



Work dynamics and leaders of thematic modules of education-training: Interdisciplinary network of professionals „Here&Now“

Module	Module topic	Module work dynamics	Goal of the Module	Duration
<b>A 1.1.</b>				
<b>First module</b>  <b>A 1.1.1.</b>  <b>30.09.2022.</b>	<b>Promotion of mental health of children and adolescents in B&amp;H</b>  <b>Introduction to research during education</b>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Theoretic part</b> (<i>A brief overview of the development of mental health in B&amp;H so far. Instructions on using a series of tests that would enable screening of the mental health of children, adolescents and their families</i>)</li> <li>• <b>Work in small groups</b> (<i>Complete a practical exercise of applying some tests on the prepared examples</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> <li>• <b>Group clinical supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>• To acquaint the participants about the entire education and its goals</li> <li>• Get acquainted with the development of mental health in B&amp;H</li> <li>• Introduction to research work</li> <li>• Developing multidisciplinary of professionals through the development and strengthening of group cohesion and self-care</li> <li>• Acquisition and development of practical skills in working with target groups</li> </ul>	<b>From 09-16h</b> <b>7 hours</b>

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Module	Module topic	Module work dynamics	Goal of the module	Duration
<b>Second module</b>  <b>A 1.1.2.</b>  <b>14.10.2022.</b>	<b>The impact of different contexts on the growth and development of children and adolescents</b>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Teoretski dio</b> (<i>The role of different contexts – socio-cultural influences, kindergartens, schools in the psychosocial development of children and youth. Interactive development model. Protective and risk factors of psychosocial development</i>)</li> <li>• <b>Work in small groups</b> (<i>Complete a practical exercise of applying some tests on the prepared examples</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> <li>• <b>Group clinical supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>• Improving knowledge about the impact of different contexts on the growth and development of children and adolescents</li> <li>• Strengthening protective factors within different contexts means supporting professional staff and parents in jointly achieving the goal of well-being of children and adolescents</li> <li>• Developing multidisciplinary of professionals through the development and strengthening of group cohesion and self-care</li> <li>• Acquisition and development of practical skills in working with target groups</li> </ul>	<b>From 09-16h</b> <b>7 hours</b>

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<b>Third module</b>  <b>A 1.1.3.</b>  21.10.2022.	<b>Family and crisis</b>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Theoretical part</b> (<i>Family as the basic cell of society and family systems. The impact of the crisis on family dynamics. Special risks. Types of parenting. Strategy of working with the family and its members(how to talk to the family and its members)</i>)</li> <li>• <b>Work in small groups</b> (<i>Complete a practical exercise of applying some tests on the prepared examples</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> <li>• <b>Group clinical supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>• Strengthening group/family cohesion/connectivity and the processes that occur during the provision of crisis interventions</li> <li>• Empower professionals providing virtual and telephone crisis intervention and counseling services to provide adequate support to parents in stress and crisis</li> <li>• Strengthening parental competencies from different family dynamics (divorced parents, parents from high-conflict divorces and parents from complete families, single parents due to the death of a partner)</li> <li>• Developing multidisciplinary of professionals through the development and strengthening of group cohesion and self-care.</li> <li>• Acquisition and development of practical skills in work with target groups</li> </ul>	<b>from 09-16h</b> 7 hours
<b>Fourth module</b>  <b>A 1.1.4.</b>  28.10.2022.	<b>Psychological reactions and the development of mental health problems in children and adolescents</b>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Theoretical part</b> (<i>Difference in expected and overemphasized reactions of children and adolescents to stress, trauma and crisis. Depression, anxiety and suicidality of children and adolescents.</i>)</li> <li>• <b>Work in small groups</b> (<i>Complete a practical exercise of applying some tests on the prepared examples</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> <li>• <b>Group clinical supervision</b></li> </ul>	<ul style="list-style-type: none"> <li>• Recognition of symptoms and psychological reactions to the crisis and the difference between expected and acceptable reactions to increased stress and crisis and pathological reactions and possible development of mental health problems in children, adolescents and adults.</li> <li>• Developing multidisciplinary of professionals through the development and strengthening of group cohesion and self-care.</li> <li>• Acquisition and development of practical skills in work with target groups</li> </ul>	<b>od 09-16h</b> 7 sati

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Dječija duša  
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Module	Module topic	Module work dynamics	Goal of the module	Duration
<b>A 1.2.</b>				
<b>Fifth module</b>	<b>Multidisciplinary concept- Who are we? How well do we know each other?</b>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Theoretical part</b> (<i>Community, Multidisciplinarity, Interdisciplinarity, Multisectorality. Communication skills with individuals and the community</i>)</li> <li>• <b>Work in small groups</b> (<i>Think about your own and others abilities. They should be guided by the following questions: What characterizes us as members of this group? What professional values do we represent? What can we offer to other insitutions/services in order to cooperate better in the local community</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> </ul>	<ul style="list-style-type: none"> <li>• Getting to know your own and others' possibilites</li> <li>• Get acquainted with the possibilites of work and limitations in the work of other associates in the community. Agree on the possibilities and contents of inter-professional cooperation. Strenghten a positive attitude through opportunities for cooperation in prevention and interventions in the family and community for current problems. Develop confidence in one's own role and a multidisciplinary conept (eg. Social work centres, police, health organizations, judiciary, NGOs, media, schools, etc.)</li> <li>• Improve communication skills between different professions</li> <li>• Developing multidiciplinarity of professionals through the development and strengthening of group cohesion and self-care.</li> <li>• Acquistion and development of practical skills in work with target groups</li> </ul>	<b>from 09-16h</b> 7 hours
<b>A 1.2.1.</b>				
<b>04.11.2022.</b>				

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Module	Module topic	Module work dynamics	Goal of the module	Duration
<p><b>Sixth module</b></p> <p><b>A 1.2.2.</b></p> <p>11.11.2022.</p>	<p><b>Development of children's and adolescent's identities</b></p>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Theoretical part</b> (<i>Identity development in children and adolescents in general. Psychosexual development with reference to the development of gender and sexual identity in children and adolescents</i>)</li> <li>• <b>Work in small groups</b> (<i>Complete a practical exercise of applying some tests on the prepared examples</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> </ul> <p><b>Group clinical supervision</b></p>	<ul style="list-style-type: none"> <li>• Improving the knowledge of experts on the topic of identity development in general and knowledge about the psychosexual development of children and adolescents</li> <li>• Developing multidisciplinary of professionals through the development and strengthening of group cohesion and self-care.</li> <li>• Acquisition and development of practical skills in work with target groups</li> </ul>	<p><b>from 09-16h</b></p> <p>7 hours</p>
<p><b>Seventh module</b></p> <p><b>A 1.2.3.</b></p> <p>18.11.2022.</p>	<p><b>Resilience and Mentalization</b></p>	<ul style="list-style-type: none"> <li>• <b>Group process</b></li> <li>• <b>Pretest</b> (<i>checking initial knowledge of the module topic</i>)</li> <li>• <b>Theoretical part</b> (<i>The notion of resilience. Development and improvement of resilience capacity in children, adolescents, families and community, concepts of mentalization process</i>)</li> <li>• <b>Work in small groups</b> (<i>Complete a practical exercise of applying some tests on the prepared examples</i>)</li> <li>• <b>Work in large groups</b> (<i>exchange of experiences of small groups and new insights, questions and discussions</i>)</li> <li>• <b>Post test</b> (<i>testing of acquired knowledge and skills</i>)</li> </ul> <p><b>Group clinical supervision</b></p>	<ul style="list-style-type: none"> <li>• Get acquainted with the concept and significance of the development of resilience in children, adolescents, families and communities</li> <li>• Get acquainted with the concept of mentalization processes in children and adolescents</li> <li>• Adopting techniques that can be used in specific resilience situations</li> <li>• Developing multidisciplinary of professionals through the development and strengthening of group cohesion and self-care.</li> <li>• Acquisition and development of practical skills in work with target groups</li> </ul>	<p><b>from 09-17h</b></p> <p>8 hours</p>

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Module	Module topic	Module work dynamics	Goal of the module	Durarion
<b>A 1.3.</b>				
<b>Eighth module</b> <b>28.11.2022.</b>	Online Conference	Plenary report Round tables - examples of good practice	Mental health promotion. The importance of strengthening community resilience capacity. Strengthening the multidisciplinary network of professionals. Presenting the results of screening research on the state of mental health of children and adolescents in Bosnia and Herzegovina.	4 hours

*Note: All modules will be held on Fridays online*

**Project manager**

Mirela Badurina, PhD, psychotherapist, supervisor

**Leaders of education-training**

Msc. Azra Arnautović, MD, pediatrician, psychotherapist, supervisor

Sabina Zijadić Husić, psychologist, psychotherapist, supervisor

**Researcher**

Mirela Hadžić, psychologist, cognitive-behavioral psychotherapist

**Project Coordinator**

Adi Grebović, ecc.

**Project Assistant**

Ajna Prndelj, Bachelor of financial management

**Experts- professional associates of education-training:**

Dubravka Kocijan Hercigonja MD, PhD, child neuropsychiatrist, psychotherapist, supervisor

Gordana Buljan Flander, PhD, psychologist, psychotherapist, supervisor Dr.

Ranka Kalinić, MD, specialist of child psychiatry, psychotherapist

Goran Arbanas, MD, ass., psychiatrist, psychotherapist, supervisor

Stefanović Stanojević, PhD, psychologist

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