

Newsletter

vol. 1

TABER

Tackling Alexithymia to
Build Emotional Resilience

Project no. 2022-1-IT03-KA220-YOU-000085580



Co-funded by
the European Union



About the TABER project

Self-harm is often labelled as a "personality disorder" and is stigmatised in many communities. Stigma leads to social exclusion and isolation, depression and can ultimately end in suicide for the young person at risk.

TABER (Tackling Alexithymia to Build Emotional Resilience, no 2022-1-IT03-KA220-YOU-000085580) is Erasmus+ project aiming to raise awareness and educate teachers, trainers and youth support workers in being able to recognise symptoms and how to build emotional resilience in young people. Project workshops will help to better understand how to help young people to strengthen their psychological resilience.



WHAT IS ALEXITHYMIA?

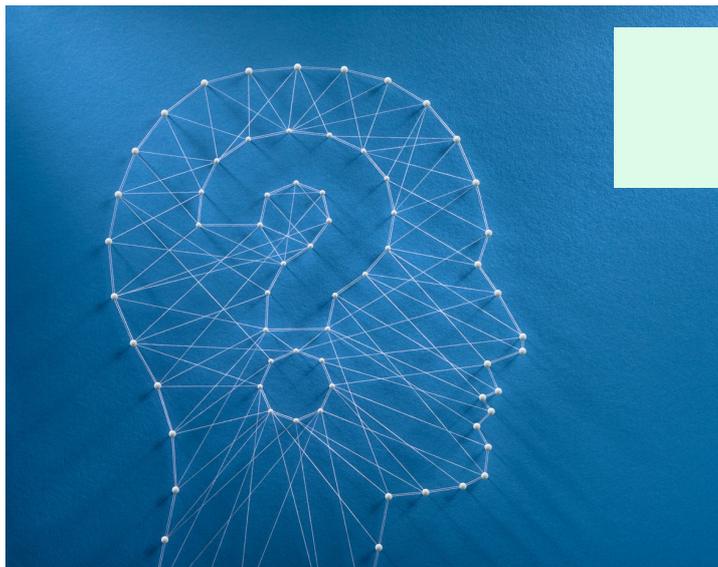
It is a personality trait characterized by the **inability to identify and describe emotions** experienced by oneself.

With alexithymia, people have difficulties recognizing emotions – **they often know that they are experiencing an emotion but don't know which emotion it is.**

It is not a condition in its own right, but is sometimes seen along with depression, autism, or brain injury, among other conditions.

The core characteristic of alexithymia is marked dysfunction in emotional awareness, social attachment, and interpersonal relation.





OBJECTIVES

Project partners will exchange 12 workshops to develop a **Best Practice Guide** promoting common understanding of Alexithymia, Deliberate Self-Harm and Suicide in young people and up-skill those working with young people in different fields of education, training, and youth, to address the Europe 2020 agenda regarding social exclusion.

ACTIVITIES

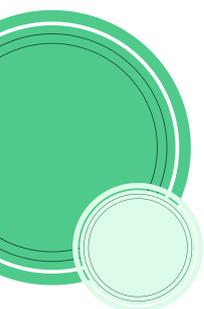
- **12 workshops** regarding alexithymia, promotion of emotional awareness, confidence building, self-exploration for young people and self-harm awareness,
- **12 local workshops** in partner's countries conducted to 10+ teachers, trainers, youth workers, and at least 1 relevant workshop to 10+ young people,
- 6 multiplier dissemination events,
- 6 transnational partnership meetings.



RESULTS

TABER will upskill **72 teachers, trainers and youth workers** in creating awareness of Tackling Alexithymia to Build Emotional Resilience in vulnerable young people, and use the Warwick and Edinburgh Mental Well Being Scale (WEMWBS) tool to gauge impact and improvement in **60 young peoples'** mental and socioeconomic wellbeing.





PROJECT MEETING

The first face-to-face meeting within the Erasmus+ project TABER, hosted and organized by Social Cooperative Duemilauno Agenzia Sociale, took place in Trieste, Italy, on 22nd-24th November 2022.



The first day was devoted to discussing the project's administrative matters, budget allocation, meetings planning, and responsibilities distribution.

Workshops were held on the following days, during which partners from Italy presented methods of working with young people with mental health problems. Several methods of expressing emotions were presented.

LOCAL WORKSHOPS

ZISPB Youth worker and volunteers tested the content of the workshops learned in Udine, Italy in the local context. Before organizing workshops for youngsters with mental health issues, the content was provided for the pre-focus group - a class of 15-year-olds. The feedback and suggestions were collected, and the changes will be made until the other groups start with the workshops in February 2023.



PROJECT CONSORTIUM:



TABER

TACKLING ALEXITHYMIA TO BUILD EMOTIONAL RESILIENCE



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EYHDA



šentprima

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