

Seminar on Lifelong Learning

On Friday November, 8th, 2013 there has been another disseminating seminar of the project 'Current trends and social innovations in long-term and direct care,' this time under the topic of '**Lifelong Learning in long-term and direct care in the Czech Republic and Europe.**' The content of the seminar followed the international workshop, which took place in Prague in October 2013.

The seminar was intended primarily for caring persons and for social service providers with the aim to transfer them the international know-how and information on lifelong learning and care for a dependant person. The seminar discussed the offer of educational courses including the selection of appropriate course together with the crisis assistance and psychological counselling.

The seminar was held in a pleasant environment of 'The House of the Children and Youth' in City District Prague 6. The catering was provided by the social enterprise Café Bazaar. The seminar was attended by 25 people, mainly among the social service providers.

At the beginning of the seminar the project coordinator Kateřina Svobodová presented the project to the participants and spoke about the experience of the international project partners that were discussed at the international workshop. She focused mainly on the interesting project of the Bulgarian partner National Patients Organisation called 'University for Patients' that was aimed at provision of training and support of patients with chronic diseases, their families and friends. The main goal of the initiative is to educate the patients by the specially trained teams of medical specialists and convince the patients to respect the prescribed treatment.

Mrs. Nováková and Mrs. Tupá introduced the participants the training courses organized by the civic association REMEDIUM. The association was founded by former employees of a crisis centre RIAPS that especially at the beginning of their praxis were building a lot on the experience that they gained from their internships in the Netherlands. REMEDIUM currently provides courses in four main areas: crisis intervention, development of personal and professional skills, self-experience and psychotherapy and management and supervision. Both representatives of the association gave the other participants flyers with more information and answered the follow-up questions.

Mrs. Nejedlá, director of Diakonická akademie, devoted her time to the question of *How to choose the right course for your employees?* Together with the other participants she determined the selection criteria of the course as well as the proper reasons for the employees training. She stressed the existence of different course types (informative, practical, workshops etc.) and the importance of various aspects the manager or everyone considering the training should think of at first. Mrs. Nejedlá emphasised the involvement and the activity of the participants that at the end of her contribution had the opportunity to try one of the techniques of communication skills course and learned how to constructively criticize.



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After a delicious lunch there was a practical part during which everyone had the opportunity to discuss their matters with Mr. Skála, an expert in analytical psychology. He spoke about the crisis assistance and presented the crises as a combination of danger and opportunity. According to this concept, the crisis can't be regarded as something pathological, but as a natural phenomenon. The participants discussed with Mr. Skála the topics from their professional practice as well as personal life. The debate was about the fear of dying, about knowing oneself, about trust and also about the unconscious issues in relation to the participants' specific problems.

The participants had the opportunity to exchange their experiences, to learn interesting aspects of lifelong learning and gain valuable advice to both professional and private life.