**Supervision as a tool against compassion fatigue in social work** (BIP)

18–22 September 2023

**WEDNESDAY 6 September 2023 Online meeting with students and professors at 16:00 (Central European time)**

**(link:** [**https://jyufi.zoom.us/j/65006594387**](https://jyufi.zoom.us/j/65006594387)**)**

1. Introduction of the project/programme (by Petra Videmšek)
2. Who are we? Presentation of BIP participants: teachers and students. Students share their motivation for joining this BIP and their expectations from the BIP.

**WEEK PROGRAMME IN LJUBLJANA**

Location of BIP: Faculty of Social Work (Fakulteta za socialno delo), Topniška ulica 31, 1000 Ljubljana, Slovenia. Classroom 2 (ground floor).

Location on the map: <https://www.google.si/maps/place/Fakulteta+za+socialno+delo+Univerze+v+Ljubljani/@46.0666362,14.5178221,15z/data=!4m6!3m5!1s0x47653291e4fd3ea9:0xdcb03ee60c2b83b5!8m2!3d46.0666362!4d14.5178221!16s%2Fg%2F120vbwxy?entry=ttu>

**SUNDAY (17 September)** Arrival to Ljubljana

**MONDAY, 18 September (DAY 1): Well-being and compassion**

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| Starting at 8:00  Registration with phones | Registration for subsidised student meal coupons (for students only), Kampus, Pivovarniška ulica 6, location: <https://www.google.si/maps/place/Pivovarni%C5%A1ka+ulica+6,+1000+Ljubljana/@46.058714,14.501792,17z/data=!3m1!4b1!4m6!3m5!1s0x4765329f51bb2a5f:0xbcf289bacee0d6dd!8m2!3d46.058714!4d14.501792!16s%2Fg%2F11c28bnvnb?entry=ttu>  8:00 registration for Finnish, Dutch and Croatian students |
| 10:00–10:10 | Welcome by Liljana Rihter, Dean, at the Faculty of Social Work, Topniška 31 |
| 10:10–10:20 | Organisational aspects of BIP by Petra Videmšek, BIP host |
| 10:20–11:00 | Introduction of all participants / using an ice-breaker |
| 11:00–12:15 | **Lecture:** Work-related well-being and compassion (fatigue) basics in social work (Maija Mänttäri-van der Kuip, Kaisa Vuolukka) |
|  | Coffee break |
| 12:30–14:00 | **Workshop:** The role of supervision in nurturing self-care (Kaisa Vuolukka, Maija Mänttäri-van der Kuip) |
| 14:00–15:00 | Lunch time – organised in Zamaro, a small nearby student lounge |
| 16:30–18:30 | **Scavenger Hunt** (social game led by student Tea Vuga), meeting point: Anchor on Congress Square (Kongresni trg) in the city centre (big statue of an anchor near the centre of the square) |

**TUESDAY, 19 September (DAY 2)**: **Give-take balance**

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| 9:00–12:00 | **Lecture:** intergenerational perspective, background, influence on compassion fatigue (what did you learn from your background about give/take).  Working in small groups with students to share perspectives (Hanneke van Wijgerden) |
| 12:00–13:00 | Lunch time – organised in Zamaro |
| 13:00–15:00 | **Workshop:** The River of Life combined with psychodrama (Kristina Urbanc) |

**WEDNESDAY, 20 September (DAY 3): Supervision in practice – field visit to Hrastovec**

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| 7:50 | Meeting at the Faculty of Social Work |
| 8:00 | Departure by bus |
| 10:30 | Reception at Hrastovec: Introduction to Hrastovec Institute (Tadeja Bohak) |
| 11:00–12:30 | Petra Videmšek: You can’t pour from an empty cup: the importance of supervision for self-care  Jernej Kovač: Basic elements of family-relation supervision  Tadeja Bohak: Promotion of health in working environment  Primož Rakovec: Research on self-care among social workers in Slovenia  Discussion |
| 13:00 | Lunch in Lenart (paid by University of Ljubljana) |
| 14:30 | Visit to picturesque town of Ptuj |
| Approx. 18:00 | Arrival to Ljubljana |

**THURSDAY, 21 September (DAY 4): Competences in supervision**

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| 9:00–12:00 | **Lecture:** What do social work competencies have to do with supervision and fatigue? (Marko Buljevac) |
| 12:00–13:00 | Lunch time in Zamaro |
| 13:00–15:00 | **Workshop:** The role of supervision in nurturing competences and self-care (Kristina Urbanc) |

**FRIDAY, 22 September (DAY 5): Wrap up and celebrating the success of the BIP**

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| 9:00–12:00 | Final reflections (facilitated by Petra Videmšek)   * Most important takeaways from the BIP * Future plans: Our next steps regarding self-care |
| 12:00 | Lunch time in Zamaro |

**THURSDAY Follow up online meeting with all students and professors:** 28 September 2023, 16:00–18:00, link: <https://jyufi.zoom.us/j/65006594387>