



# MOBILITY OF STAFF

## ADULT EDUCATION

ECETT Mobilty Poland - European cross - training of competency.  
How to work with adults at risk of social exclusion, including drug  
and alcohol addicts.

*Project funded by the European Commission under the Erasmus + Program*



**Erasmus+**



STOWARZYSZENIE  
**monar**

Współfinansowany w ramach programu Unii Europejskiej Erasmus+

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Dear Friends,

We are really pleased to send you this the summary of our project funded by the European Commission under the Erasmus + program and carried out between 2015 and 2017: *ECETT Mobilty Polska - European cross-training of competency. How to work with adults at risk of social exclusion, including drug and alcohol addicts.*

Within the framework of the project, a group of 16 therapists from Monar Association made job shadowing programs in partner organizations in Spain, Belgium, Czech Republic and Italy. The main purpose of their activity was to gain knowledge about methods and techniques of working with people at risk of social exclusion, in particular those addicted to psychoactive substances and / or alcohol. This European initiative focused on exchange of experiences is a response to the need to develop the professional competence of our staff in the field of therapeutic and preventive measures in the face of the ever-changing market and the availability of ever-increasing psychoactive substances. The transfer of knowledge made possible through the Erasmus + mobilities has provided an opportunity to develop a number of techniques, acquire new professional skills and build lasting relationships with organizations of similar profile in Europe. Thanks to the observed good practices, we have also succeeded in spreading the acquired experience of trainees among the therapeutic teams of the Monar Association in Poland. Adult education and, in particular, staff mobility provides flexible lifelong learning pathways, which in the longer term contributes to motivating employees to seek new solutions at work as well as improving therapeutic outcomes in our services. We strongly recommend the mobility of adult education staff as an alternative path for professional and personal development. Erasmus + adds a plus!

Agnieszka Grzelka

Project coordinator

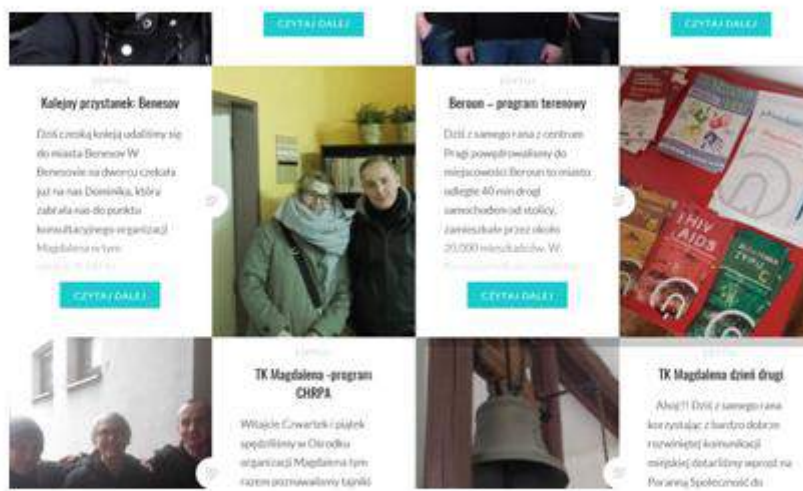
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You can follow training experiences of our trainees on the following blog:

<https://ekspedycjamonar.wordpress.com/>

The "Monar Expedition" Blog has become a tool used to monitor all mobilities as well as part of a promotion strategy of Ecett's training by travel approach (job shadowing) both inside the organization and in the public forum.







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Thanks to the Erasmus + project and all traineeships we managed to gather 16 good practices created by the project participants which we then distributed among our therapeutic services:

Lp.	Kraj	Organizacja	Tytuł dobrej praktyki
1.	Belgia	Trempline	"How to regulate emotions trough confrontation"
2.	Belgia	Trempline	"Hand: symbolic end of therapy"
3.	Belgia	Trempline	" A plaque of feelings as a way of expressing one's own emotional states "
4.	Belgia	Trempline	" Introductory group - preparation for addiction treatment in residential settings "
5.	Czechy	Magdalena	" Strengthening motivation to change: transition ceremony"
6.	Czechy	Magdalena	" Symbolic separation from the past "
7.	Czechy	Magdalena	"Mindfulness, the art of being here and now"
8.	Czechy	Magdalena	"Financial plan" & "Weekend plan"
9.	Włochy	CEIS Roma	" Motivation program: preparation for the rehabilitation in therapeutic community"
10.	Włochy	CEIS ROMA	"Motivation program in ambulatory settings"
11.	Włochy	CEIS ROMA	" Step by step support groups"
12.	Włochy	CEIS ROMA	"Motivation strategies in addiction therapy"
13.	Hiszpania	Proyecto Hombre	"Therapeutic programs for clients with dual diagnosis"
14.	Hiszpania	Proyecto Hombre	"Art-therapy and drama"
15.	Hiszpania	Proyecto Hombre	" Support groups for family and relatives of clients in therapy"
16.	Hiszpania	Proyecto Hombre	Weekend support group - Preparing for the final stage of therapy and return to the place of origin "

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**Trainees' testimonials in a few words:**

*I learned a lot, I had the opportunity to compare the help system in Spain and Poland, and also the way of working with clients in services I visited. We also had some time to "breathe", rest, which is when you work with people. Thanks to the intensive experience and gaining knowledge interwoven with free time and the way everything was arranged we had a chance to reflect on our own way of working with addicted individuals.*

Maria, Spain

*Undoubtedly a big plus goes to the host organization in Valencia which gave us an opportunity to observe their daily operations and main objectives of the treatment system. The form of interactive lecture with presentation has proved a good tool to show us the forms of help and treatment options used in addiction therapy. All in all, combined with the hospitality and the opportunity to participate in all activities, the day plan at the facility allowed us to look at each side of the treatment system in Spain.*

Marcin, Spain

*As for the reaching my individual goals - I think I reached them. First of all, I was able to learn about various preventive programs directed at children and adolescents, which I personally were most interested in. Not only did I talk to the people who lead such programs, but they also shared all the materials and documents with me, so I will be able to implement everything I learnt in my work in Gdańsk.*

Michał, Belgium

*I was impressed with the warm and friendly reception by the therapeutic team, as well as the clients of all the institutions where we had the opportunity to do our internship.*

Ruslan, Spain

*For me, an internship in Magdalena in the Czech Republic has broadened my knowledge of the use of techniques of working with addicts within the therapeutic community. In addition, I had the opportunity to look at the work of other therapists, to see how their therapeutic groups were doing. Everything I've learnt during the internship I could share with my colleagues from the therapeutic staff of the MONAR center in Zbicku where I work - which was great.*

Tomasz, Czech Republic

*All the activities that I had the opportunity to participate in at Magdalen were conducted at a very high professional level with great care for the patient. Daily activities and tightly managed time allowed me to acquire new competences and experiences that broadened my individual therapeutic*



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*work skills, and I was able to convey my insights to my colleagues. I encourage all people who are thinking about making the decision to participate in an internship to do it without delay. I feel that this trip has enriched me very much as a therapist and a human being, and I was met with great cordiality and commitment of those who hosted me in Czech Republic.*

*Anna, Czech Republic*

*I can recommend Erasmus + mobility to my colleagues, and members of my professional environment with no hesitation. This kind of experience gives you the opportunity to take a different perspective on working with addicts, also in a long-term clinical practice that sometimes makes it seem that it's hard to experience something new in a well-known topic.*

*The internship in CEIS has allowed me to see other ways of implementing preventive, therapeutic programs (especially for people with dual diagnosis, behavioral addiction) and post-therapeutic approaches.*

*(...)Thanks to the mobility I had the opportunity to experience working in different culture and practice speaking foreign languages. Thanks to this project at the December conference co-organized by Ecett ([www.ecett.eu](http://www.ecett.eu)) I had an opportunity to present in English for the very first time!! developed competences in psychology and addiction therapy, I gained knowledge about how to gather and share information with other professionals, developed my intercultural communication skills. Trough the traning by travel experience I increased my identification with the "MONAR" Association and established new professional relationships. Thanks to the positive experiences I was the part of, I increased my sense of self- confidence.*

*Małgosia , Italy*

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