



7<sup>th</sup> International Summer Academy in Psychology, Jul 16-20, 2018

Organized by: The Student Counselling Centre, UBT, on

**RESILIENCE**

**Agenda**

**Day 1: 16.07.2018, 10:00-15:00**

TIME	ACTIVITY	LECTURER/LEADER
10:00-10:15	Student welcoming and registration	Student Counselling Centre UBT—Vjollca Pllana Shahini
10:15:11:00	<b>Understanding the Concept of Resilience &amp; How is Resilience measured</b>	MSc. Vjollca Pllana Shahini, psychology professor, UBT
11:00-12:00	Presentation of Major Negative effects on Resilience;  •Developmental Issues  •Major life events	MSc. Vjollca Pllana Shahini, psychology professor, UBT;  Dr. Sc. Violeta Zefi, Psychology professor, UBT
12:00-12:30	Lunch Break	
12:30-13:30	Other threats to Resilience: •Major life events, continued •Chronic Stress	Dr. Sc. Violeta Zefi, Psychology professor, UBT
13:30-14:45	•Natural Disasters •Wars and human caused disasters •Psychological Disorders	Dr. Sc. Dashamir Bexulli, Psychology professor, University of Prishtina
14:45-15:00	Summary and discussions	



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**Day 2: 17.07. 2018, 10:00-15:00**

TIME	ACTIVITY	LECTURER/LEADER
10:00-11:00	Presentation of main themes of the day: 1. Understanding Trauma and its negative effects on Resilience 2. The role of Resilience in overcoming traumatic experiences 3. How to enhance Resilience to overcome trauma	MSc. Vjollca Pllana Shahini UBT Student Counselling Centre leader
11:00-12:00	<ul style="list-style-type: none"> <li>• Presentation of the work of the Psychosocial Centre for Trauma therapy—Diakonie Kosova</li> <li>• Interactive Lecture: Understanding Trauma and its negative effects on Resilience</li> </ul>	Psychosocial Centre for Trauma therapy—Diakonie Kosova
12:00-12:30	Lunch Break	
12:30-13:30	• Interactive Lecture: The role of Resilience in overcoming traumatic experiences	Psychosocial Centre for Trauma therapy—Diakonie Kosova
13:30-14:45	• Workshop: How to enhance Resilience to overcome trauma	UBT Student Counselling Centre Psychosocial Centre for Trauma therapy—Diakonie Kosova
14:45-15:00	Summary and discussion	



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**Day 3: 18. 07.2018, 10:00-15:00**

TIME	ACTIVITY	LECTURER/LEADER
10:00-10:30	Presentation of main topics of the day; • <b>The importance of seeking help in restoring Resilience</b>	MSc. Vjollca Pllana Shahini UBT Student Counselling Centre leader
10:30-12:00	•Counselling and Psychotherapy  •Live sessions with participants; Group Therapy	MSc. Vjollca Pllana Shahini UBT Student Counselling Centre leader
12:00-12:30	Lunch	
12:30-13:30	Online Counselling •Presentation of the work of Foundation Together Kosova: Nukjevet.net	Foundation Together Kosova: Nukjevet.net
13:30-14:45	•Workshop: Developing self-care and help-seeking skills Live or online	Foundation Together Kosova: Nukjevet.net & UBT Student Counselling Centre
14:45-15:00	Summary and discussion	



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**Day 4: 19.07.2018, 10:00-15:00**

TIME	ACTIVITY	LECTURER/LEADER
10:00-10:30	Presentation of the main topic of the day:  <b>•The importance of Networking in maintaining Resilience</b>	MSc. Vjollca Pllana Shahini UBT Student Counselling Centre leader
10:30-12:00	•Presentation: The work of the Organization PEN- Peer Educators Network	PEN- Peer Educators Network
12:00-12:30	Lunch	
12:30-14:00	•Youth Advocating Activities & Entertainment •Activities and exercises for Networking and Social Skills Building	PEN- Peer Educators Network
14:00-14:45	•Youth Community Engagement Activities	PEN- Peer Educators Network
14:45-15:00	Summary and discussion	



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**Day 5: 20.07.2018, 10:00-15:00**

TIME	ACTIVITY	LECTURER/LEADER
10:00-12:00	A visit to SOS Children's Village, Kosova. <ul style="list-style-type: none"><li>• The humane work of SOS Children's Village in restoring resilience for abandoned children or those lacking parental care</li></ul>	MSc. Vjollca Pllana Shahini UBT Student Counselling Centre leader
12:00-13:00	Lunch break	
13:00:15:00	A visit to Germia Park <ul style="list-style-type: none"><li>•The positive role of nature in Mental health hygiene and Resilience</li><li>•Breathing exercises</li><li>•Therapeutic walks and sense stimulation</li><li>•Reflecting</li></ul>	MSc. Vjollca Pllana Shahini UBT Student Counselling Centre leader