



PHD² Project

Lifelong Learning Programme-
Grundtvig Multilateral Projects

www.phd2.eu



Interesting facts:

- . Lifelong Learning Programme. Multilateral projects.
- . Type of operation: Training
- . Total budget : 399.007 €
- . EU contribution: 75%
- . Duration: 24 months
December 2008 - December 2010
- . Partners:
 - Centro Studi e Formazione Villa Montesca, Research and training Centre (Italy)
 - Health Psychology Management Organisation Services (United Kingdom)
 - Fundación Comunidad Valenciana-Región Europea (Spain)
 - Mancomunitat de la Ribera Alta (Spain)
 - Institút Zamestnanosti (Slovakia)
 - Department of National Minorities and Lithuanians (Lithuania)
 - Public Institution Roma Community Centre (Lithuania)
 - Education Centre and Social Support for People with Disabilities (Greece)
 - Province of Perugia (Italy)
 - Ricerca e Cooperazione (Italy)
 - Nessuno TV (Italia)

The PHD² project, “*Personal and Human Development. Psychodrama to Help Disadvantaged*”, has developed various workshops combining video-therapy and psychodrama to improve the integration, as well as personal and professional development, of disadvantaged people, with a physical or psychic disability, or risking exclusion. Co-financed by the European Commission through the Grundtvig Lifelong Learning Programme, and structured in three phases, the positive effects of the work undertaken are already showing through.

The III Transnational Meeting of Partners took place on 17th May 2010 in Valencia, and was used to put in common the results obtained, and to define certain organisational aspects. The workshops carried out were exposed, underlining who they had been aimed at, the motives of this choice, and the techniques used. The partners showed the videos produced.

The Villa Montesca Research and training Centre, leader of the project, took the opportunity to coordinate tasks and fix certain aspects in relation with the Manual and the National Reports on results.

THE VIDEOTHERAPY AND PSYCHODRAMA LABORATORIES:

The Psychodrama and Videotherapy method has been tested, through this project, in six European countries: Italy, the United Kingdom, Greece, Spain, Lithuania and Slovakia. PHD² involves around 100 disadvantaged subjects with various levels or marginality: mentally disabled, socially excluded, persons with addictions, etc.

Each country has produced a docu-film with the development and results of its laboratory, involving in the same time all kinds of language (words, visual answers, sounds and music).

Italy

The Italian partners are the Centro Studi e Formazione Villa Montesca and Nessuno TV, the Province of Perugia and Ricerca e Cooperazione.

Those who took part in the workshop were selected for their difficulties in active inclusion, organisation and managing personal and professional life, and for their need to improve their autonomy and self-confidence, due to a certain type of psychological deficit. The 80-hour laboratories started on 25th February with sessions until 1st July, and were directed by the psychodramatist Dottssa L.Pazzaglia and the film-maker R. Rago.

During the sessions, various techniques were used, such as psychomotor games, non-verbal techniques, spontaneous acting and the development of various roles. Moreover, external activities were undertaken, such as the visit of the Italian Radio Television, to obtain information on the making of videos and related professions, and a visit of the historical centre of Perugia.





**III Transnational Meeting
Valencia, 17th May 2010**



**Representatives from the
partner countries of the PHD²
project**

The peculiarity of this was that each participant could show the others, and the camera, the most significant places where important situations of his or her life had taken place. The final idea was to transfer the actions developed in the laboratory to daily life, to reaffirm the socialisation abilities and autonomous actions, with a view to future employment and to improve social relations.

As a result of the laboratory, the important positive effects are: the development of spontaneity and creativity, the improvement of communication and expression capacities, the diversification of roles and psychological attitudes and the reinforcement of interaction and group understanding.

Slovakia

7 deaf-mute people, 3 of which with a low cognitive level, took part in the workshops. The latter started in October 2009 and finished in March 2010, under the responsibility of the psychologist Lúbia Koverova and the pedagogue Janka Sarisska.

During the 5-day long monthly sessions, the first session was used to explain to the participants what the laboratory consisted in and the roles to develop. It was complicated for them to understand what it consisted in and what was expected of them, but it was crucial for the further development. These five sessions have given a feedback of what was undertaken and have allowed to prepare the new aspects that must be developed. They included music, as a support, and a video recording of every session, the content of which was viewed at the end of it.

Short workshops, individually and in pairs, were also organised. During the sessions, approximately 30 minutes of acting took place, based on senses and movement and without using words, which was followed by some time to think about the session. The translation to sign language was necessary. After six months of work, a performance with the members of the workshop took place.

Among the most significant results, we can mention that the relations between people of different cognitive levels changed, as awareness was raised concerning the necessity of respecting each other, and their self-esteem improved. Moreover, they learnt to assess what they experienced in accordance with their cognitive level, as well as to interact, using the techniques acquired during the sessions, and to express their opinion.

Lithuania

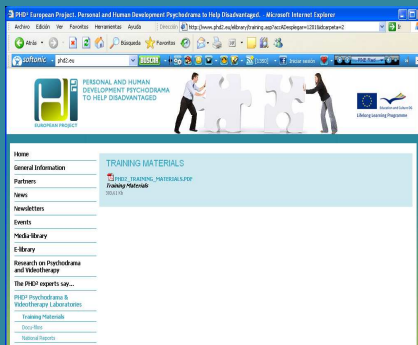
Between March and July 2010, the Public Institution Roma Community Centre carried out the videotherapy and psychodrama sessions in the Roma Community Centre with 12 participants and the social workers of the centre.

After 12 4-hour sessions, 3 additional meetings were scheduled for September 2010, to put together the techniques learnt. The laboratory was guided by the psychologist and psychodramatist Vida Markeviciene, member of the Lithuanian association of Psychodramatists, and filmed by Andrej Timko, following the classic structure of psychodrama while tackling the various stages of the sessions.





Viewing the results of the laboratories on the website of the project



For the warm-up, people of the group were encouraged to get to know each other and certain norms were created with common consent, to interact with the sensibility and attention necessary to this subject. The group chose a scenario called “Seven stones”, which contains the parts of *sinner and winner*, and helped the participants to explore new ways of tackling their own and other people’s situations during five of the acting sessions in a spontaneous, expressive and creative way. The final assessment of the participants entitled “*what I leave behind and what I’m taking with me*” helped them to share memories, experiences, fantasies and feelings, concentrating on each individual participant’s growth and enrichment in the group.

United Kingdom

The partner of the PHD² project Health Psychology Management Organisation Services, developed a laboratory in a mental health centre, with a group of 20 people during 20 weeks, from March to August 2010. 2-hour videos were produced in every weekly sessions. The activities undertaken by the psychotherapist included psychic, cognitive and emotional actions, in addition to meetings and talks, with an exploration of truth through the use of drama methods.

Spontaneity and creativity are the cornerstones of this method based on the interaction between various participants. During the workshop, one of the participants played the role of the subject involved in the action (husband/wife, mother/father, brother/sister...), while the protagonist tried to rebuild the actual story experienced, always staying open to the incorporations suggested by the rest of the group. At the end of each session some time was always made available to discuss and share the experiences and skills acquired.

Greece

The Greek partner, Education Centre and Social Support for People with Disabilities, carried out the psychodrama and videotherapy laboratories from 11th November 2009 to 14th January 2010, in 15 meetings of 4 hours, in each of which 9 disabled people, some neurologically, took part. The participants also included 2 workers from the centre, as well as the director Antonis Papadopoylos and the actress Chrysoyla Alexioly, who directed the sessions. During these sessions, the participants told their personal stories, mainly in relation with their disability. The videotherapy also included the collaboration of 5 other volunteers who helped in the final configuration of the story.

The content of the workshops was synthesised in a short 10-minute film entitled “ALL TOGETHER”, that consists in the scenario of the personal stories shared. It especially focalised on the problem of natural, social and sentimental exclusion from which these disabled people suffer.

This video was presented in the Education Centre and Social Support for People with Disabilities ILIAS on 3rd May 2010, in the presence of the chairman of the administrative council and a large public of parents, children, participants and workers.





Two fold leaflet Europa Tuya Seminars



Representatives of Ensa Network and the Valencian Government (Valencia 04/06/2010)



FCVRE stand in Ensa Network Seminar

Spain

The Fundación Comunidad Valenciana-Región Europea, dissemination partner, and the Mancomunitat de la Ribera Alta, developed a laboratory with unemployed people, registered in the regional service for employment. The psychodrama techniques used were centred both on the exposal of personal situations and on the miming activities, linked with body language. The 15 sessions took place in the Municipal Theatre of Algemesí from 24th November 2009 to 4th February 2010, with 10 to 18 participants, as some of these people found a job during the period of the laboratory.

At the end of the workshop, a satisfaction survey was carried out among the participants, who highly assessed aspects such as the location of the training, the planning of the sessions, as well as the methodology used, as regards the clarity and quality of explanations, the class atmosphere and the relations between the participants and the psychodramatists in charge. 7 out of 10 people who finished the course gave 10 out of 10 concerning future intentions to recommend such workshops.

DISSEMINATION

During the last months, the PHD² project was disseminated in different events, the most important ones being:

EUROPA TUYA SEMINARS

They are series of work meetings and seminars that take place in the Valencian Community, in which the participants have the opportunity to listen to European experts in various fields such as solidarity, participation and volunteering, or inclusion, among others. *Europa Tuya* tries to go deeper into other interesting matters such as employment, consumption and training.

During the last five months, PHD² has been disseminated through a stand, among others, in the following Europa Tuya Seminars: “Means of citizen participation in European policies”, held on 30th March; “Consumers’ rights in European policies”, on 31st March; “Youth: Training and Employment in Europe”, on 6th May; and “Digital Inclusion in e-Government”, on 17th June.

ENSA NETWORK SEMINAR: “Regional actions to protect children from poverty and social exclusion”

This seminar, organised by the European Network of Social Authorities (ENSA Network), took place in Valencia on 3rd and 4th June. The objective of this network is to reinforce international cooperation in the social field. Its social character enabled the project to be disseminated among the public.

“Quality Care for quality aging” Seminar

This seminar, related to the European support, care and inclusion services, took place in Brussels on 29th June and it was an opportunity to disseminate the PHD² Project.

