

## **Program of the Exchange week 2008 in Groningen (the Netherlands)**

Dear colleagues and students,

On behalf of the board, the students and the lecturers of the Hanze University in Groningen I invite you to visit Groningen and to participate in our program.

We decided to offer you a lot of possibilities in seven thematically workshops, each continued for two whole days.

Each workshop has as theoretical lectures as visits to the practice field as comparative activities between students and lecturers of the different participant countries.

Of course we also present a cultural program, in which you can visit our lovely city and surroundings. We bring also visits to the local bars and restaurants so you can taste our food, wine and bears.

We are looking forward to a usefully and joyful exchange week in april 2008.

Bert Gijssbers, coordinator International Relations  
Hanze University Groningen  
Department of Social Studies

The program has the following structure:

### **MONDAY 21 APRIL 2008**

11.00hrs      Opening of the week by the Dean of the School of Social Studies  
                    Dr. Han de Ruiter

                    Introduction to the program

12.00hrs      Lunch

13.00hrs      Classification of the groups and getting to know each other in a creative way

15.30hrs      Guest lectures from lecturers from our visiting countries

18.00hrs      Dinner

### **TUESDAY 22 APRIL and THURSDAY 24 APRIL 2008**

Thematically workshops: each students participate in a workshop of his 1<sup>st</sup> or 2<sup>nd</sup> preference.  
For the seven themes: see below.

### **WEDNESDAY 23 APRIL 2008**

Cultural program

## **THURSDAY EVENING 24 APRIL**

Farewell party

## **FRIDAY 25 APRIL 2008**

10.00hrs Creative feedback, Overview of the program and evaluation

12.00hrs Lunch and Saying Goodbye.

### **Practical information**

Language: English

Accommodation: Students live at the students' houses or in a youth hostel

Fee: € 50

Participation: every student has the possibility to participate in a two day workshop.  
To know your preference send an e-mail with your first and second theme of preference to Ms. Jeannet Koster e-mail: [j.koster@pl.hanze.nl](mailto:j.koster@pl.hanze.nl)

Because of reasons of international exchange we have the intention to divide students from one country over different workshops, so please help us and give us preferences in different workshops from each country. You can already arrange that in your student group in your own country.

Please fill out this participation form, if you like to come and send it by e-mail to Ms. Jeannet Koster e-mail: [j.koster@pl.hanze.nl](mailto:j.koster@pl.hanze.nl)

Name: \_\_\_\_\_ Male/ Female  
School: \_\_\_\_\_  
City of the school: \_\_\_\_\_  
Country: \_\_\_\_\_  
E-mailadress: \_\_\_\_\_

Preference:

1<sup>st</sup> workshop theme :

2<sup>nd</sup> workshop theme:

In this week can participate 55 students from foreign countries and 50 students from the Netherlands.

Subscription before 1 March 2008.

## Themes

### **1. The Dutch approach of Drugs Abuse in Social Work.**

The landscape of social work is a colourful variety of different approaches in methods and in titles. We can differentiate the social work into two different approaches. The social work that works from the idea that the client needs to seek the help/care themselves (motivation from within and voluntarily) and the social work that's enforced on the client through judicial means (motivation through the enforcement of help/care). This last approach asks of the social worker different kinds of method like motivational conversation techniques, a broad perspective in report skills, a chain cooperation with all kinds of different institutions, etc.. There's also a big diversity in the kind of help/care that is offered in this area. From childcare (like the Child protection board) to psychiatric care (Like closed psychiatric clinics).

During two days we will experience and hear what the judicial system has to do with addict care in The Netherlands. We will hear about the difference between the Dutch approach and other European approaches. You'll also visit institutions for social work in the addict care. In workshops you will tell other students about the system in your country, so that you can learn from each other. We will exchange the information with each other and reflect on it and discuss the differences.

Author: Arjen Gussenhoven

### **2. Domestic Violence**

This theme deals with domestic violence: child abuse and violence against partners (both women and men!)

Last year, the Council of Europe started a Europe-wide campaign to take measures to reduce the rate of violence against mostly women. Many European countries take this problem very seriously. Research shows that almost twenty five percent of European women have been victimised by physical violence some time in their lives. More children witness violence between their parents. Over ten percent of women are victims of sexual abuse.

In the Social Work field we meet these victims of violence in several ways: they are the (adult) clients with traumatic childhood experiences, they are the victims of recent violence and are looking for a safe place, or they are the clients who come to you (or your institute) with some other question for help - for example on relationships.

In two days during the exchange week, we will be exploring several aspects of the problem that is domestic violence, for example: cultural and socialisation issues, the clients needs, and the social workers needs (specifically, the risk of secondary traumatisation). We will interview several professionals, as well as discuss initiatives from local and governmental authorities.

Moreover, we will exchange experiences between students from different countries, and have excursions to get an impression of the way the Dutch try to deal with the problem that is domestic violence. Our aim is to have an inspirational dialogue with each other.

Author: Wytse Kater

### **3. Workshop Recovery-Oriented Practice.**

*cos there's....*

*Something inside so strong (Labi Siffre)*

“Recovery is the development of significance and [new] meaning in a life during the struggle to overcome the traumatic consequences of a mental or chronic illness”



In this workshop participants will learn and experience what this new development in the world of Care implies. There will be presentations, exercises, even music but also meeting en discussing this topic with ‘consumers of care’, with experiential experts.

Together we will study and discuss the effects of this new approach. Participants get the opportunity to take the first steps to incorporate this way of working and thinking in their own way of supporting people.

Recovery is not cure, on the contrary it’s a person accepting that in most cases the disability can not be cured and nevertheless recapture control over their own life, their own destiny. It’s something someone can only do himself, but it helps if social workers and others take up a recovery oriented attitude

Author: Menno van Veen, MSc

### **4. The Arts as a medium in Social Work.**

When there is music, when people start singing or playing there will be movement.

Somebody dances on the rhythm, or is moved (touched).

By listening to music somebody can feel that he is sad, angry, in stead of tired, as he was thinking before. By making music somebody can make audible what is going on inside him. Music speaks to the heart. Music can make a connection between people, arise memories etc

Before we learned to speak, we could see images. When we work with imaginations, we can reach a layer which can pass the language. Imaginations expressed in pictures, can be a key to understand unconscious motives and feelings better.

When somebody is painting, he makes his inner dialogue visual. When the painter works with his hands, heart and head, he can express more and there will be an integration between more layers in somebody’s personality.

During two days we will see and hear about what working with the arts, especially visual arts and music, can mean for clients in Social Work.

Professionals from the working field will tell about there experiences and you will visit an institution for Social Work, where clients do work with art.

In workshops you will also have your own experiences with making art by drawing, watching, playing and listening. We will share them, reflect on it, discuss the qualities of the different art-forms and how to use these media in Social Work.

Author: Hanna Sulman.

## **5. Rehabilitation: use the possibilities in the situation of the people with a psychiatric or physical or mental disability.**

In 2008 it's hard to imagine people with a disability standing on the outside of our society. People with a psychiatric or physical or mental disability are threatened by their disability and want to pick up their everyday life. They want to be employee, student, living outside a clinic, get social relations. They ask support to (re) find their dignity. This is the work of rehabilitation. It's not the disability or treatment that has the attention, but what comes after that, the consequence it has to function in society in a role. The role as student, as parent, as employee. How can we support the client in this role, what do we use as a method to realize it. How we give them the control concerning their future, after they frequently had so much control over them. These are the items we will discuss, see in practise during a two day program in the exchange week.

Author: Jolanda Kroes and students

## **6. The Solution Focused Approach**

The Solution Focused Approach is nowadays hot stuff in Holland. Insoo Kim Berg and Steve de Shazer are two Americans who developed this method in the States. In workshops we have a view on this method. It's a way of thinking and talking about problems and solutions of the client. Assumptions of the method are:

- The set of diagnosis is not the set of solutions;
- The client is expert in his own therapy;
- You don't need to repair the things that are okay;
- Things that work, stay on doing it;
- Things that don't work, try something else to do;
- Resistance in the contact is an important value

This method is build on asking the right questions. It's about

- . goal negotiation – the miracle question
- . find the exceptions on the problems
- . scaling questions, to determine the next step that helps
- . knowing the helping sources
- . doing a little experiment
- . the attitude is joining

In workshops this method will be illustrated and we will do exercises to learn how to do it in practice.

Author: Egon Vernimmen

## **7. Transcultural communication in the Netherlands**

Everywhere in Europe we see a lot of migration of refugees and people coming from abroad to work. A lot of these immigrants have less rights and less possibilities in the society. We discuss about the position of immigrants in the Netherlands, the possibilities for refugees to integrate in the local society.

You also get informed about the way Social Workers practise with immigrants, using the method of transcultural communication. And we practice the method of transcultural communication in the workshop.

Authors: Any Akop and Eugène Slagveer