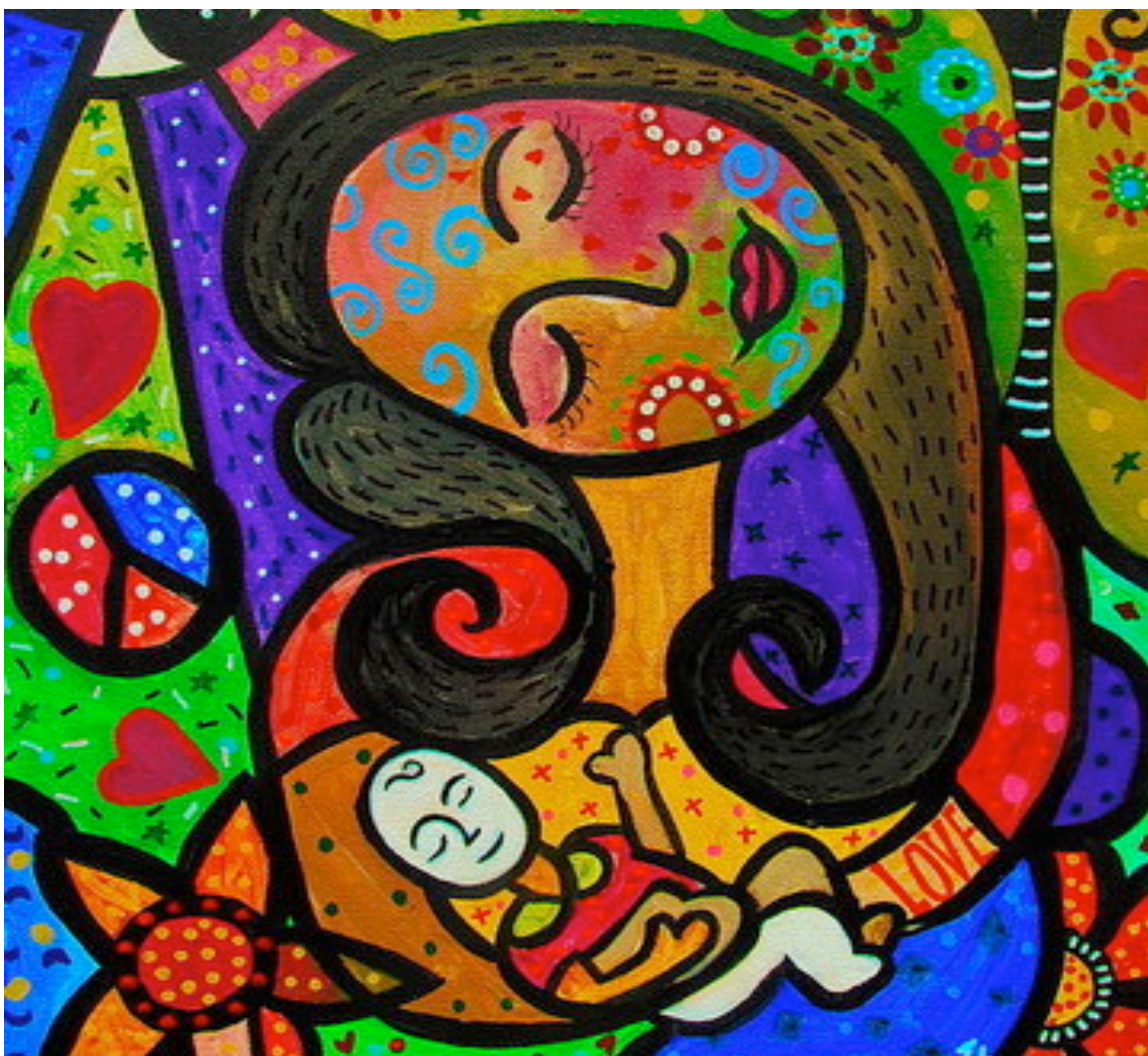


Final Version 10 July 2017



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***



**Body-Mind Well-Being: Children, Adolescents, Families & Communities**

***10-12 July 2017, Swiss Lenana Hotel, Nairobi***



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

*Welcome to the The 4<sup>th</sup>JENGA Workshop 10-12 July 2017, Nairobi*

**JENGA IV: FINAL PROGRAMME**

**International Training Workshop and  
Launch of the Body-Mind Approach to Well-Being:  
*Children, Adolescents, Families & Communities***

**Day 1: Monday, 10 July 2017**

**9:00 - 10:00** Registration of participants and welcome tea

**Session I: Opening of the Workshop**

**10:00 - 10:15 Welcome** (*Ms. Brinda Wachs, Executive Director, BeautifulMind, Nairobi and Jungian Psychoanalyst, Zurich*)



## BeautifulMind

### ***JENGA: The East Africa Psycho-Social Network***

**10:15 - 10:30 The Evolution of JENGA and BeautifulMind** (*Mr. Stephen Asatsa, PhD Candidate, Counseling Psychology, CUEA and Community Relations Director, BeautifulMind, Nairobi*)

**10:30 - 10:45 Housekeeping** (*Mr. Mtheto Hara, Educator, MA Student, Counseling Psychology, CUEA and Training Director, BeautifulMind, Nairobi*)

**10:45 - 11:00 Report from JENGA III** (*Ms. Annika Ouko, MA Student, Counseling Psychology, CUEA and Communications Director, BeautifulMind, Nairobi*)

**11:00 - 11:30 Tour de Table: Brief introduction of participants** (*Name, Country, Area of Interest/Expertise, Expectations of Workshop*)

*11:30 - 12:00 Coffee break*

### **Session II: Launch of the Body-Mind Approach to Well-Being**

(Facilitator: *Ms. Constance Tipis, Entrepreneur, MA Student of Clinical Psychology, USIU-Africa and Finance Director, BeautifulMind, Nairobi*)



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

**12:00 - 12:20**    **The Body-Mind Approach to Well-Being** (*Ms. Brinda Wachs, Executive Director, BeautifulMind, Nairobi and Jungian Psychoanalyst, Zurich*)

12:20 - 12:30    Discussion on BodyMind Approach to Well-Being

12:30 - 1:30    *Lunch break*

**Session III: Body-Mind Well-Being of  
Children & Adolescents**

(Facilitator: *Mr. Stephen Asatsa, PhD Candidate in Counseling Psychology, CUEA and Community Relations Director, BeautifulMind, Nairobi*)

**1:30 - 1:50**    **Child Development & Child Protection: Overview of Child & Adolescent Well-Being in East Africa** (*Ms. Bernice Nderitu, Psychosocial Consultant and Child Development Specialist, Nisela Group, Nairobi*)

**1:50 - 2:30**    **Helping Adolescents Cope with the Impact of the Media on Their Body Image and Self-Esteem** (*Mr. Mtheto Hara, Educator, MA, Department of Psychology, CUEA and Training Director, BeautifulMind, Nairobi*)



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

- 2:30 - 3:00**      **Adolescent Health & Teen Suicide: Prevalence & Prevention**  
*(Ms. Kaye Alianda, South African College of Applied Psychology, Johannesburg)*
- 3:00 - 3:20      *Coffee break*
- 3:20 - 3:50**      **Depression and Psycho-Sexual Issues** *(Julie Githiri-Goko, Psychodynamic Psychotherapist / Psychosexual Therapist, Nairobi)*
- 4:00 - 4:30      Discussion on Adolescent Suicide and Psycho-Sexual Issues
- 4:30              Close of Day 1

**Day 2: Tuesday, 11 July 2017**

**Session IV: Expressive Arts for Children & Adolescents**

*(Facilitator: Mr. Mtheto Hara, MA Student, Counseling Psychology, CEAU and Training Director, BeautifulMind, Nairobi)*

**\*\*\*PLEASE BRING/WEAR COMFORTABLE CLOTHES FOR INTERACTIVE SESSIONS\*\*\***



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

- 9:00 - 9:30**      **Take-aways from Day 1:** (*Ms. Annika Ouko, MA Student, Counseling Psychology, CUEA and Communications Director, BeautifulMind, Nairobi*)
- 9:30 – 9:50**      **Case Study: Psycho-Social Support for Primary School Orphans in Embakasi Village of Nairobi County** (*Dr. Teresia Kavuli Kinai, Senior Lecturer, Department of Educational Psychology, Professor of Psychology, Kenyatta University, Nairobi*)
- 9:50 - 10:10**      **Art Therapy and Journaling** (*Nyawira Kuria, Art Therapist and PhD Candidate, Clinical Psychology, USIU-Africa and Assistant Dean of Students, University of Nairobi*)
- 10:10 - 10:30*      *Coffee Break*
- 10:30 - 11:00**      **What’s your Storyline? Storytelling, Psychodrama & Family** (*Mr. Joseph Alan Wachs, Storyteller and Educator, New York*)
- 11:00 - 11:20**      **Beading & Boxing for Body-Mind Well-being: Youth Activities in Kibera** (*Mr. Tim Challen, President, Kilimanjaro Initiative, Nairobi*)
- 11:20 - 12:00**      Discussion on Art Therapy, Craft-making and Storytelling for Psycho-Social Well-being



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

*12:00 - 1:00 Lunch break*

**1:00 - 3:00 Interactive Groupwork – Part I**

**Group 1: Art Therapy and Journaling: Children and Adults**  
*(Nyawira Kuria)*

**Group 2: The Story Factory: Designing Stories with Expressive Media** *(Joseph Alan Wachs)*

*3:00 - 3:20 Coffee Break*

**3:20 – 4:30 Interactive Groupwork – Part II**

**Group 1: To Move & Be Moved - Authentic Movement Practices in Therapeutic Settings** *(Mr. Alacoque Ntome, Dancer/Choreographer, GoDown Arts Center, Nairobi)*

**Group 2: Body Awareness, Yoga & Meditation** *(Mr. Erick Ouko, Ashtanga Yoga Instructor, Africa Yoga Project, Nairobi, Kenya)*

**4:30-5:00** Sharing results of Break-out Groups



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

5:00 Close of Day 2

**Day 3: Wednesday 12 July 2017**

**Session V: Substance Abuse & Addiction among Youth**

*(Facilitator: Constance Tipis, Entrepreneur, MA Student, CUEA and Finance Director, BeautifulMind, Nairobi)*

**9:00 - 9:30**      **Take-aways from Day 2: Expressive Arts and Interactive Group Work** *(Mr. Stephen Asatsa, PhD Candidate in Counseling Psychology, CUEA, Nairobi)*

**9:30 - 9:50**      **Substance Abuse & Addiction among Youth: Impact on the Family** *(Ms. Annika Ouko, MA Student, CUEA, Former Addictions Counselor, Asumbi Treatment Center, Nairobi)*

**9:50 - 10:10**      **Body-Mind Concept of Addiction** *(Brinda Wachs, Executive Director, BeautifulMind, Nairobi and Jungian Psychoanalyst, Zurich)*

10:10 – 10:30      Discussion on Substance Abuse and Addiction

10:30 - 10:50      *Coffee Break*





**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

**Session VI: MHPSS and Communities**

*(Facilitator: Mr. Stephen Asatsa, PhD Candidate in Counseling Psychology, CUEA and Community Relations Director, BeautifulMind, Nairobi)*

**10:50 - 11:30**    **Nakuru Women’s Prison Psycho-Social Support Program** *(Mr. Iregi Mwenja, Founder/CEO, Psychiatric Disability Organization, Kenya)*

11:30 - 12:00    Discussion on MHPSS in communities

12:00 – 1:00    *Lunch*

**1:00 – 1:20**    **Case Study: Psychoticism and Involvement in Risky Sexual Behaviour among Students in Secondary Schools in Nyakach Sub-County Kisumu County, Kenya** *(Dr. Peter Omae Onderi, Maseno University, Kenya)*

**1:20 - 1:40**    **Sexting Among Adolescents in Nairobi** *(Mr. Stephen Asatsa, PhD Candidate in Counseling Psychology, CUEA and Community Relations Director, BeautifulMind, Nairobi)*



**BeautifulMind**

***JENGA: The East Africa Psycho-Social Network***

- 1:40 - 2:00**      **A Window to our Souls: Dream Analysis for Psycho-Social Support** (*Ms. Brinda Wachs, Executive Director, BeautifulMind and Jungian Psychoanalyst, Nairobi and Zurich*)
- 2:00 - 2:30      *Coffee break*
- 2:30 - 3:30**      **Jungian Dream Circle** (*Brinda Wachs and Annika Ouko*)
- 3:30-3.45      Closing Remarks and Discussion/Next JENGA Workshop
- 3:45 - 4:00      Evaluations and Certificates of Participation
- 4:30              Close of Workshop

***Thank you for your participation!***