#### Basic course: program example

#### Sunday Arrival by 17:00

18:00 Get-together-meeting after dinner

**Monday, (**Voluntary before breakfast every day: meditation – relaxation)

9:00 – 12:30 Introduction to the program Approach to personal experience

Coping with crises: BASIC-PH

14:00 – 18:00 BASIC-PH continued

**Tuesday**

9:00 – 12:30 Death and Bereavement

14:00 – 18:00 Starting crisis intervention: Main questions, roles, circles of vulnerability

and support

**Wednesday**

9:00 – 12:30 Group Crisis Intervention (GCI) according

to NOVA,theoretical background

demonstration

14:00 – 18.00 Exercise GCI-model in small groups

Reflection of the strategy

**Thursday**

9:00 – 12:30 The day after Psychological First Aid

Psycho-education

Prepare presentations for teachers and parents

14:00 – 18:00 continued

How to coach principals

How to deal with the media

**Friday**

9:00 – 12:30 Crisis Intervention: Simulation of a

large scale event

14:00 – 18:00 Care for the caregiver

Plans for back home, Network of mutual support in crises

Evaluation of the seminar

**Saturday** Departure after breakfast

*There may be changes according to the needs and wishes of the participants*