

Pre-conference Workshop

Developing the socio-emotional competencies of children through rational emotive education programs

Prof. Dr. Adrian Opre
Babes-Bolyai University, Cluj-Napoca, Romania
adrianopre@psychology.ro

Rationale: During the last years we have noticed a worrying increase of unhealthy emotions and behaviors in the educational setting. It is obvious that students who display such conduct represent a real challenge for teachers, parents and especially for school and clinical psychologists. The long-term consequences upon the school performance, psycho-somatic health and social integration of these students are alarming. The diversity and severity of dysfunctions force specialists to identify and implement the most viable solutions for the prevention and/or remission of these dysfunctions. A careful analysis of the field points out that during the last decades cognitive-behavioral interventions have proved to be the most effective in the prevention and/or remission of such problems. Capitalizing on these needs, but also on the success of cognitive-behavioral interventions, we believe that our experience in the field can be put to use through the elaboration of an ad-hoc prevention program **SELF KIT**. „SELF KIT” (SELF: Social-Emotional Learning Facilitator) is a psychological and educational counseling program, elaborated on the principles of rational-emotive and behavioral theory. Its main aim is the development of socio-emotional competences in pre-school and school-aged children. Due to its structure, content and implementation strategies, the SELF-KIT can be easily adapted to diverse socio-cultural and educational (curricular) contexts. Additionally, the typology and difficulty level of activities are selected based on the cognitive and socio-emotional profile of children at different ages. In this manner, we strongly believe that SELF-KIT succeeds in reducing, if not eliminating, the shortcomings of programs with contents highly dependent on cultural and curricular peculiarities of the country/area where they have been elaborated. Preliminary data collected in pilot studies we conducted, represent strong arguments in supporting the viability and ecological validity of the intervention packages included in this program.

The workshop has as target group all psychologists or counsellors involved in children counseling and psychotherapy. Mainly oriented on practical competences we offer participants information on how to design and implement social and emotional development sequences for students. Also, we provide numerous strategies and tricks aimed at the enhancement of the SELF KIT program benefits, which were extracted from our professional experiences with this program.

Date: September 1st, 2010

Time: 9am – 12pm

Fee: 50 euro; reduced fee: 35 euro (for students and residents of one of the listed countries)