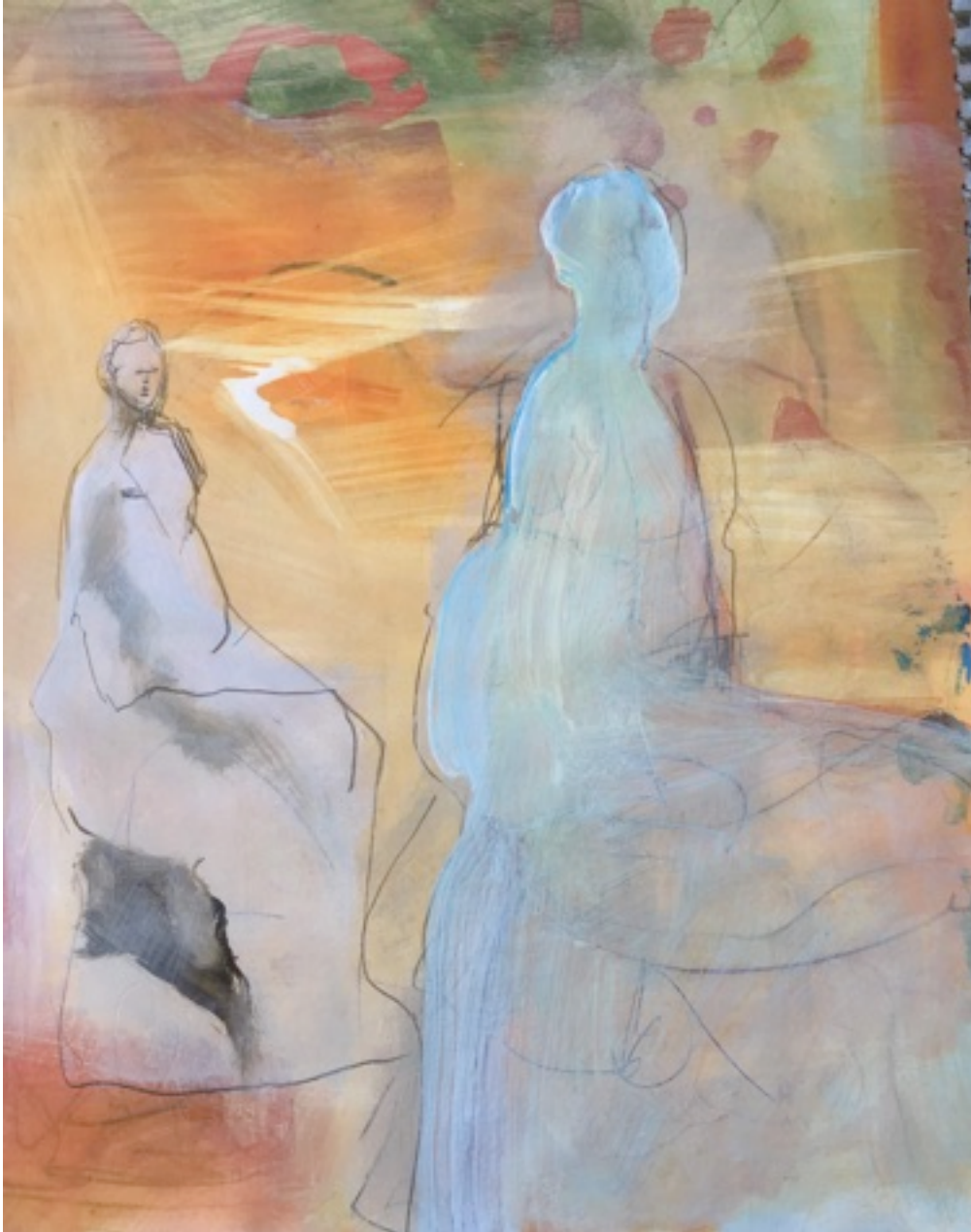




JENGA: THE EAST AFRICA PSYCHO-SOCIAL NETWORK



JENGA VI: Relationships, Sexuality & Gender

26-27 February 2019, Kileleshwa, Nairobi (Venue to be confirmed)



Welcome to the The 6th JENGA Workshop!
26-27 Feb 2019, Nairobi

Why Relationships, Sexuality and Gender?

At the JENGA V Workshop on “Creativity, Imagination and Dreams,” held at the Catholic University of Eastern Africa (CUEA), in Nairobi in January 2018, it was agreed by the JENGA East Africa Psycho-Social Network and the BeautifulMind Managing Board that the next workshop would focus on MHPSS issues in East Africa and beyond, that touch the daily lives of our patients and clients – and our own lives as mental health practitioners. Interpersonal relationship dynamics, sexuality and gender are intricately linked with our physical and mental health and well-being, yet many of these issues are considered taboo topics and difficult to confront in therapy and in life.

We invite you to join us for a dynamic and informative exchange of views and we look forward to hearing the perspectives of your clients, families and communities. As our discussions often give rise to deep unconscious material and dreams, we will close with a **Jungian Dream Circle** at the end of Day 2.

REGISTRATION AND COST: The cost of the two-day JENGA VI Workshop is **9000 KSH** (77 Euros) including lunch, two teas per day and all workshop materials. You will receive a signed Certificate of Completion at the close of the Workshop. We encourage you to attend both days but you can also attend one day only at 5000 KSH (42 Euros). **Register by paying on MPESA no. 718106804 (Annika Ouko) and contacting us at: info@beautifulmind.cc or through our website www.beautifulmind.cc. If you cannot pay on MPESA please contact us for our banking details.**

Transport and accommodation are not included in the Workshop fees. Information on travel, visas, vaccines, weather and some airbnb and hotel links near the venue will be provided in the next announcement, around 15 November 2018.



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Please find below the Draft Programme for the JENGA VI Workshop. We look forward to your active and engaged participation!

DRAFT PROGRAMME (version 17 Sept 2018)

JENGA VI: RELATIONSHIPS, SEXUALITY & GENDER

Day 1: Tuesday, 26 Feb 2019

8:30 - 9:00 Registration of participants and welcome tea

Session I: Opening of the Workshop

9:00 - 9:30 **Welcome and Opening Remarks** (*Ms. Brinda Wachs and Dr. Stephen Asatsa*)

9:30 - 9:45 **Housekeeping and Takeaways from JENGA V** (*Ms. Annika Ouko and Ms. Constance Tipis*)

9:45 - 10:15 **Tour de Table: Brief introduction of participants** (*Name, Country, Area of Interest/Expertise, Expectations of Workshop*)



Session II: Interpersonal Relationship Dynamics

(Facilitator: Ms. Annika Ouko)

10:15 - 10:45 **Psycho-sexual Relationship Dynamics in Kenya: Challenges and Approaches to Counseling** *(Ms. Julie Githiri-Goko)*

10:45 - 11:15 **Working with Couples in Switzerland: Theory and Techniques** *(Dr. Andreas Michel)*

11:15 - 12:00 **Discussion on Couples Counseling/Role-Playing Exercises** *(Ms. Julie Githiri-Goko and Dr. Andreas Michel)*

12:00 - 1:00 *Lunch break*

1:00 - 1:30 **Adolescent Sexting and Relationship Dynamics** *(Dr. Stephen Asatsa)*

1:30 - 2:00 **Love is Crazymaking: Finding Psychic Balance through Relationships (and without them)** *(Dr. Heba Allah Habib and Ms. Brinda Wachs).*

2:00 - 2:30 **Discussion on Adult and Adolescent Relationships and Implications for Mental Health and Psycho-Social Support**

2:30 - 3:00 *Coffee Break*



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Session III: Sexuality & Mental Health

(Facilitator: Dr. Stephen Asatsa)

- 3:00 – 3:30** **“This is Me!” Body Image, Self-Esteem and Sexual Health** *(Ms. Constance Tipis)*
- 3:30 – 4:00** **Tantric Therapy for Psycho-Sexual Well-being** *(Dr. Christine Fritz)*
- 4:00 - 5:00** **“Hard talk:” Breakout Groups for in-depth Discussion**
- Group 1: Helping Adults and Adolescent Patients Cope with Relationship Dynamics** *(Dr. Andreas Michel and Dr. Stephen Asatsa)*
- Group 2: Discussing Intimacy and Sexuality in Therapy** *(Julie Gthiri-Goko and Dr. Christine Fritz)*
- 5:00** **Close of Day 1**



Day 2: Wednesday, 27 Feb 2019

Session IV: Gender Issues in Mental Health

(Facilitator: Ms. Constance Tipis)

- 9:00 – 10:00** **Rapporteur Reports from Break-out Groups and Discussion**
- 10:00 - 10:30** **Gender Dysphoria and Psycho-sexual health: What is it and how to approach it in Psychotherapy?** *(Dr. Dorothea Mueller / Mr. Irega Mwenda)*
- 10:30 – 11:00* *Coffee Break*
- 11:00 – 11:30** **The Psychology of Men and Masculinity in Egypt:** *(Dr. Heba Allah Habib)*
- 11:30 – 12:00** **Discussion on Gender, Men and Women in MHPSS in East Africa and the Middle East**
- 12:00 – 1:00* *Lunch break*
- 1:00 – 2:00** **Theatre of Masculinity: Interactive session using Psychodrama and Image Theatre** *(Mr. Bonface Beti)*



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2:00 - 2:30 *Coffee break*

2:30 - 3:30 **Jungian Dream Circle** (*Ms. Elizabeth Leuenberger and Ms. Constance Tipis*)

3:30 - 4:00 Evaluations and Certificates of Participation

4:00 Close of Workshop

Thank you for your participation!



Artwork by Michelle Gregor, California-based painter and sculptor