

PREPSEC International meeting the 22th of November 2013

Present: Bettina, Knut, Robert, Borge, Bengt

Introduction and information.

All new members have now received a welcome letter (Se Appendix 1). As we decided on the last meeting membership fee will cover also 2014. Since everybody has had a quite busy time the further work with “levels of responsibility” for the different programs has stopped temporarily. The same with the research committee. However, it is better to take things step by step than rush and do substandard work..

Bettina and Kim have done a good job with the proposal for a PREPSEC leader’s symposium.

1. Approval of the minutes from meeting the 23rd of September 2013

Proposition to solution:

The board approves the minutes of the PREPSEC International meeting of September 2013

2. PREPSEC International Symposium

Background for the item:

In Denver it was proposed by Kim Parker that PRESEC should arrange a “master trainer gathering” somewhere in the southern part of Europe. The gathering could include specific training for master trainers in the new PREPSEC programs and also practical demonstration of how the different countries actually train the different components in ART. Depending of the size of the chosen location we could invite the board members and master trainers from different countries. Kim and Bettina have proposed 2 alternatives – one in Denmark and one in Malaga, Spain. Further they propose one week in the second week of September in Spain or 5 days in Denmark. We have to decide if, where and eventually how many days we shall arrange for the symposium . Kim and Bettina suggest presentation of a number of programs (see attached Appendix 2).

Resolution:

The board agrees that we hold a PREPSEC Symposium in Denmark in the period between August 23 and September 14, 2014. Some members have not responded to the Doodle survey of availability for the members to attend and the request for suggestions for appropriate

candidates to be invited to the Symposium and invited after the groups reaches a consensus on that item. Robert will send another Doodle poll for the members to indicate their availability and Kim and Bettina will follow up with the Board members in terms of getting responses on both availability and suitable candidates to be invited. Kim and Bettina will be asked to further develop the symposium's content be presented at the next PREPSEC meeting.

3. Welcome to Members of PREPSEC International Letter

Bettina has drafted the following letter to be sent to all PREPSEC International members who have joined the organization since November 2012.

Resolution:

The board agrees to the format and the content of the letter (see **Appendix 1**) which she will send out to all members.

4. Next PREPSEC International Meeting

The date for the next PREPSEC International meeting is set for Friday March 7th 2014 at 14:00 European time, 09:00 Eastern Standard Time , 7:00 Denver time.

Appendix 1

WELCOME TO MEMBERS OF PREPSEC

On behalf of the Board of PREPSEC International I would like to thank you for choosing to be a member of our organization. We have experienced that it takes time to build a solid organization, but we are moving forward step by step. Now PREPSEC International is registered in Norway, a bank account is opened and our web-site is published. On the web pages you can read about our statutes and among other things find information about the different programs, minutes from board-meetings and updates on what is happening in the individual Countries where the PREPSEC programs are being used.

People from around the world have signed up and paid membership fees since the organization was formally established in Sandnes, Norway in 2012. However, the organization has not been fully functioning until now and the board has decided that membership fees that were paid or will be paid during 2012 and 2013 will be applied to membership for the year 2014. Our ambition is to establish different committees very soon, and in line with our statutes to also appoint international representatives as fast as there are

sufficient members from each of the specific countries. If you would like to participate in these positions, please inform us. Hopefully the organization will grow fast and strongly enough that we can have elections for a new board in 2014 or at latest 2015.

As you can read under the rubric “news” on the web-site, three of the PREPSEC-programs have had Implementation Guides published by Research Press to date. That includes Family TIES, Social Perception Training and Problem-Solving Training. Research Press is also planning to release the Empathy Training and Anger Control guides very soon. This will help to actualize our aim of having good quality security systems and research ambitions realized for the different programs.

Again, thank you for becoming a member. Members are valuable because it is members that we need to become the vital elements of the organization. Also our membership will give us an economy that will make it possible for us to organize conferences and activities in the future.

Thanks for your support!

Bettina Christensen
-treasurer-
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Knut Gundersen
-president-
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Appendix 2

PREPSEC International Symposium Proposal (working document)

November, 2013

Interested A.R.T. practitioners have been attending and presenting at conferences since the initial A.R.T. conference in Malmo, Sweden. Many have developed relationships that have grown beyond acquaintances and have become, professionally, those of mutual respect as well as, personally, those of friendship. Unfortunately, when presenting at conferences, there is little time to discuss program development with

peers as one must focus on conference attendees who are keen to learn more about the PREPSEC modules.

Over the past 5 years, there have been fleeting talks about how wonderful it would be to have some quiet, quality time to share our knowledge and ideas amongst ourselves.

From this, the idea of hosting a PREPSEC Symposium was born.

The definition of Symposium is:

A convivial meeting for drinking, music, and intellectual discussion among the ancient Greeks.

Although there still are no PREPSEC members that are either ancient or Greek, this first Symposium shall remain true to its definition.

The following is a proposal, respectfully submitted, to the PREPSEC Board of Directors for their consideration.

There are decisions to be made, prior to marketing this event, that require the Board members feedback: Primarily, the agenda, desired group size, and location. The following is a summary of information to date. It is followed by a more detailed description to provide a complete picture

Group size: 20 – 30 ?

Date and Location:

Option 1: Fjand, Denmark September 7 - 12, 2014 (www.fjandferie.dk)

As the workshop agenda proposal is for 5 days, this locale would be a 6 day rental to accommodate those Europeans who would like to be home on the Saturday prior and return by Friday evening.

Option 2: Malaga, Spain September 6 - 13, 2014
(www.iberostar.com/en/hotels/malaga/iberostar-malaga-playa)

This is at an all-inclusive hotel where 7 nights are a minimum booking

Cost Comparisons:

Accommodations only (room, food, taxes) per person in Euro

Fjandferie: 20 people	Malaga single: 12 units	Malaga double: unlimited
364	437 + 35(conference rooms)	517 + 35 (conference rooms)

Fjandferie: Prices may vary slightly for single and double occupancy

Capacity in "Fjandferie" is limited. There are 12 rooms to house 16 people– 8 single rooms (one bed) and 4 double rooms (2 beds) There is a possibility to have further rooms in cottages across the road (at an extra cost of 67€ each per night to be averaged over everyone once decision of number of attendees is established)

Malaga: estimated cost for conference facilities 706 Euro (35.3 Euro each for 20 people):

one small conference room to hold 20-30 people comfortably, set up with tables and chairs in a U shape: September 8-12 inclusive from 9:30 to 16:00

1 projection screen, 1 power point projector

2 flip charts

coffee/tea only

would need to find our own extra break-out rooms

Proposed Agendas

Option 1

Location: Fjandferie, Fjand, Denmark
(www.fjandferie.dk)

Sunday, September 7, 2014

- Arrival of participants
- Opening supper

Daily schedule:

8:30: breakfast (*teams to prepare and tidy*)

9:30: workshop presentation followed by discussion and research
and development considerations

11:30: break

12:30: lunch (*catered with teams to tidy*)

14:00: workshop presentation followed by discussion and research
and development considerations

16:00: break

18:00: pre-supper gathering

19:00: supper (*catered with teams to tidy*)

20:30: evening entertainment

NB:

- Workshop topics will depend on those present

Suggested Workshop topics:

PST, SPT, Empathy, Anger Control, Moral Reasoning,
Stress Management, Skillstreaming, Family TIES,
working with ASD, PRELUDE, TF-CBT and ART

Presenters would please submit an article on their presentation for publication on the PREPSEC website.

During the break times, participants may choose to rest alone or gather with others to share knowledge and ideas in a relaxed atmosphere.

Proposed Agenda:

Monday, September 8, 2014

9:30: PREPSEC general meeting with work group creation
14:00: Work group meetings to formulate future agendas
evening: *social games*

Tuesday, September 9, 2014

9:30: Workshop #1
14:00: Workshop #2
evening: *movie*

Wednesday, September 10, 2014

9:30: Workshop #3
14:00: Workshop #4
evening: *music night: BYOI (bring your own instrument)*

Thursday, September 11, 2014

9:30: Workshop #5
14:00: Workshop #6
evening: *story telling "around the fire"*

Friday, September 12, 2014

9:30 PREPSEC presentations of work group product

12:00 end of Symposium

Accommodations:

8 single rooms

4 double occupancy (2 persons per room each with your own bed)

Cabins are available across the road 5 with 2 bedrooms, 5 with 3 bedrooms

Option 2:

Location: Iberostar Malaga Playa, Malaga, Spain

(www.iberostar.com/en/hotels/malaga/iberostar-malaga-playa)

All-inclusive accommodations are for a 7 night period. Propose, therefore, arrival Saturday, September 6, 2014 with Sunday to relax and get over jetlag and all meet for the opening dinner. Departure Saturday, September 13, 2014

Saturday, September 6, 2014

- Arrival of participants

Sunday, September 7, 2014

- Fun in the sun
- Opening supper

Daily schedule:

8:30: breakfast

9:30: workshop presentation followed by discussion and research
and development considerations

11:30: break

12:30: lunch

14:00: workshop presentation followed by discussion and research
and development considerations

16:00: break

18:00: pre-supper gathering

19:00: supper
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Proposed Agenda:

Monday, September 8, 2014

9:30: PREPSEC general meeting with work group creation
14:00: work group meetings to formulate future agendas
evening: *social games brought by participants*
or entertainment provided by the resort

Tuesday, September 9, 2014

9:30: Workshop #1
14:00: Workshop #2
evening: *social games brought by participants*
or entertainment provided by the resort

Wednesday, September 10, 2014

9:30: Workshop #3
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evening: *music night: BYOI (bring your own instrument)*
or entertainment provided by the resort

Thursday, September 11, 2014

9:30: Workshop #5
14:00: Workshop #6

evening: *story telling “around the fire”*
or entertainment provided by the resort

Friday, September 12, 2014

9:30 : Workshop #7

14:00: PREPSEC presentations of subcommittee goals

16:00: end of Symposium

evening: Circle of Positives

Accommodations:

12 single occupancy rooms available as of Nov. 1, 2013. These are small rooms and not “premium” rating
many “premium” double occupancy rooms (2 beds or 1 king size available)

Flight Cost Comparisons:

Summary of Cost: Fjand, Denmark

Flights: KLM/SAS return flight to Billund without taxes and fees
all arriving and departing at approx. the same time
the lowest possible fares for Sept. 2014 as of October 23, 2013

Departure location	Euro	
Canada (Montreal)	1152	1650 Canadian Dollar
United States (New York)	856	1180 US Dollar
Norway (Stavanger)	460	3750 Norweigan Krone
Sweden (Stokholm)	385	3380 Swedish Krona
(Gottenberg)	270	2370 Swedish Krona
Finland (Helsinki)	450	
Netherlands (Amsterdam)	450	
Iceland (Reykjavik)	358 (icelandair)	

Travel costs between airport and Fjand return arranged by Bettina at no extra cost

Flights: varied airlines, taxes and fees included

all arriving and departing at approx. the same time
the lowest possible fares for Sept. 2014 as of October 23, 2013

Departure Location	Euro	
Canada (Montreal)	927	1327 Canadian Dollar
United States (New York)	877	1209 US Dollar
Norway (Oslo)	435	3546 Norweigan Krone
Sweden (Stokholm)	302	2654 Swedish Krona
Denmark (Copenhagen)	356	2652 DKK
Finland (Helsinki)	495	
Netherlands (Amsterdam)	368	
Iceland (Reykjavik)	1048	

Potential cost of airport transport to and from hotel: 80 € round trip

Respectfully submitted by Kim Parker and Bettina Christensen