



Comenius 2.1  
E:BOB

## Empowerment: Burn-Out-Prevention

*University of Luxembourg*

### Seminar design Module 4

*Coping with difficult behavior*

### Aims/Targets of Module :

Coping with difficult behaviors  
 Willingness and competence in cooperating and communicating with others, both in and out of school: parents, etc  
 Theoretical basic principles in the area of difficult behaviors  
 Coping with difficult behaviors  
 Willingness and competence in cooperating and communicating with others, both in and out of school: parents, etc

### Programme:

Saturday	<b>17<sup>th</sup> 01 2004</b>
9.30	Breath exercise Encounterrite: say "Hello" according to the mood your in "Give me a note": Breath-exercise with a humming out-breath joining the participants in a "symphonie"
	Diary-work: going back in mind to the end of modul 3, travel from there to now and here ⇔ design a menu or programm card representing your experiences in the meantime
To ca 12.30	Slide-show of the pictures of Modul3

	Lunch
14.00	Reminder of the modul aims and contents ⇔ clarifying the needs of the participants for modul 4
	Theoretical Spot: Introduction to case work
	Work on examples in small groups ⇔ exchange in plenum
	Break in motion
	Homework: Preparing a case study for the next meeting
	Evaluation ITC
To ca 17.30	I offer my best memory

**Friday**

**30<sup>th</sup> 01 2004**

19.30	Narration of the Bambeba-Ritual + Hand-out
To ca 21.30	Working with a video-document „Aaron“ Plenum-Discussion Theoretical spot on fear and aggression Working with a video-document “Nico” Plenum-discussion

**Saturday**

**31<sup>st</sup> 01 2004  
Samstag**

9.00	Body exploration
	Theoretical spot on peer inter-vision Hand-out about the phases and methods according to Kim-Oliver TIETZE , Wolfgang MUTZECK Case studies in tandems
	Lunch
To ca 17.00	Case study in the plenum Back to the net: exploring the possibilities to start peer inter-vision back- home BO-SE, Seminar-evaluation Diary-Evaluation → design the back side A last glass standing

## **Learningpackage: Methods, Materials**

- Theoretical spots: They last 5 – 20 minutes and are meant to reflect on past experiences, give a frame to the exercises we do in the workshop and to make a link to their professional situation
  - Individual Seminar Diary
  - Handouts to the theoretical spots with bibliographical references
- Book table (Trainers' and participants')