

WORKSHOPS



Workshop 1 (Thursday 24.11.2022 9:00 – 10:30):

Primary prevention of mental health during early adolescence – examples from programs for pupils

Lecturers: **Mgr. Dagmar Hájková** and **Mgr. Lucie Uhrová** (Center of prevention of organization Podané ruce, o.p.s.)

Annotation:

During the workshop, participants will get a flash into the programs and activities that take place within the project in schools with pupils, specifically in the 7th – 8th grades. Participants will try out some interactive activities and gain basic insight into mental health issues. The workshop will be led by psychologists and primary prevention lecturers who coordinate programs in schools. The capacity of the workshop is 20 people. The workshop is suitable for those who have not yet had the opportunity to see the programs live.



Workshop 2 (Thursday 24.11.2022 9:00 – 10:30)

Stressful situations and their impact on an individual's psyche



Lecturer: **Mgr. Petr Hlušička** (expert psychologist, co-researcher of project)

Goals:

Development of new skills for better management of stress and stressful situations, gaining new knowledge to prevent burnout and increase satisfaction. During the workshop, you will learn practical techniques for managing stress and increasing our resilience to it. You will learn to identify the causes of your stress and how you can work with it.

Content and process:

The workshop on stress and stress management is a practically focused training, where participants not only learn the basic principles and knowledge that help us cope with individual situations and long-term pressure. But also recommendations of specific skills and techniques that allow us to deal with long-term consequences. All this in a practical way with the opening of specific examples and from the experience of the workshop participants.

Program:

- Learn about the causes and types of stress
- How stress affects our body and mind
- How you can use stress to help you



- How to avoid the negative effects of stress
- You will learn how to increase your mental resilience and how to make it your advantage



Workshop 3 (Thursday 24.11.2022 11:00 – 12:30)

Solution of conflicts in the classroom

Lecturers: **Mgr. et Mgr. Michal Škerle** and **Mgr. Markéta Novotná**

(Center of prevention of organization Podané ruce, o.p.s.)

Annotation:

The workshop will focus on conflicts that may arise between pupils in grades 7-9, as well as conflicts that may arise between these pupils and teachers. Attention will be paid to possible causes of conflicts, possible developments and their solutions. The workshop will take place in an experiential format and the participants will try out the solution options in a practical way on model cases.

Workshop 4 (Thursday 24.11.2022 11:00 – 12:30)

Mindfulness techniques as prevention of development of anxiety and depression

Lecturer: **Mgr. BA. Barbora Kvapilová** (Faculty of Education, Palacký University in Olomouc)



Mindfulness and Kindness Meditation.



Mindfulness meditation teaches us to notice the present moment, what is happening within us and around us, without judgment and with kindness.

During the mindfulness workshop we will:

- Perceive yourself/ourselves with using breathing techniques
- Notice the present moment through the senses
- Listening to our body and the wisdom of our heart
- Kindly care for self and others through loving-kindness meditation
- We will show how, thanks to meditation, we develop attention, a friendly attitude towards others, grateful joy, compassion and equanimity.

We will try different techniques and short exercises that quiet the mind and start really noticing what's going on inside and around us.

We will explain how our thoughts influence our subsequent reactions and behavior towards ourselves and others. We will talk about why it is so important to cultivate our thinking and cultivate a kind relationship with ourselves.



Benefits of mindfulness meditation:

- Scientific studies from the last two decades repeatedly demonstrate the effect of Mindfulness Meditation in reducing perceived stress and internal tension after only eight weeks of regular practice.
- Mindfulness helps people focus on a given activity in the present moment.
- Mindfulness helps develop inner peace and balance in today's fast-paced, performance-oriented world.
- Mindfulness meditation helps individuals develop the skills to deal with strong emotions and negative thoughts, both in adults and in children and adolescents.
- Mindfulness helps to know yourself and promotes a kind and compassionate relationship with yourself and others.



About lecturer:

Bára Kvapilová – after finishing French high school, she went to the USA, specifically California, for seven years. She graduated from California State University of Northridge with a bachelor's degree in psychology. As part of her studies, she lectured to university students on the topic of depression and suicide prevention among university students.

For one year she worked as a social worker in a sanatorium for children with birth defects in North Hollywood, USA.

After returning home, she obtained a master's degree in psychology at FFUP. She taught English language, a psychology seminar and provided counseling to students at the grammar school in Šternberk.

After parental leave, she took up the position of school psychologist at the Slovanské Gymnasium in Olomouc, where she worked for two years. He currently teaches psychology subjects and offers counseling to students at the Faculty of Education of the Palacký University in Olomouc.



It was just recurring problems of excessive stress; persistent feelings of inner tension, anxiety and intrusive thoughts about one's own inadequacy and perfectionism in high school students, which led Bára to study mindfulness meditation.

Currently, Bára is on her way to becoming a certified mindfulness instructor with leading clinical psychologists and mindfulness meditation teachers in the United States, Tara Brach and Jack Kornfield. She completed an eight-week MBSR course (Mindfulness-based stress reduction program); Fundamentals of Mindfulness and Difficult emotions in Mindful Schools and a five-day Mindfulness Silent Retreat in Portugal. She is a qualified mindfulness meditation instructor for the Mindfulness Now Oxford course from Great Britain.



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