

MENTAL HEALTH EMPOWERMENT SEMINAR

Location: Zoom

Date: 19.12.2020, Saturday

Duration: 10:30 - 16:30



WHO IS THIS SEMINAR FOR?

The seminar is designed for people facing mental health challenges that require the use of mental health care/ services (treatment and support). It aims to boost their level of empowerment by raising from being passive psychiatric patients to becoming self-reliant clients, users of mental health services.

Those who provide care and support to people with psycho-social disabilities are also invited to participate in the seminar; together with welcome mental health professionals who want to organise their clinical practice in a way consistent with the principles of empowerment.

The event will be organised in the form of short theoretical presentations and general discussions. Participants will be encouraged to share personal experiences, as well as ask important questions related to the topics of the seminar.

Together, we hope to create a welcoming and secure environment which will allow participants to carry home the feeling of support, alternatives and empowerment to change their circumstances, their lives and the mental health system from within.

The seminar will be hosted by Dr. Vladimir Sotirov, a psychiatrist with 25 years of clinical practice.

Note: To participate in the seminar you need to fill in a registration form. If you need assistance in filling out the form, you can contact the organizers by phone: 00359889055913



AGENDA

10:00 - 10-10 Welcome and housekeeping rules

Irina Atanasova, founder of "Skin - mental health platform" foundation

10:10-1030 Best mental health empowerment practices

Dr. Michail Okolijski, expert from the office of World Health Organisation in Bulgaria

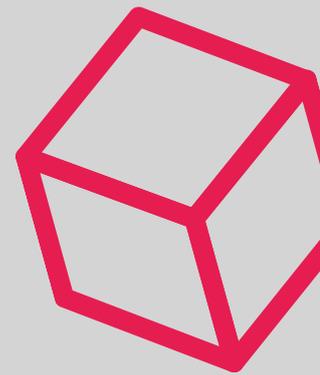
10:30 - 11:30 Module I Empowerment.

The facilitator will present the concept of empowerment as a key factor in the process of providing good mental health care and will try to answer the questions: what is empowerment, why is it important and how is it achieved?

Coffee break 11:30 - 11:45

11:45 - 12:45 Module II How does experience help us?

Participants will have the opportunity to discuss, assisted by the facilitator, how their experience in life and dealing with mental health challenges helps to increase their level of empowerment. They will be encouraged to share good practices as well as personal strategies that have contributed to effectively dealing with the manifestations and consequences of mental illness, and at the same time, a distinction will be made between illness and ill behaviour.



AGENDA

14:00 - 15:00 Module III How can our own experience be in the way?

Again in the format of an interactive discussion and sharing personal experiences with comments from the facilitator, we will try to find out how to use our negative experiences gained in our role as patients as a basis for personal growth and empowerment. Does this experience really bother us if we grow thanks to it, or does it make us stronger, more knowledgeable, and more capable? Can we turn a negative experience into a positive one or how can we be informed by it in a constructive, not destructive way.

Coffee Break 15:00 - 15:15

15:15 - 16:15 Module IV Empowerment through participation.

We will discuss how to participate in the process of reorganisation of mental health care in Bulgaria in our role of citizens and citizens with personal experience in dealing with mental disorders. What tools do we have to participate in the planning and management process? What information and support do we need to be able to participate effectively in the public process?

16:15 - 16:30 Closing and summary

