the training programme accredited and mapped to the EQF post project.

## Visiting an open hosting structure for people with mental health issues



Within the 1<sup>st</sup> meeting we visited one of the protective apartments from the open hosting structure that belongs to the General Hospital in Agrinio. Residents have previously been hospitalized in psychiatric departments or reside in previous housing structures ( eg. Hospitals, short-stay hostels, boarding schools, etc.) and have the potential to regain a high level of autonomy in their lives. In order to achieve this they need a therapeutic – support framework, focusing on their reintegration into the community and promoting the stability of their mental health.

There we spoke with the people that live there and talked about their everyday life, their needs and their dreams.

## Visiting ELEPAP

ELEPAP-Rehabilitation for The Disabled, a rehabilitation centre with six branches throughout Greece and more than 77 years of history, supports the development of children with physical disabilities and developmental difficulties and at the same time provides support to their families.

ELEPAP offers a series of integrated intervention programs for infants, pre-school and school- age children. Furthermore, ELEPAP cooperates with the Public Special Schools operating in its facilities.

Particular emphasis is placed on early diagnosis of childhood disability and developmental difficulties as well as early intervention for children belonging to risk groups. Interdisciplinary assessment identifies the needs of children that require special follow- up and support. Early intervention builds on the adaptability of early childhood and ensures the best developmental outcome.

**We're on the Web!**

See us at:

[www.daupr.com](http://www.daupr.com)



### 3<sup>rd</sup> Day of the meeting

#### Culture Visit

#### Visiting Monodendri

At the end of the meeting on the 3<sup>rd</sup> day an educational and recreational trip was held in Monodendri one of the well known villages of Zagoria in the prefecture of Ioannina. Monodendri is close to Boidomatis river. It is a beautiful traditional village that has something to offer at visitors during all the seasons of the year. We also Visited Vikos Gorge which is the deepest gorge in the world by the Guinness Book of Records. Vikos canyon is in the core zone of Vikos-Aoos national park.

We had really beautiful moments there with traditional pies and good wine in the square of the village.



In the evening all the partners , colleagues , volunteers, from the two institutions (Mental Health Center and ODYSSEUS) that are based in Agrinio, the residents of the Hospital's housing structures, were gathered in the area of Mental Health Center where we had a farewell meal and a feast lasting until late at night.

