



MindSpring

MindSpring kursus og træning 25th - 26th February 2021

MindSpring co-trainers

Undervisere og kursusleder:

Tove Madsen og Jette Thulin, consultants, DRC Danish Refugee Council

Day 1

9:00-9:15 am	Welcome
9.15 – 9.30	Short about MindSpring
9.30 – 10.50	Working groups
9.50 – 10.00	Debriefing
10.00 – 10.15	Break
10.15 – 10.45	The method of MindSpring
11.05 – 11.15	Break
11.15 – 12.00	Groupwork What do I think, needs, to start up MindSpring
12-00 – 12.15pm	Briefings from groups
12.15 – 13.15	Lunch
13.15 – 14.00	Energizer
14.00 – 14.15	Responsibility for a co-trainer and a MindSpring-trainer
14.15 – 14.40	Workgroup” the arrangement of MindSpring in my area”
14.40– 14.45	Break



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14.15 – 14.45 Ending the session.

Day 2

9:00 - 9.20 am	Starting a groupmeeting
9.20 – 10.20	What is special for parents with refugee background
10.20 – 10.40	Break
10.40 – 11.00	Stress as a topic
11.00 – 11.10	Break
11.10 – 11.40	Traumefilm and briefing
11.40 – 12.00	Experiences from co-trainer in Vejen, DK
12.00 -13.00pm	Lunch
13.00 – 13.30	Supervision, evaluation
13.30 -14:00	Group work
14.00 – 14.15	Break
14.15 – 14.30	Briefing about starting a MindSpring group
14.30 – 14.50	Good ideas to start a MindSpring- group
14.50 -15.00	Ending this trainer-course