

HAMK WELLBEING WEEK 2020

WORKSHOPS

Graphic Facilitation as powerful communication tool



Jeanette Svendsen is an associate professor of Social Education. Her main field of research is social innovation and entrepreneurship in welfare professional context.



Lis Reinholdt Kjeldsen is an associate professor and international counselor. She has been teaching pedagogic outdoor activities as well as nature and environment.

Both of them come from VIA University College in Denmark.

Visualization gives a number of alternative options in how to reach patients or other citizens. In this workshop, three different ways to use graphic facilitation are presented. The participants learn simple drawing concepts (no special drawing skills required) and learn how to use graphic facilitation in professional practice.

**Tuesday to Thursday 9.00 –
11.30**

Transition between final year at university and 1st year working life

Peter Griffiths is a newly qualified nurse (2019), who has made the transition from student to registered nurse. He has done an Erasmus exchange in HAMK and held a workshop on leadership during the wellbeing week in 2019.



The workshop will look at the critical time when student nurses transition to fully qualified nurses - leave behind the security of being a student supervised by a mentor and take on the responsibilities. This can be a very nervous time, but also very enjoyable and rewarding. This workshop will look at and discuss the fears of final year students and will hopefully result in setting up a media platform share ideas, problems and solutions.

**Tuesday to Thursday 9.00 -
11.30**

Struck by the angel of destruction

Jonna Niemelä and **Mare Orman** are Senior Lecturers in the Degree Programme in Social Services at the HAMK University of Applied Sciences in Finland.



The workshop focuses on using mental images in aiding the study of working with families. The participants get to explore themes related to working with families through the use of creativity and imagination. The workshop is experiential and involves working in pairs and small groups. The creative process will be photographed.

**Tuesday to Thursday 9.00 –
11.30**

Resilience and the link to wellbeing in students



Natalie Davies-Dixon is a registered specialist community public health nurse and a Senior Lecturer. She has vast experience of facilitating and teaching newly qualified nurses.

Sarah Gethin Davies works as a Senior Lecturer for pre registration nursing. Her area of specialty is child and family public health and professional issues in children's and young people's nursing,

Both Davis and Davies-Nixon come from the University of South Wales in the UK.

The workshop concentrates on building resilience in student nurses to enhance overall health and wellbeing. There will be a focus on leadership skills that enhance wellbeing to include resilience, self-awareness and cognitive behavioural therapy. The methods are interactive and reflective.

**Tuesday to Thursday 9.00 –
11.30**

Communication and humor in health and social care

Louise Lindsay is a Social Worker in Aberdeenshire (Scotland), currently undertaking her Masters dissertation exploring Social Workers wellbeing at the Robert Gordon University.

Marion Turquier is a General Nurse in Nancy, France and has been practising for 2 years.

Louise and Marion met when they were doing their Erasmus exchange at HAMK and are holding a workshop at the HAMK wellbeing week for the second time.



This workshop will explore the background and understanding of different communication theories and models. Also different types of humor and the importance and benefits of using humor in health and social care will be explored through fun tasks and games.

Tuesday to Thursday 9.00 -11.30

Promoting wellbeing within our clients. A case based learning process



Pamela Davies is a Senior Nursing Lecturer. She is interested in pre-registration and post registration nursing, science, simulation and case-based learning.

Sara Morgan is a Senior Lecturer in advanced practice with a focus on case-based learning for acute and chronic health conditions, and an interest in the use of simulation in nurse education. Her clinical background is in emergency medicine

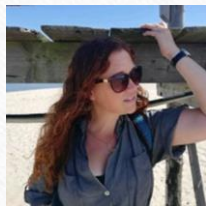
Both Davies and Morgan come from the University of South Wales.

In the workshop, a scenario of a fictional family who has a variety of health problems and needs is presented. The participants will be given an initial health and social history and each session will have different themes explored. Scenario-based learning is a teaching and learning strategy promoting active learning based on a real-life situation. The scenarios will focus on how healthcare professionals can promote the patients' wellbeing.

**Tuesday to Thursday 9.00 –
11.30**

Trauma sensitivity

Hillary Boeke-Vos and **Lia van Vliet** are Senior Lecturers at the NHL Stenden University of Applied Sciences in the Netherlands. **Anna Foget-Feijth** is a master student in pedagogy in NHL Stenden who is working in a primary school with traumatised refugee children.



Teachers and social workers need to be able to deal with children (and parents) traumatized by domestic violence, impact of being refugee or alike. In the workshop, the meaning of trauma for the development of children is explored and situations concerning traumatized children are analyzed. Based on principles of guidance and teaching trauma sensitivity work, the participants will learn how social workers and teachers should react in these situations.

**Tuesday to Thursday 9.00 –
11.30**

Feeding our Microbes

Kari Brossard Stoos is an Associate Professor in the Department of Health Promotion and Physical Education at Ithaca College in New York, USA. Kari's teaching emphasizes story-telling and story creation to integrate public health concepts into science courses to increase students' capacity for social responsibility. Her research interests include teaching and learning, development of diagnostic testing for bacterial diseases, bacterial resistance, food safety (aquaculture), human health and microbiome analyses.



This workshop introduces healthy food choice to support the microbes that live in our bodies. Diets with a focus on the Nordic and Mediterranean diets are examined as well as foods that we like and assess their health value. Participants will complete the “what goes in your blender” activity discussing the importance of consumption of prebiotics to feed our microbes. The workshop is for individuals interested in health promotion, health education and early education.

**Tuesday to Thursday 9.00 -
11.30**

Learning Disability Champions



Stacey Rees is a Lecturer at the University of South Wales and Registered Nurse (Learning Disabilities) She has researched the role of the community learning disability nurse who's role is to support adults with learning disabilities to access acute healthcare.



Steve Hamer is a general nurse practising in mental health environment. He has special expertise in foetal alcohol syndrome disorders and alcohol related brain injury. He is keen to maximize the care outcomes for people who present as such.

This workshop will focus on defining learning disability and the causes of it as well as its relation to health inequalities, access to healthcare, diagnostic overshadowing and reasonable adjustments. These topics will be explored in an interactive manner through presentations, group discussions and focused activities.

**Tuesday to Thursday 12.30 -
15.00**

3D technology applied to teaching and youth work

Juan Jose Gonzales is currently teaching early childhood education and teacher students at the University of Granada in Spain. He has a background in civil engineering and science teaching.



The workshops includes a theoretical introduction into 3D objects/content and its effects on teaching processes in early childhood education and youth work. The participants will learn also how to manipulate and modify 3D objects for teaching purposes and how to present/materialize a 3D model. Also themes like virtual reality, augmented reality and 3D are touched upon.

**Tuesday to Thursday 12.30 -
15.00**

Mind and body awareness

Mary Munro Mary is a Lecturer in Mental Health Nursing and works part-time as a community mental health nurse within substance use services.

Her clinical background is in within forensic mental health and substance misuse. She holds also a postgraduate certificate in mindfulness studies and practices mindfulness daily.

Claire Savage is a Systemic Family Therapist with a background in child & adolescent mental health. She is interested in creative approaches to trauma informed practice.

Both of them come from the Robert Gordon University in Scotland.

This session aims to develop and explore a stable mindfulness practice and to study its application in a professional context. This is done through a combination of experiential learning, with a focus on compassionate approach to mindfulness practice. The workshop also looks at family constellations, a process in which members of a group are selected to represent aspects of a problem or situation, enabling taking both a subjective and objective position.

**Tuesday to Thursday 12.30 -
15.00**



Therapeutic Photography

Dr Neil Gibson is a Senior Lecturer and course leader at Robert Gordon University in Aberdeen, Scotland. He has researched the use of therapeutic photography extensively and has published a book on the subject.



In this workshop, the power and potential of using photography in therapeutic work with clients and service users is explored. It is aimed at all students who will be working in a caring profession where communication and emotional expression will be required. This is an experiential workshop; the participants are expected to have a phone/camera to take pictures with and be prepared to be creative.

**Tuesday to Thursday 12.30 -
15.00**

Grief and loss



Maria Parry is the Academic Manager and programme leader for the Bachelor of Nursing course. Her background is in end of life and palliative care. **Clare Churcher** is a Senior Lecturer with a background is in Gynae-Oncology clinical nursing. She has a keen interest in palliative care and end of life care.



Churcher and Parry are interested in students' approach towards death and their roles in supporting the patient, the family and themselves. They come from the University of South Wales.

The purpose of the workshop is to provide students with differing perspectives of how to work with patients and families through loss. In the workshop, everyday nursing practice and what can affect grief in these settings are looked into - how nurses help to talk about death in a more positive way. The workshop activities include presentations, group discussions and focused activities.

**Tuesday to Thursday 12.30 -
15.00**

Exploring intercultural encounters in social and health care work

Iida Kalmanlehto, Kaisa Seppälä and Marjaana Virtanen work at the School of Wellbeing of HAMK University of Applied Sciences in Finland. They all have experience of living and working with people from different cultural settings from Finland and abroad.

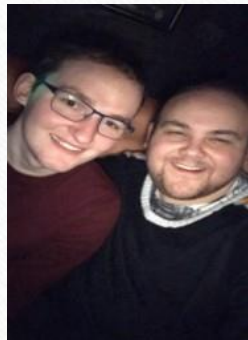


In the workshop, definitions of concepts of like culture, multicultural, health and treatment are processed through discussions and exercises. These are then connected to the intercultural encounters social and health care workers may encounter in their work on the field. The workshop is for you, if you are open for not only exploring the “other” culture, but also analyzing yourself as a cultural actor within your own context.

**Tuesday to Thursday 12.30 -
15.00**

An Introduction to working in Residential Social Work

Scott MacRae and **Joseph Middleton** both graduated from from Robert Gordon University in Scotland (BA in Social work 2019). They both now work in residential care since 6-9 months and have previous experience of for example mental health, learning disabilities, residential child care and criminal justice.



In the workshop, the participants get an overview of the residential care and comparison of the varying models adopted by local authorities in Scotland. Concept of residential and different residential care models are discussed. In the end the workshop participants design their own "ideal" residential care service and present it to others.

**Tuesday to Thursday 12.30 -
15.00**

Theatre for Transformation

Dr. Ashok Gladston Xavier is the Head of the Social Work Department of Loyola College in Chennai, India. He is an expert in the field of conflict and peacebuilding and has done substantive work providing training on trauma awareness and recovery, arts-based approaches to peacebuilding, sustainable development, strategic planning and management, and restorative justice as well as working with community-based organizations.

Do you suffer from anxiety when you need to perform in front of an audience? This workshop is for you! Through using theatre techniques, the participants are engaged in a process of personal change and self discovery. You can watch yourself change.

Wednesday 8.30 - 16.30



Simulation and debriefing according to clinical decision making and clinical leadership

The workshop is run by **Charlotte Hansen**, an advanced simulation instructor and supervisor for nursing students in clinical practice, and **Helle Flodager**, advanced simulation instructor, Msc Nursing and Senior Lecturer, from Via University, Denmark.



The workshop explores acute and critical care through simulation-based learning. The participants will work with wellbeing strategies by J. Morse. The workshop is targeted at students of nursing.

Wednesday and Thursday
10.00 – 14.45