

Training Workshop: Social and Emotional Skills: How to reduce stress and conflict and increase happiness.

9.30 am- 4.00 pm, Wednesday 18 November 2015.

Training Room, Alola Foundation, Rua Bispo de Medeiros, Mascarenhas, Dili

Presented by the Timor-Leste Association for the Profession of Psychology
in collaboration with **Deakin University, Melbourne, Australia,**
Southern Cross Psychology, Australia and Many Hands International.

This workshop is designed for professionals who seek to develop social and emotional skills in children and adults, to reduce stress and conflict and improve family and personal life. Techniques from psychology will provide strategies for managing the impacts of stressful situations and reducing conflict.



Who should participate?: This workshop is suitable for local and international staff of human service organisations, including program leaders, health workers, teachers, counsellors, psychologists and others working in NGOs, government, and private practice.

The workshop will be presented in English with simultaneous translation into Tetun.

Presenters:

Professor John Toumbourou, Chair in Health Psychology, School of Psychology, Deakin University Australia. John has been providing skill development for psychologists and health professionals in Timor-Leste since 2012.

Dr. Ruth and John Rudge, clinical psychologists, Southern Cross psychology, Darwin and Melbourne, Australia. Ruth and John are clinical psychologists with extensive experience in providing services to remote communities in Australia, treatment of trauma, violence prevention, cross cultural psychology and working with families. They have a special interest in helping to create health and peaceful communities. This is their third visit as volunteers to share their skills with professionals in Timor-Leste.

Information and registration: This event is free, but please register for catering purposes by Monday 16 November with Nelinha at admin@manyhands.org.au or (670) 7799 7661.

More information: www.manyhands.org.au



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Program:

9.30-10.45 am: Welcome and introductions (Timor-Leste Association for the Profession of Psychology)

Facilitated conversation: emotional and socially stressful issues we are coping with; strategies we use to cope with them

10-45-11.15 am: Snek

11.15-12.30: Overview of theories of emotional and social learning from psychology (Prof John Toumbourou)

12.30-1.30: Lunch break

1.30 - 3.00: Examples of emotional and social skills: How do we measure them in Timor-Leste? Current techniques for management of stress and conflict: mindfulness, Acceptance and Commitment therapy approaches (Ruth and John Rudge, Southern Cross Psychology)

3.00-3.15: Snek

3.15 - 4.15 pm: Where to from here:

- How do we use psychology to encourage emotional and social skills in Timor-Leste?
- Future activities for the Timor-Leste Association for the Profession of Psychology

4.15-4.30 pm: evaluation and presentations of certificates



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