



JENGA: The East Africa Psycho-Social Network

Welcome to Youth 2020: The JENGA VII International Training Workshop on the Psychology & Mental Health of Children & Adolescents

Why Youth & Mental Health?

At the JENGA VI Workshop on “Relationships, Sexuality & Gender”, held in Nairobi in February 2019, it was agreed by the **JENGA East Africa Psycho-Social Network** that the next workshop would focus on the Mental Health and Psycho-Social Support (MHPSS) of Youth in East Africa and beyond. Millennials and Gen-Z are facing new challenges, both personal and political (economic disparity, global warming, migration, gender diversity and new technologies) that pose unique opportunities for connection but lead to anxiety and alienation as well. Internet and gaming addictions, sext-ing and bullying in schools and online, eating disorders and suicidal ideation are just some of the issues facing our youth.

Why Expressive Arts?

Jungian Psychology takes a developmental perspective of youth mental health, with a focus on the individuation process and creative transformation. ***Come join us to learn how Expressive Arts, Dream Analysis and a BodyMind Approach to well-being can help youth in their unique journey*** and can support parents and our own internal processes and promote self-care as mental health practitioners.

Join us for a unique training experience and networking opportunity!

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 offer a session on Introduction to Jungian Dream Analysis and close with a Jungian Dream Circle at the end of Day 2. ***The Final Programme is below.***



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JENGA VII Final Programme

(11 February 2019)

« **YOUTH 2020: MHPSS for Children & Adolescents** »

26-27 February 2020

Venue: Kayana, Kilimani, Nairobi (Kenya)

***A 2-day Interactive Workshop focused on Child & Adolescent Mental Health
with Practical Training in Expressive Arts***

Day 1: MHPSS of Youth

8.30 Registration and Welcome Tea

9.30 Introductory remarks: « BodyMind Expressive Arts for Physical & Psychological Well-being: Focus on Youth » (Ms. Brinda Wachs and Dr. Stephen Asatsa) and Takeaways from JENGA VI (Ms. Constance Tipis)

10.00 Tour de Table / Introductions and Expectations of Workshop

Session I: Understanding Child & Adolescent Mental Health

(Facilitator: Stephen Asatsa)

10.30 **The Adolescent Brain**, (*Dr. Christine Fritz, Specialist in Stress Medicine, Orthomolecular and Mitochondrial Medicine, Bio-identical Hormones and Addictions Treatment, Germany*)

11.00 **Adolescent Suicide in Switzerland & the Family System** (*Dr.-Med. Stefan Kupferschmid, Chief Doctor, Adolescent and Child Psychiatry, Integrated Psychiatry Winterthur, Switzerland*)



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11.30 Break-out Groups: Discussion on Adolescent Psychology & Practical Approaches to Suicide Prevention

12.30 Rapporteurs' reports on break-out discussions

13.00 *Lunch*

Session II: BodyMind Expressive Arts for Children & Adolescents

(Facilitator: Stephen Asatsa)

14.00 **Why BodyMind Expressive Arts?** *(Brinda Wachs, Psychoanalyst and Psychotherapist, Zurich)*

Interactive exercises:

14.30 **The Creative Inner Child vs. Emotional Stagnation: Internal Family System Therapy via "The Artist's Way,"** *(Mr. Jun Shimizu, Writer and Film-maker and Ms. Selma Esser, Psychology Intern, Scotland)*

15.30 **Drawing & Painting to Calm the Mind** *(Ms. Shula Van Buren, Artist and Modern Dancer, Los Angeles)*

16.30 *Tea Break and End of Day 1*

Day 2: Play Therapy, Body Consciousness & Dreams

Session III: Sand & Play Therapy for Children & Adults

(Facilitator: Constance Tipis)



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9.00 **What are Sand & Play Therapy and how do they support the Mental Health & Well-being of Youth?** (*Ms. Bernice Nderitu, Child Psychologist, Kenya*)

9.30 **Interactive exercises / Interpretation of Sand-Trays & Play Therapy** (*Bernice Nderitu, Child Psychologist, Kenya*)

11.00 *Tea Break*

Session IV: Mindfulness & Adolescence

(Facilitator: Constance Tipis)

11.30 **Mindfulness and its Influence on the Brain** (*Dr. Christine Fritz, Specialist in Orthomolecular Medicine, Bio-identical Hormones and Addictions Treatment and Ms. Helen Fritz, MA Candidate in Psychology, United Kingdom*)

12.00 **Break-out Groups: Discussion on Adolescent Mindfulness, Body Image and Eating Disorders.**

13.00 Rapporteur reports on break-out discussions

13.30 *Lunch*

Session V: Dreamwork & Authentic Movement

(Facilitator: Constance Tipis)

14.30 **Introduction to Jungian Dream Analysis & Dream Circle**, *Brinda Wachs*

15.30 **Interactive Exercise: Authentic Movement & Body Awareness** (*Ms. Shula Van Buren, Artist and Modern Dancer, Los Angeles (USA)*)

16.30 *Evaluations & Certificates of Completion*

17.00 *Closing Tea / End of Workshop*