

## **Minutes: Wednesday August 27<sup>th</sup> PREPSEC International Symposium Meeting - closing wrap up:**

Present: Knut Gundersen (Norway), Tutte Mitchell-Olsen (Norway), Kim Parker (Canada), Bettina Christensen (Denmark), Helena Hammerstrom (Sweden), Hans Johansson (Sweden) , Gretar Halldorsson (Iceland), Nikolai Hamstein (Sweden), Sophie Massé (Canada) , Teija Lampinen (Finland), Jaana Jokinen (Finland), Shannon Burns (U.S.A.), Kelli Parcher (U.S.A.), Robert Calame (Canada), Sigridur Thorsteindottir (Iceland) , Kolbrún Sigbórsdóttir (Iceland), Kristín Hreinsdóttir (Iceland), Niels Hjelm Veirup (Denmark)

Symposium participants not present: John Choi (Canada), Siggí Flosa (Iceland), Jens Fokdal (Denmark)

### **Symposium Summary:**

1. Knut summarized the work that had been done at the symposium to date noting that it had been quite successful.
2. Character Ed and elements from Motivational Interviewing are already used with program delivery in most of the countries
3. The term “anger regulation” is being used instead of “anger control”
4. Setting Events are now being included in Anger management used in Denmark and Norway and partially in Canada
5. Norway and Sweden have occasionally been including roleplay in moral reasoning training
6. The role of co-actor seems to be upgraded in value and emphasis in social skills
7. Helena’s introduction to moral reasoning seems to be a strong match to new theory of morality and CBT
8. More emphasis is being placed on functional analysis and risk assessment
9. ART is introduced for younger kids and youth with various different diagnoses
10. There is good research from Washington State (juvenile justice settings) and Norway (mostly school settings) but not much more. More is needed
11. Development of strong relationships with trainees , along with implementation, generalization and quality assurance systems is of crucial importance for participants – many great suggestions were forthcoming during the symposium.
12. Updates on PREPSEC International Programs:

### **Family TIES:**

- Already introduced in all countries
- First research done – International research group under construction
- Need to work further with training protocol including mentors / master trainers etc

### **Social Perception Training:**

- Introduced in Norway, Denmark, England and one institution in Sweden (Hans)
- Have 3 master trainers in Norway and a mentor in Denmark
- Some preliminary research done
- Need more research
- Need to work further with training protocol including mentors / master trainers etc

### **Problem Solving:**

- Only being used in Canada to date.
- Need more research and pilot projects in different countries.

### **Other PREPARE Curriculum Series Book status:**

#### **Empathy Training:**

- Large chapter in final editing from Sara
- Coming soon

#### **Anger Control/Regulation Training:**

- Likely ready before Empathy Training
- Mark and Bob in final edit/finishing touches

#### **Stress Management Training:**

- Bengt still working on the chapter
- Sophie Massé's presentation on Spin Your Stress shows potential for a promising collaboration.

13. An election committee was struck and Bengt, Tutte and Kim to prepare for an election to replace two members.

Election Plan: Kim and Tutte sat together to do some work on planning the election minus Bengt. They proposed some deadlines for receiving nominations (October 31st, 2014) and a timeframe for the holding of the election. They will consult with Bengt and the board to have the plan approved.

14. A suggestion was made that for future similar gatherings different countries would be advised to secure group deals for travel to similar events. A larger event open to all interested was briefly discussed. Events such as seminars to raise money on books were also suggested. A PREPSEC Events committee was proposed by Knut. Both Kim Parker and Shannon Burns were named as potential members. Knut will talk to Sara Salmon re continuing Colorado as the US site for a conference even after 2015, suggesting that PREPSEC events committee members support and

assist Sara with its continuation. The PREPSEC board will approve such a committee and appoint members in the near future.

15. A letter will need to be drafted and sent via email to request that PREPSEC International members nominate potential new board members for the upcoming election by October 31<sup>st</sup>, 2014.
16. A letter to the general membership of PREPSEC be drafted to explain to all members the purpose of the Symposium.
17. PREPSEC International needs to be carefully depicted to people as more than an ART organization but based on the umbrella of programs that fall under the umbrella of the PREPARE Curriculum.
18. The Research committee needs to accumulate a body of research on ART and PREPARE Curriculum and will research other programs hoping to acquire BLUEPRINT model program status for PREPSEC programs in future.
19. International Representatives: Some discussion was held to discuss the need for national representatives to PREPSEC who could also keep the membership in each country up to date with PREPSEC initiatives , upcoming conferences, committee participation and outcomes and perhaps a link to a national PREPSEC website or link in the international language of the country. Symposium participants were asked to return to their respective countries recruit new PREPSEC members and look into getting qualified and interested PREPSEC members to nominate for such positions. PREPSEC hopes to appoint national representatives in November-December 2014
20. A proposal was made by Nikolai Hamstein that countries having a national organization based on the work of Dr. Arnold Goldstein should name them PREPSEC Sweden, PREPSEC Norway, PREPSEC Canada etc. All participants representing the seven nations present at the Symposium agreed with solidarity.
21. Webmaster Assistance: Perhaps the greatest achievement of the Symposium was to secure the services of Helena Hammerstrom and Nikolai Hamstein to assist PREPSEC with the care and updating of our website. Eventual flags of various countries could be featured on the website with info on national events and in national languages.
22. Quality Assurance Committee: Knut received confirmation of interest from candidates interested in sitting on a quality assurance committee. The following persons were suggested: Shannon (USA) , Niels (Denmark) ,Tutte (Norway) and Krystyn (Iceland). The advisory board will give the mandate and appoint the committee at the next meeting.
23. Junior AART trainers: Bettina and Tutte agreed to work on paper/program for Junior AART trainers.
24. Robert proposed a collaboration between members gathered at the symposium for strategizing a fundraising/membership campaign. Robert invited Hans to represent SweART, Kolbrun (Iceland), Bettina (Denmark & PREPSEC Treasurer) and perhaps Niels (Denmark) to join him in a strategy session. Board will approve
25. The PREPSEC Research Committee has not yet been able to fulfil its intentions to collect all ART research yet due to heavy demands on the members. The committee intends to move forward.
26. An international Research collaboration is being proposed and a team of collaborators is being assembled to look at the idea. Jaana and Teija expressed an interest on behalf of the Finnish AT

society and other organizations they represent in Finland. Another meeting is being planned for late September. Robert will inform interested parties of the meeting opportunity.

27. Knut proposed we try to remain a non profit organization to avoid needing to have books audited.

28. Upcoming events and expectations:

- Sara's final conference June 11-14 2014
- Next research report from WSIPP on WSART

### **QUESTION FROM SYMPOSIUM PARTICIPANTS:**

Kristín :

Q: Iceland uses role play in Moral Reasoning. There is some question as to the appropriateness of trying to use Moral Reasoning/ Character Education with clients with Psychopathic/Sociopathic tendencies. Can it make them worse? Can it effect other participants?

Answers: Opinions were shared on either side of this controversial subject and excellent theorists cited. One point was made that diagnosis of Sociopath or Psychopath require that according to the DSM4 the subject be greater than 18 years old. On that basis treating youth under that age seems to be worthy of our efforts.

### **Final comments from all symposium participants on success of the symposium:**

Tutte :Appreciative to have learned others, inquisitive and acquired lots of energy. Happy to have new Junior ART group book planned

Kim: greatly encouraged to have been sharing souls and appreciating talents and personality of participants.

Bettina: Exciting to have learned what everyone else is working on

Niels: Encouraged re discussion of Quality assurance and what is going on elsewhere

Helena: Pleased to hear lots of new ideas, sharing and energy giving. Happy to work on website with Nikolai

Hans: Inspiration from the gathering. Important to be around the research and hoping to have Sophie come to Sweden to bring Stress Management.

Nikolai: interesting faces and personalities looking forward to continuing with PREPSEC.

Sophie: Meeting with us has stirred up emotions. While listening to life stories kept hearing something common with all. Piling up information. Hopeful about SEC being given to Kindergarten. Promising to

hear about programs that make a difference on a national basis. Inspiring to see what she imagined 20 years ago is here in PREPSEC. Feeling emotional and connected.

Shannon: Can bring back tools to Washington State. Chart from Helena, the coactor role, games etc. Raised an interest professionally in keeping Washington state from being isolated. Desirous to be a part of this group in future. Learning new things and inspired to get this into our schools.

Kelli: Sees much power and skill in the room. Inspired about what is happening in the state to bring it some of this. Future is looking exciting. Looking forward to future happenings.

Sigrud: Will take some pieces from all. Important to do research. Need to show proof. Has been great fun.

Kolbrun: Research is needed . Has seen great changes to make a better toolbox for kids, happy to know each other better and to communicate with peers. Is inspired and energized.

Krystin : Was supposed to be here but is grateful. When starting out learned we had to do this in schools and society. Have been struggling but what we do has been inspirational. Noted the wise and humble peers

Teija: First time coming had no expectations. Makes her think what can go on at home later. Received lots of energy. Hopes to bring it home and transfer it to her Community.

Jaana: Feels as positive as everyone. Was worried our language would be limiting but learned a lot and yes it happened that there were things she learned that can be used right away. Surprised at the great buzz with this great group of people.

Robert: An overwhelming emotional experience to be able to live this experience with all of the participants. Great hope that Goldstein's wishes for growth will be realized through this work. This is the most wonderful week of the year.