



“Coping with helplessness: How to use career guidance and counselling to empower adults from vulnerable groups?”

27th - 28th November 2018

Hotel Serbia (Ustanička 127), Belgrade, Serbia

FIRST DAY, 27.11.2018.

10:30-11:00	<i>Registration</i>
11:00-11:15	Opening of the conference , Representative, Foundation Tempus
11:15-12:00	Panel DISCUSSION: What is helplessness and how we can cope with it?
	<ul style="list-style-type: none"> • Helplessness – characteristics, and relation to career guidance and counselling activities, Ružica Madžarević, Foundation Tempus • Presentation of workshop topics
12:00-12:15	<ul style="list-style-type: none"> • EPALE as a tool for developing career guidance and counselling activities, Ružica Madžarević, Foundation Tempus
12:15-12:45	<i>Coffee break</i>
Parallel training sessions	
12:00-14:00	Workshop A: Motivational Interviewing – a tool for supporting change , Siim Värv
	Workshop B: Employment as support for recovery: examples of techniques for career guidance activities for mental health service users , Nikos Drosos
	Workshop C: Some stories are like prisons, some stories set you free , Yvor Broer
15:00-16:00	<i>Lunch</i>
16:00-18:00	<i>Workshop A,B, C: continuing</i>
SECOND DAY, 28.11.2018	
10:00-12:00	<i>Workshop A,B, C: continuing</i>
12:00-12:30	<i>Coffee break</i>
12:30-13:30	Panel DISCUSSION: Recommendations from workshops
	Workshop facilitators and/or participants
13:30-14:30	<i>Lunch</i>
14:30-16:00	Available resources for developing career guidance and counselling activities in the Republic of Serbia, Representative, Foundation Tempus
16:00-16:30	<i>Closing session</i>



Workshop A: Motivational Interviewing – a tool for supporting change

About the trainer:

Workshop will be led by Siim Värvi (Estonia). Siim is an MI trainer since 2015 and involved in MI as a practitioner from 2012. He is a member of MINT (Motivational Interviewing Network of Trainers, <https://motivationalinterviewing.org/>). Siim is working in a school for young people with different psychiatric conditions as the head of strategic planning and has previously been working as a social pedagogue, counselling students in different areas, including career guidance. He has also been working with vulnerable youth in the field of youth work, organising different activities, camps, exchanges and training to support young people in finding the best solutions for their future.

Workshop A: Motivational Interviewing – a tool for supporting change

Motivational Interviewing (MI) is a collaborative conversation style for strengthening a person's own motivation and commitment to change (Miller & Rollnick, 2015). It can be used in various contexts and is a good tool for supporting people to make decisions and follow them through in their lives – e.g.: what to do next in my life? In the end of the workshop, participants will:

- recognise situations suitable for using MI as a technique;
- know the main process, spirit and tools of MI;
- recognise change talk in clients' conversation.

Workshop will be held in a participatory manner, meaning that participants will be asked to be actively involved in practical exercises, discussions and reflections.

Workshop B: Employment as support for recovery: examples of techniques for career guidance activities for mental health service users.

About the trainer:

Nikos Drosos (PhD) is a researcher in the Laboratory of Career Guidance and Counseling, National and Kapodistrian University of Athens. He is an instructor in the Master's programs "Career Counselling & Guidance" of the National & Kapodistrian University of Athens; "Career Guidance & Counselling" of the European University Cyprus; and "Special Education" of the National & Kapodistrian University of Athens. He has been working for several years in the field of counselling and career guidance, having undertaken the supervision, development, implementation and assessment of many career counselling projects. He was in charge of the development of methodology and tools for career counselling for people with severe mental health illness (2012-2014), and for long-term unemployed people (2013-2015). These methodologies were implemented in career counselling centers under his supervision with impressive results. He is a member of the Board of Directors of the Panhellenic Association for Psychosocial Rehabilitation & Work Integration (PEPSAEE) and of the Hellenic Association for Supported Employment (ELETYPÉ). He has numerous awards for his social activity, and for academic excellence. He is the co-creator (with Prof. Dr. Sidiropoulou-Dimakakou) of the "ARIADNE" career interests' questionnaire that has facilitated the career choices of more than 13,000 students in Greece and Cyprus. He is a founding member of the NICE (Network for Innovation in Career Guidance and Counselling) Foundation, and a member of the Scientific Committee of the European Doctoral Programme in Career Guidance and Counselling (ECADOC). He has co-authored 6 books, and he has 6 publications of book chapters and more than 25 publications in peer-reviewed journals.



Workshop B: Employment as support for recovery: examples of techniques for career guidance activities for mental health service users.

Socioeconomic changes, volatile labour markets, increasing migration flows etc. highlight the necessity to redefine and reform the role of career counselling in order to address society's current needs. Socially vulnerable groups and especially people with severe mental health problems face unemployment problems in a much higher level than the general population. Therefore, their social participation and full citizenship become even more difficult. Nevertheless, many people with mental health problems think of employment as the highest priority and a central aspect of recovery.

In the present seminar, participants will have the opportunity to discuss regarding methods, techniques and actions that career counselors may undertake in order to facilitate the career development of with severe mental health problems. The suggested career-counselling methods combine element from constructivist approaches in career counselling and the methodology of supported employment. The need for career counselor's networking with the local labor market will be highlighted; and practical implications will be further discussed. Participants will have the opportunity to discuss regarding specific methods and techniques for actively building a network of employers that are interested to employ people with mental health problems. We will examine various case-studies.

Workshop C: Some stories are like prisons, some stories set you free

About the trainer:

Yvor Broer is an international consultant and trainer, who uses so-called systemic constructionist and narrative approaches to facilitate meaningful dialogue to help individuals, team and organisations reach meaningful growth and goals. He is the managing partner of the organisation In Dialogue (www.in-dialogue.org), and on behalf of that organisation he work mainly in Europe, yet sometimes also in the US and Canada.

Workshop C: Some stories are like prisons, some stories set you free

During all episodes of life, people make meaning of what is happening by making or (re-) telling of stories. We tell stories about others and about ourselves, by which we assign identities to others and ourselves. Stories are made to bring continuity and predictability, for instance the story 'I am a bad learner' does just that. If I got a bad grade, I can say 'I told you, I am a bad learner', and I can say 'I will not be surprised if I will get more bad results in the future (so maybe better not engage in education at all)'. If stories are repeated enough, they in turn star living us. It becomes something of what we say 'that's who I am'.

Some of those stories are helpful, they bring us where we want to be. Yet some other stories might be disqualifying and are problematic, and form a sort of prison. This workshop will be about how to address such disqualifying stories. Like stories of shame, lack of agency, failure, worthlessness, etc. and the limiting identities of self they bring. The workshop will address how such stories are formed, sustained (in e.g. discourses and peer groups) and how they can be made visible and challenged by narrative means. Participants will be working with own cases, experience some methods of this narrative approach, get some theoretical foundations, and discuss how they can use this approach with their clients.