

Training topic

“Positum MGS Method: Psychosocial Transcultural Games and other Instruments for Building the Capacities and Resilience of Professionals, Children and Adults in time of Crisis and Trauma resulting from War, Pandemics, Natural Disasters and Violence of Different Forms”

Training, Coaching and Supervision Facilitated by:

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Accredited Psychosocial/MGS Trainer & Supervisor

WAPP-Board Certified Positive Psychotherapist

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Positum MGS - Core Training Specifications

The participants will learn through interactive and experiential activities in the group how to work with groups of children and adults in a ‘Positum MGS’ approach, in the framework of Positive Psychotherapy (PPT after Peseschkian, since 1977)[™] and the MGS Methodology, by building the competences to facilitate group sessions that contain psycho-social games followed by a PPT 5-stage consultation and debriefing. The following page contains the standard content for a training in Positum MGS.

Materials for the core training

Some of the sessions will require the use of materials for the part of the psycho-social games and theory presentations in the group. There needs to be a conference room not smaller than 70 square meters; a projector, 1 flipchart stand or white board. Here is a preliminary list of items that need to be purchased before the training:

2 volleyballs

2 footballs

20 hula hoops

20 scarves

15 meters of rope

10 land markers

5 markers of different colors.

Agenda

Day 1

<i>Time</i>	<i>Module Content</i>	<i>Self-discovery hours</i>
10.00 – 11.30	Introduction & building TRUST: sociometric games, expectations & fears, future plans, introduction to Positum MGS	0.5
11.30 - 12.00	Coffee/tea Break	
12.00 - 13.30	Topic: Perception - a Positum MGS approach based on PPT	0.5
13.30 - 15.00	Lunch break	
15.00 - 16.30	Topic: Objectives of Positum MGS sessions in group self-discovery or therapy	1.5
16.30 – 16.45	Coffee Break	
16.45 – 18.00	Topic: Features of psycho-social games in Positum MGS sessions for group self-discovery or therapy	1

Day 2

<i>Time</i>	<i>Module Content</i>	
9.00 - 9.30	Reflection on key lessons from the previous day	
9.30 - 11.15	Topic: Management of Emotions - a Positum MGS approach	1.5
11.15 - 11.30	Coffee/tea Break	
11.30 - 13.30	Topic: Methodological principles of Positum MGS	1.5
13.30 - 14.30	Lunch break	
14.30 - 15.45	Topic: Resilience & Grief Process – A Positum Approach (Part 1)	1
15.15 – 15.30	Coffee/tea break	
15.30 – 17.00	Topic: Resilience & Grief Process – A Positum Approach (Part 2)	1

Day 3

<i>Time</i>	<i>Module Content</i>	
9.00 - 9.30	Reflection on key lessons from the previous day	
9.30 - 11.30	Topic: Transcultural and Traditional games as therapeutic tools in Positum MGS sessions	1.5
11.00 - 11.15	Coffee/tea Break	
11.15 - 13.00	Topic: Planning a Positum MGS session	1
13.00 - 14.00	Lunch break	
14.00 - 15.30	Topic: Preparation in 6 teams for delivery of Positum MGS sessions for the rest of the group	
15.30 - 15.45	Coffee/tea break	
15.45 - 17.00	Topic: Preparation to Receive Feedback in Positum Coaching	1

Day 4

<i>Time</i>	<i>Module Content</i>	
9.00 - 9.15	Reflection on key lessons from day 3	
9.15 - 11.15	Team 1: Demonstration of a group session and feedback	1
11.15- 11.30	Coffee/tea Break	
11.30 - 13.30	Team 2: Demonstration of a group session and feedback	1
13.30 - 14.30	Lunch break	
14.30 - 16.30	Team 3: Demonstration of a group session and feedback	1

Day 5

<i>Time</i>	<i>Module Content</i>	
9.00 - 9.15	Reflection on key lessons from day 3	
9.15 - 11.15	Team 4: Demonstration of a group session and feedback	1
11.15 - 11.30	Coffee/tea Break	
11.30 - 13.30	Team 5: Demonstration of a group session and feedback	1
13.30 - 14.30	Lunch break	
14.30 - 16.30	Team 6: Demonstration of a group session and feedback	1
16.30 – 17.30	Questions & Answers, Evaluation of the training, closing	

Note: Days 4 and 5 can also be combined into one day of four sessions, if there are 16 or less participants.