

## Training Programme „A model of support for highly sensitive children in preschool and early school age”

**Project: E-MOTION – potential of hypersensitivity**

**2018-1-PL01-KA201-051033**

Language of the training: English

**Day 1                      May 25, 2021                      9.00 – 13.30**

**A highly sensitive child and its functioning in the preschool, school and home environment. Needs of highly sensitive children.**

Block*	Title	Form
<b>Opening: 9:00 – 9:15</b>	Official beginning of the training	
<b>Block 1: 9:15 – 10:00</b>	What is high sensitivity? The specificity of the functioning of highly sensitive children in the preschool, school and home environment (part 1)?	Lecture
<b>Block 2: 10:00 – 10:45</b>	What is high sensitivity? The specificity of the functioning of highly sensitive children in the preschool, school and home environment (part 2)? Needs of highly sensitive children.	Lecture
<b>Block 3: 10:45 – 11:30</b>	A model of support for highly sensitive children in preschool and early school age	Lecture
<b>11:30 – 12:30</b>	Lunch Break	
<b>Block 4: 12:30 – 13:30</b>	Characteristics of the functioning of highly sensitive children from the perspective of the results of focus groups	Lecture

**Dzień 2**
**May 26, 2021**
**9.00 – 13.30**
**High sensitivity identification**

Block	Title	Form
<b>Block 1: 9:00 – 10:00</b>	High sensitivity identification - the basis for questionnaires design. Assumptions of the tool "Sensory Processing Sensitivity in children"	Lecture
<b>Block 2: 10:00 – 10:45</b>	High sensitivity and other temperamental and personality traits	Lecture
<b>Block 3: 10:45 – 11:30</b>	Psychometric properties of the questionnaires "Sensory Processing Sensitivity in children"	Lecture
<b>11:30 – 12:30</b>	Lunch Break	
<b>Block 4: 12:30 – 13:30</b>	Application of the tool "Sensitivity of sensory processing in children"	Workshop

**Day 3**
**June 1, 2021**
**9.00 – 13.30**
**Education and psychoeducation of parents and teachers/guardians of highly sensitive children. Educational materials: podcasts, videos, presentations, biographies.**

Block	Title	Form
<b>Block 1: 9:00 – 10:00</b>	Education and psychoeducation of parents and teachers of highly sensitive children - educational materials	Lecture
<b>Block 2: 10:00 – 10:45</b>	Educational materials: the perspective of highly sensitive adults (presentation of the biographical method and podcasts)	Workshop
<b>Block 3: 10:45 – 11:30</b>	Educational materials for teachers and parents (video presentation and how to use them)	Workshop
<b>11:30 – 12:30</b>	Lunch Break	
<b>Block 4: 12:30 – 13:30</b>	Creative use of methods of support with a highly sensitive child	Workshop

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**Day 4**
**June 2, 2021**
**9:00 – 13:30**
**Preventive strategies in working with Highly Sensitive Children. Training summary.**

Block	Title	Form
<b>Block 1: 9:00 – 10:00</b>	Mindfulness, yoga and embodied self regulation strategies for highly sensitive persons – practical approach	Workshop
<b>Block 2: 10:00 – 10:45</b>	A preventive program supporting the development of highly sensitive children in preschool and younger school age	Lecture
<b>Block 3: 10:45 – 11:30</b>	Preventive strategies in working with highly sensitive children and adults: evidence-based practice, mindfulness practice	Lecture
<b>11:30 – 12:30</b>	Lunch Break	
<b>Block 4: 12:30 – 13:30</b>	Training summary	Discussion

### Training Instructors

**University of Economics and Innovation in Lublin, Poland:**

**PhD Monika Baryła-Matejczuk** – Psychologist, assistant professor at the Laboratory of Psychoprophylaxis and Psychological Assistance at the University of Economics and Innovation in Lublin. For years she has been working in the area of high sensitivity in research and practice. Coordinator and author of the concept of the project "High sensitivity - Innovative Module in Human Sciences", as well as "E-MOTION. Potential of high sensitivity". Author of the book "Non-routine Teachers. Psychological determinants of varied professional activity of teachers". Trainer, psychoeducator at the Centre of Human Development and Psychoeducation of the "You have a chance" Foundation, trainer in professional competence, a trainer in the use of the "Learning from Analogies" methodology. She developed (together with her colleagues)

Polish adaptation of the Highly Sensitive Persona Scale (short version) and Highly Sensitive Child Scale.

**Dr Malgorzata Artymiak** – She has several years of experience in individual work with parents, teachers, adults, working with couples and married couples. She conducts workshops and training for various audiences. Co-author of diagnostic tools in the area of career counseling, career guidance and work programs for youth and adults. She focuses her research interests on the following issues: motivation, self-determination, concepts and narrative methods in psychology.

#### **Ekspert PSY, Romania:**

**PhD Gabriela Dumitriu** – She is a PhDs clinical psychologist and psychotherapist, having 8 years of experience working in the system of child protection. There she was making psychological assessments, expertise and interventions for cases of abuse, divorce, foster homes, adoptions. She took part in projects designed to inform the public about child development, parenting, prevention regarding the disfunctions of caring and supporting between family members and diminishing the risk of abuse and neglect. She has programs of parental education for parents and parents-to-be, workshops for emotional support and personal development for children, counseling programs for families that adopt children. As a clinical psychologist, she makes assessments and interventions for families in divorce.

#### **Uniuersytet La Laguna, Teneryfa, Spain:**

**PhD Moisés Betancort Montesinos** – PhD in Psychology. Associate professor at the Faculty of Health Sciences, Psychology and Speech Therapy, University of La Laguna (Tenerife, Spain). He specializes in cognitive psychology and language processing and experimental psycholinguistic projects. He is a member of the Department of Clinical Psychology, Psychobiology and Methodology at the University of La Laguna. He specializes in the areas of experimental design and multidimensional data analysis. Develops the role of methodology in

various research groups. He is reviewer in different scientific journals and international peer reviewed conferences.

**Uniwersytet Alicante, Spain:**

**PhD Nicolás Ruiz-Robledillo** - Assistant Professor in the Department of Health Psychology at the University of Alicante (Spain). Graduate in Psychology with high honours. Master Degree in Developments in Research and Treatment in Psychopathology and Health. Master Degree in General Health Psychology. Master's Degree in Secondary Education Teaching, speciality in Educational Guidance. Ph.D. in Health Psychology with Extraordinary Doctorate Award.

**PhD Manuel Fernández Alcántara** - Assistant Professor in the Department of Health Psychology at the University of Alicante (Spain). Ph.D. in Psychology at the University of Granada. Master in Health Care for the promotion of the autonomy of the people and the attention to the processes of end of life at the University of Granada.

**PhD María Rubio-Aparicio** - Assistant Professor in the Department of Health Psychology at the University of Alicante (Spain). Graduate in Psychology with high honours. Master Degree in Methodology of Behavioral Sciences and Health. Master Degree in Teachers from Compulsory Secondary Education and Bachiller, Vocational Training and Language Teaching. Ph.D. in Psychology with Extraordinary Doctorate Award.

**JOUDG “BRESHIA”, North Macedonia:**

**Marija Vasilevska** - Coordinator of educators, having long experience on managing local and national projects with support from USAID, Soros etc. Since 2012, a trainer for the Mosaic model, responsible for trainings and seminars on: parents, tutors, carers, class teacher, students, state inspectors from MLSP and advisers from the BDE. Within 2012-2016 involved in the project from the First Children's Embassy “Megjashi” by organizing activities related to respecting diversity and working with personalized dolls.

**The Metropolitan City of Rome / Tor Vergata University, Italy:**

**Maria Fabiani** – She has over 20 years of experience in managing EU projects. Independent researcher, teaches research methodology and statistics at the University of Tor Vergata in Rome. She holds a BA in Nursing and a BA in Speech Therapy. She is also a trainer in the field of research (mindfulness, somatic education).