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DAUPR-Discourse Analysis with Unconditional Positive Regard

Connecting methodologies. Discourse analysis, unconditional positive regard and appreciative inquiry

One of the innovative elements of the European Erasmus Program "Discourse Analysis with Unconditional Positive Regard" (DAUPR) is the application of various and different methodologies. Those methodologies come from various qualitative backgrounds: mainly social psychology, systemic therapy and humanistic psychotherapy.

When the partners planned the program's theoretical aspects, one of the goals was not only to exchange good practices and help people that belong to many different "minority groups" all around Europe. One of our goals was also to be self reflexive and investigate our own constructions

regarding vulnerability and social exclusion. The basic idea was that the constructions people who work in the mental health have strongly affect the communication they will develop with their clients, the psychotherapeutic approach that they will chose and therapy's efficiency.

One of the core beliefs of the program is that self reflexivity must be an open process which all the professionals who work with vulnerable people will use. Connecting discourse analysis, unconditional positive regard and appreciative inquiry will hopefully challenge mental health stereotypes.





Smeaton's tower-Plymouth

The training Meeting in Plymouth (UK)

On 20th November 2017, a training was held in Plymouth (UK) with all the project partners.

The five day training event took place in Plymouth and District Mind offices in Plymouth. Their facilities in Plymouth were exceptional. Since we were working until late we all appreciated the perfect organization and the friendly atmosphere.

Plymouth and District Mind organized a workshop regarding Unconditional Positive Regard and Reflexivity.

Plymouth Mind also held a lecture regarding the foundation of best practice sharing and they presented the CRUISE model. Furthermore ASTRA's representatives held a lecture about social constructionism and the importance of feminist psychology. They also offered case study reports to stress how gender identity can shape our constructions regarding vulnerable adults.

ODYSSEUS was responsible for developing the basic methodology of Discursive Psychology. One of the arguments was that language is an analytical tool that shows our constructions about social reality.

The participants were also informed about how Appreciative Inquiry can be used in a therapeutic community setting to work towards finding solutions without problemizing everyday life.

The Agrinio Mental Health Center presented a combined approach that connects systemic theory and cognitive psychotherapy.

The training meeting ended with a lecture regarding language and authority.



The DAUPR team in Plymouth

Plymouth (<https://en.wikipedia.org/wiki/Plymouth>)

Plymouth is a city in Devon (UK) During the First World War Plymouth was the port of entry for many troops coming from the Empire. During the Second World War, the city was heavily bombed by the Luftwaffe in a series of 59 raids known as the Plymouth Blitz. More than 1.000 civilians lost their lives.

After the English Civil War the Royal Citadel was erected in 1666 towards the eastern section of Plymouth Hoe, to defend the port from naval attacks. Plymouth has 20 war memorials of which nine are on The Hoe including: Plymouth Naval Memorial to remember those killed in World Wars I and II, and the Armada Memorial to commemorate the defeat of the Spanish Armada. The city is situated between the River Plym to the east and the River Tamar to the west; both rivers flow into the natural harbor of Plymouth Sound

The famous Elizabethan navigator, Sir Francis Drake was born in the nearby town of Tavistock and was the mayor of Plymouth. He was the first Englishman to circumnavigate the world and was known by the Spanish as *El Draco* meaning "The Dragon" after he raided many of their ships



The Meeting in Belgrade (Serbia)

From the 23rd until the 24th of April 2018 the project partners met in Belgrade, Serbia. The main agenda of this meeting was to summarize what had already been done regarding each partner's responsibilities for the DAUPR Program. All the partners also discussed about what must be completed in the next following months (May to September) up until the next meeting, which will be held in Ljubljana, Slovenia.

Each partner presented all the steps that have already been taken regarding the implementation of the program. The Mental Health Center of Agrinio shared information regarding the coordination of the program, the budget and the mobility tool.

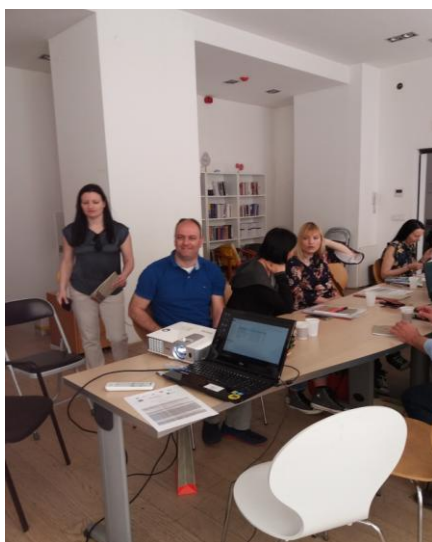
ASTRA gave a detailed presentation about what each partner can do to increase the project's dissemination. All the partners agreed to fill in a dissemination report for the first six months of the project.

SENTPRIMA informed the partners about the process regarding evaluation. Plymouth and District Mind presented valuable information about the website and the Huddle Platform. ODYSSEUS invited all the partners to be more creative in the filling in of the learner's diaries. All the partners agreed to fill in the project's template for the learner's diaries and also give 15 minutes before the end of each day's meeting to examine their thoughts and feelings and discuss everything altogether.

The second major part of the meeting was about the formation of the focus groups. Each partner must form two focus groups consisting of 10 persons each. Those focus groups will discuss openly about what they think of vulnerability and vulnerable children or adults. Their discussion is going to be recorded and then Discourse Analysis will be applied in all the material.

The gathered material will be also translated in English so that Odysseus will apply Discourse Analysis in all the data. Apart from that each partner will try to read the data that came from each partner's focus group and examine what kind of constructions are formed about vulnerability and people in need.

The partners had the chance to have a practical insight to how we run discourse analysis. All the members of the project's team that participated in the meeting had a 10 minutes discussion about what vulnerability means to them and how they work with vulnerable people and children in everyday life. They then discussed about the constructions that were framed as they talked, the interpretative repertoires used and also about some of the ideological and rhetorical dilemmas that popped out as they shared their everyday experience at work.



Getting together in Belgrade



One of the most important parts in a European Project is not only the fact that you exchange good practices. When you participate in a European project you also develop new innovative techniques that will improve the team's communication skills. Getting together and know each other is one of the most enjoying experience in an Erasmus project.

The fact that each meeting is hosted in a different country (each parter hosts one meeting in its' country) conjoins fun with work. You walk around a foreign city with all the people you work.

Belgrade is a city with rich history and one of the most beautiful cities in Balkans.

All the Serbian team from ASTRA did their best to fully

enjoy our stay in Belgrade. The meeting was hosted in the Human Rights House , in the city centre of Belgrade.

ASTRA also did an amazing work in organizing the social gathering of the team. They were exceptional in organizing all the things we had to see in the Belgrade. We especially enjoyed the dinner that ASTRA treated us in "Sesir moj" one of the most famous taverns in Skadarlija (a popular area in Belgrade). All the partners visited International Aid Network. IAN is an organization that is working with victims of torure and other marginalized groups. In their office we had the chance to talk about immigration issues in the Balkan area.

Belgrade (<https://en.wikipedia.org/wiki/Belgrade>)

Belgrade (White city) is the capital of Serbia. Sava and Danube are the two rivers that crosses the city. The city was conquered by the Ottomans and the Austrians. It became the capital of Yugoslavia in 1918 until 2006. The city has a heavy history. It was bombed by NATO in the 1990's but nowadays Belgrade is a vivid city in which one can observe the city's history in the architectural landscape. Belgrade has a rich artistic and cultural life with many museums to visit and plenty of places to visit.

One of the spots that you shouldn't miss is the Belgrade fortress and the Kalemegdan Park.

One can also visit the museum of Nicola Tesla a prominent figure in Belgrade's history.

The contemporary museum of modern art which opened in 2017 is another hot spot.

There are plenty of coffee shops and restaurants around Danube river. Belgrade calls the visitor to walk around the city and discover its beauties and hidden messages!

