



Project PHD²

Lifelong Learning Programme-
Grundtvig. Multilateral Projects

www.phd2.eu



Education and Culture DG

Lifelong Learning Programme



Aspects of Interest

- . Lifelong Learning Programme-Grundtvig. Multilateral projects
- . Type of Operation: Training
- . Budget Total: 399.007 €
- . EU Contribution: 75%
- . Duration: 24 months
December 2008 - December 2010

- . Partners:
Centro Studi e Formazione Villa Montesca (Italy)
Health Psychology Management Organisation Services (UK)
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)
Provincia di Perugia (Italy)
Ricerca e Cooperazione (Italy)
Nessuno TV (Italy)

One of the main objectives of the European Union is the development of social policies to support socially disadvantaged groups, coinciding with the 2010 European Year in the fight against poverty and social exclusion. The project **PHD²** (Personal and Human Development. Psychodrama to Help Disadvantaged) aims to help achieve this objective.

PHD² will develop through different seminars the psychological methods of video therapy and psychodrama in persons of physical or mental disability or those in risk of social exclusion to foster their integration or re-integration into society and the workplace.

The project has three phases: in the first of these, psychologists, teachers, video producers and other experts will investigate the educational techniques of psychodrama and video therapy applied to disadvantaged people, and analyse its application in the participant countries.

During the second phase laboratories of communication will be created, verbal and non verbal, in which disabled people or those in risk of social exclusion will work, so that, through the dramatizations they acquire greater confidence in their own ability and are able to communicate with their fellow participants.

Finally, in the third phase, an audiovisual will be created which will compile the experiences of the previous phase. The putting together and development of this audiovisual by the participants will also help them in their personal development. The videos are to be presented in a final event which will be open to the public and encourage the exchange of ideas.

The project is led by Centro Studi e Formazione Villa Montesca (Italy), and has as its partners experts in the field of audiovisuals, such as Nessuno TV, and researchers in the field of psychology or those who work with people with disabilities or are socially disadvantaged, these include Health Psychology Management Organisation Services (UK), Institút Zamestnanosti (Slovakia), Department of National Minorities and Lithuanians (Lithuania), Public Institution Roma Community Centre (Lithuania), Education Center and Social Support for People with Disabilities (Greece), la Mancomunitat de la Ribera Alta (Spain), Provincia di Perugia (Italy), and Ricerca e Cooperazione (Italy). Fundación Comunidad Valenciana-Región Europea (Spain) is responsible for disseminating the project.



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Psycodrama and video therapy
Methods of the PHD² seminars

What is the psychodrama therapy?

The Psychodrama methodology was born in Vienna at the beginning of 20th Century founded by J.L.Moreno, psychiatrist of Romanian origin. The term Psychodrama literally means “Psyche in action” and it could be defined as the methodology that explores soul experiences adopting drama techniques.

In its practical application it consists in re-creating conflictual, unresolved circumstances in a more free, protected and flexible “group dimension” to resolve existing conflicts and emotional problems with “life-theatre” performing.

Psychodrama is a binomial consisting of Psychology and Theatre as tools to observe and study the human world but also to intervene inducing changes in it. Psychodrama allows the individual to express, acting on the stage, his life emotions, building more harmonious relationship between intrapsychic needs and requests from reality.

In a Psychodrama session (generally two hours for session) the lead actor can rely on the support of the psychodramatist, the director of the process, while the whole group contributes to create the right social environment playing the requested roles.

What is the video therapy?

In a very general meaning the Video therapy is any intervention that pursues a therapeutic aim using photos, images, videos inducing the patient to acquire self-awareness and to reflect on himself.

In the last years, more and ever more frequently, Video Therapy is applied in art mediated helping alliances, giving the chance to use the film as a very effective interface.

Film is a tool that allows the client to acquire self-observation and self-monitoring abilities and facilitates the development of interventions on client’s behaviour, provoking reflection on his life, his nature, his resources and experiences. By audiovisual product making, the client is enabled to re-consider his own cognitive, emotional, relational and postural models. Video Therapy offers the possibility to a self re-view, starting a dialogue between different, past and present, temporal dimensions. By comparing the past schooted by the film with the present, the client, guided by a specialist, can find and elaborate new cognitive and emotional options.

As self-awareness narrative technique, Video Therapy can be successfully used jointly with Psychodrama technique, strengthening its potential. In fact, Video Therapy facilitates a strong identity acquisition by the client, and this is a very important step to develop the self-renewal path, pursued by Psychodrama.





EUROPEAN PROJECT



Kick off meeting of PHD² Project

Throughout the duration of the project, a number of meetings will be held. The meetings will play an essential role in the PHD² project management, helping to: ensure the smooth running of the project and completion of targets, develop a successful working relationship between the partners, provide an opportunity for face-to-face contact which facilitates the negotiation of work plans and allocation of responsibilities, get time to know each other, not only during work sessions.

In the PHD² project, four meetings are planned in Italy, United Kingdom, Spain, Lithuania and the final conference will be held in Rome (Italy). The first of these, the kick off meeting of the project took place at the Centro Studi e Formazione di Villa Montesca (Italy) with the participation of representatives from each one of the partners.

The meeting was used to present the projects tasks of each partner, to know in depth what is a video therapy and the psychodrama therapy, an example of psychodrama taped in video, the schedule of the next PHD² actions, the financial affairs and doubts and the main documents for the development of the Project.

At the end of the meeting the partners remember the importance of the dissemination tasks, the immediate actions of the project and the organization of the next meeting in London.

PHD² web site

With an attractive design, the website for the project PHD² (www.phd2.eu) is viewable in English with the objective of raising awareness of the project and reporting the activities performed throughout.

In this way, it is structured in various parts: General Information, in which can be found a summary of the project; its objectives and the methodology, Partners of the consortium, News relating to activities and actions of PHD², Events held; such as meetings or seminars, Media-library that include media documents on the seminars of the project, Elibrary that contains different publications on PHD² and links to institutions and organizations related to the subject of the project, a Contact section, and an area for private members.

The main menu appears on each page of the website, as do the partners' logos which act as links to their respective websites to enable and facilitate, on one hand greater accessibility and navigation between the related sites, and on the other hand communication between the project's participants.



www.phd2.eu
 Web site PHD²

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Management Organisation ServicesFunders
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Región Europea
www.ezpa.info



PARTNERS' LINKS

Centro Studi e Formazione
Villa Montesca
www.montesca.it

Health Psychology Management
Organisation Services
www.hp-mos.org.uk

Provincia di Perugia
www.provincia.perugia.it/formazione

Mancomunitat de la Ribera Alta
www.manra.org

Fundación Comunidad Valenciana-
Región Europea
www.uegva.info

Institút Zamestnanosti
www.iz.sk

Department of National Minorities and
Lithuanians
www.tmid.lt

Public Institution Roma
Community Centre
www.roma.lt

Education Centre and Social Support for
People with Disabilities
www.1597.syzefxis.gov.gr

Ricerca e Cooperazione
www.ongrc.org

Nessuno TV
www.nessuno.tv

PHD² Partnership

Centro Studi e Formazione Villa Montesca

It is a non-profit organisation which develops educational initiatives and offers multi-disciplinary research expertises and training activities.

Health Psychology Management Organisation Services

It is a service organization concerned with facilitating care pathways for people with mental and physical Health Long Term Conditions.

Provincia di Perugia

The Province of Perugia is a Italian Local Authority with statutory, normative, organisational, administrative and financial autonomy.

Fundación Comunidad Valenciana Región Europea

FCVRE is a non-profit and public-private organization, with important experience in the dissemination of results of European programmes.

Institút Zamestnanosti

This Employment Institute is non-government non-profit organization focused on studying problems of employment and unemployment.

Mancomunitat de la Ribera Alta

The Association of La Ribera Alta is a local entity that groups all the municipalities from the Valencian region of La Ribera Alta.

Department of National Minorities and Lithuanians

The Department forms and implements the Government policy of national minorities residing in the territory of the Republic of Lithuania.

Public Institution Roma Community Centre

The aim of the RCC is to help Roma community people to integrate to Lithuanian society.

Education Centre and Social Support for People with Disabilities

This Education Centre diagnoses and evaluates the situation of people with disabilities for the recording of their individualised needs.

Ricerca e Cooperazione

It is an Italian non-profit NGO engaged in the field of international cooperation, targeting countries in the southern hemisphere.

Nessuno TV

Italian Satellite Television member of an European network of TV and other mass media



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