

Anidra Traineeship

Mentor for professional activities: Dott. ssa Paola Dora, Dott. Lorenzo della Cella

Erasmus Trainee: Pelin Sukruoglu, Istanbul Okan University

Host Institute: Università Popolare Anidra, Borzonasca (GE) Italy

Period: 4th of July - 6th of September

Number of Hours: 355

Training Plan

TARGET

This training plan has as target the acquisition of technical and professional competences in the field of Psychology. The path within the Anidra People's University envisages also the development of job-related/transversal skills through the inclusion of the trainee in the daily life of Centroanidra, Anidra Campus and Anidagri. The transversal nature of key competences makes them essential for future employment, social cohesion of young people and permanent source of learning in terms of adaptation and integration capabilities.

THE ANIDRA METHOD FOR THE EVALUATION OF COMPETENCES, NON-FORMAL AND INFORMAL LEARNING

According to the EUROPEAN GUIDELINES for validating non-formal and informal learning of CEDEFOP¹, validating non-formal and informal learning is increasingly seen as a way to improve lifelong and life wide learning. The informal learning results from daily activities related to work, relationship with staff members of Centroanidra, leisure activities, and participation to residential seminars of Università Popolare Anidra. The center of the validation process is the individual, and the impact of the traineeship on the individual. Sharing experiences and the full functioning of a community is a part of the development programme for trainees. The interaction between trainee's mentors and the teachers of Anidra, the immersion in a natural environment, and the immersion in a multicultural, multi-vocational environment, led to an alternative way of validation.

We herewith state that guidance, counseling and information about these systems and approaches have been provided; external observers participated to the training activities as external auditor and observers.

The vocational activities are both practical and theoretical. Theoretical activities involve the writing of daily reports: the trainee with the student's tutor of Anidra wrote this final essay about procedures, data and analysis.

¹ European Centre for the Development of Vocational Training

The evaluation of competences considers the use of the following factors:

1. Direct observation by the Anidra and Anidagri mentor of the relationships and learning activities in order to obtain an evaluation of behaviors and their variability depending on the work context
2. Observational context, i.e. definition of the aspects that have been explored, preparation and organization in the most effective way to pursue the objectives of the researcher
3. The observer has assumed the role of guide and identified the subject to observe: aspects of character and skills acquired during the training

Tools of validation:

1. Observational table: set of behavioral descriptions related to specific reports, used to notice the phase of development skills
2. Q-Sort method: technique that uses a set of predefined item to evaluate specific aspects of conduct
3. Sociometric techniques: the indicator of social competence is the position occupied by the individual within the working group
4. Evidence, simulation, tests, final essay

Final Essay

Professional Activities (Referee Dott. Ssa Paola Dora, Dott. Lorenzo della Cella):

1. Pilot project:

I truly think that one of the requirements of being a good counselor/psychotherapist is to attend psychotherapy sessions as a client so they can experience what it is like to sit in the other chair. Therefore a counselor/psychologist can develop insight into their internal world. They can learn their strengths, weaknesses and limits. In addition, they can work to resolve any internal conflicts/transferences that they may come across in their professional work. For that reasons, while I was doing my master degree in clinical psychology, I started to go to my own psychotherapy sessions at the same time. After I was done with my classes I wanted to take my chance to go study/work abroad while I was still a student. Therefore, I found myself in Anidra where I could do more observation about my self, my behaviors and my relations with others. In conclusion, I chose to come here particularly for myself to improve my journey about get to know 'Pelín' better.

Transversal Activities (Referee Giovanni Simonelli):

2. Outdoor activities:

Besides my professional activities in here, I had a chance to experience lots of activities from different kinds of fields, which are: washing the dishes, picking the fruits and vegetables, harvesting the potatoes, cleaning bathrooms, preparing breakfast, being a waitress for lunch, dinner and also for the wedding, watering the plants, learning Italian, organizing common areas, feeding and walking with the dogs, feeding the donkey and horses, doing Tai Ji and Yoga. Some of the works were familiar for me such as being waitress; some of the works were not familiar for me such as picking the fruits and vegetables. Even in the familiar ones, there were always challenges for me. For instance, I did waitressing as a part time job when I was in university but this time I had to understand and talk even a little Italian language. I found all those challenges as a tool for helping me to improve.

3. Acquisition of key competences of European citizenship:

European citizenship requires certain key competences in order to acquire skills and be a good citizen for the community. It is possible to say that there are global components such as: belonging, rights and participation. Besides, there are also particular competences that are different from cultures and countries. During my internship at Centroanidra, I had a chance to observe those particular competences like being open-minded and combining theoretical and practical knowledge in a different cultural environment, which I believe it helped me to understand and compare more in a broader sense.

4. Learning and practice of the Italian language:

Learning and practicing of the Italian language was one of the hardest challenges for me during the internship. I asked myself a question in order to observe when I was having hard time in learning: "Why am I struggling to learn Italian?". It is not just because Turkish and Italian languages come from different families of languages and they are quite distinct from each other, it is also because I did not open myself enough to learn a new language. In my mind, I was thinking that after internship I would go back to Turkey and start to work in my own language so my idea was "Do I really need to learn something I won't use in the future?". At that time I was clearly thinking about the future instead of the presence. When I stopped thinking about the future and started to be in the present I realized I could understand and learn some basic sentences in Italian while I was working especially in waitressing. For example, in the mornings Giulia were usually speaking in Italian with me while we were preparing the breakfast. At the end, even if I still had confusions about understanding the language, I found this way of practicing very encouraging and helpful.

5. Individual research:

During the professional activities in the internship, I mostly read articles that my mentors provided for me. Sometime I read them by myself and made further researches. Making further researches about articles were important for me because I am going to write my thesis when I go back. I was also hoping I could find something to write about when I was in here. Therefore, I observed and tried to understand myself, others, relations and Anidra Method as much as I could, so in that way I could have questions related psychology and investigate more about them in my thesis. Because I believe conducting a quality research is not about the conclusion; it is about asking the good questions.

6. Inclusion in the daily tasks of the circuit Centroanidra residents (rota&jobs, emergency management) in order to acquire soft skills:

Days at Centroanidra start with a schedule that everyone can see: the daily tasks of the day. According to my observation, seeing the schedule in the morning has significant effects on people. For instance, doing jobs in a daily basis with people who don't stay constantly in the tasks give a chance to work with different people in various jobs therefore it also improves social and communication skills which are the combination of soft skills. Some of the tasks which I did in the daily basis were: washing the dishes, picking the fruits and vegetables, harvesting the potatoes, cleaning bathrooms, preparing breakfast, being a waitress for lunch, dinner and also for the wedding, watering the plants, learning Italian, organizing common areas, feeding and walking with the dogs, feeding the donkey and horses, doing Tai Ji and Yoga.

7. Contact with professionals in the field of interest who provided to the trainees their knowledge:

Besides reading articles during the professional activities during the internship, I also had lectures with my mentors who are Paola Dora and Lorenzo della Cella. While I was having lectures with Paola Dora, we mostly talked and discussed the articles she wrote about counseling and Anidra Method in here. Moreover, she also mentioned about how psychology applies to the

working area in Italy and what problems could appear for counselors/psychologist and I found it very relatable as the conditions in Turkey. On the other hand, we also talked a lot about the effects of holistic method and the importance of teamwork in psychology with people who are from different fields such as medicine, counseling, physiotherapy and sports. At the end of our lectures, I wrote a report about them and sent emails to her. Regarding to the lectures with Lorenzo della Cella, we mostly talked and read about projective identification, which is one of the mechanism defense in the school of psychoanalytic, and its relation with the method of Seven Mirrors and Inner Technologies at Centroanidra. We also elaborated the topic of attachment styles between the mother and a child and it brought to my mind some questions that I could use when I write my thesis. Lastly, despite the challenges in communication with English, I found these lectures helpful and sharing.

8. Performance of tasks and assignments that can be inserted in the CV:

The 2 months of internship at Centroanidra would be inserted in the CV with these subtopics: development of competences of psychoanalytic observation, ability to identify emotional mechanism in the individual and in groups, competences in the psychological intervention, intervention in natural settings and job-related skills.

Rota&Jobs (Referee Antonella Tarditi):

Corvée:

I did not have any feelings toward the corvée in the first place. However, everyone is in here were talking about how uncomfortable, stressful and hard it is. I thought the conditions of the environment in the kitchen make the job harder such as heat, narrowness and crowd but it was actually more about the people who were doing the job. Even though washing dishes seem easier to do, there are lots of parts that individuals should pay attention. Firstly, when people see their names in the daily schedule for washing the dishes they usually react with negative emotions and it already makes them unmotivated. Secondly, during washing the dishes, there are so many skills and also restrictions that a person should be aware of and tries to use or respect them to do job as much as possible. Those skills and also some of the restrictions are: teamwork, being organized, receiving or giving orders, collaboration, consistence, interpersonal communication, working under stress and time limit. In my experience I actually enjoyed washing the dishes. Because I see myself as a person who always tries to find the best in the situations and I also try to avoid complaining. Therefore, when I was washing the dishes I was really fine with it because I got to choose the music while I was doing it and in my daily/personal life I actually like to be organized and clean. So I believe I can say that I transferred some of my skills/personality traits to the corvée. For me, worse task than corvée was working in the garden. Honestly, being and working under the sun in a nature challenged me more than washing the dishes/cleaning bathrooms.

Extra activities - visits to companies and workshops:

I did not visit any companies or attend any workshops while I was staying and working in Centroanidra. Though I could say that I really enjoyed of Yoga, Tai Ji and Japanese Sword activities with Valentina. In addition we went for a short trip to visit Abbazia di Borzone and Volto di Cristo “Megalitico” with Giulia and Federico. They informed about history of the abbey and gave us some interesting theories behind it.

KEY COMPETENCES

The trainee has acquired the eight key competences of the European Union framework:

1. Communication in mother tongue:

There was no one who speaks my mother tongue, Turkish, when I arrived here. After couple of days another intern from Turkey arrived and at the end we were three people who speak Turkish in Centroanidra. I was glad that I had the chance to talk in my mother tongue. Because sometimes there are certain expressions that should be said in mother tongue in every language and culture so they can mean something beyond the words. So I was happy that they were here and to share these moments with them. On the other hand, I tried my best to talk with them in English when we were around with other people so we could improve our language skills more.

2. Communication in foreign languages:

Main language to communicate in Centroanidra was Italian between the staff and association. Besides, English was necessary for all of us to communicate between them and within interns. It is possible to say that I improved my speaking skills in English since I started the internship in here. I mostly had used English to communicate with everyone. On the other hand, I also tried to communicate in Italian with those who cannot speak in English. However it was easier for me to speak in English, so I only learned fewer vocabulary words/sentences in Italian.

3. Competences in math, science and technology:

Centroanidra is a place where theory and practice meet together in a natural setting. Since everyone doing tasks in a daily basis in the nature it is possible to say that practice is more apparent in here. That is why former competences in math, science and technology help to improve our skills in order to complete tasks. In addition, I had a chance to observe that these several fields were necessary for the jobs and community. For instance, competence in technology was important in order to ensure communication between staff, association and students and also advertise the place and program.

4. Digital competences:

Digital competences are one of the main and important keys for acquiring and improving skills according to European Union framework and also activities of daily living in Centroanidra. Everyone in here, regardless of staff, association and students, benefits from digital competences in order to communicate, watch lectures, share articles and create social network.

5. Learning to learn:

Learning is a process that lasts for a lifetime and develops even more and more with experiences. Therefore it is important that combining theoretical information with practical experience. In Centroanidra, there were various learning outcomes that I got from daily tasks. For example, resilience, time management, empathy, team leading etc. Even though I see myself as a responsible and organized person, there were still a lot to learn because I had to transfer my character traits into the skills so I could use them effectively when I was doing the tasks. For this reason, learning has been always a continuous process and mistakes were welcome to provide learning.

6. Interpersonal, intercultural and social competences, civic competence:

In my opinion, respect is one of the most important keys in order to stay in balance between interpersonal, intercultural relationships. Additionally, according to my observation in Centroanidra, confronting with each other was also another highlight that helps people to keep their balance within the community. When a person experiences conflict with another person, besides empathy, "tuning" is a further skill that comes from self-awareness, self-esteem and self-respect. That is why being close to the tune with others while confronting helps to raise the self-awareness of a person and keep them in balance between interpersonal, intercultural, social and civic competences.

7. Entrepreneurship:

It is a common sense that creativity leads to entrepreneurship yet it is not enough to be a competent about it. Without turning ideas to practice, creativity by itself may not be sufficient in order to achieve goals. During the internship, being practical was matter more in a natural setting. Therefore self-confident, innovation and taking risks were necessary skills for being entrepreneur.

8. Cultural expression:

As a part of my profession, being a psychologist, and one of my goals that lead me to come here, it is possible to say that I truly enjoyed and learned a lot from cultural aspects in Italy and Centroanidra. Observation, also comparing between the cultures I grew up in, gave me many valued outcomes as a human being and a world citizen.

Borzonasca, lì _____

UNIVERSITÀ POPOLARE ANIDRA

THE PRESIDENT

Prof. Vincenzo Paolo Bendinelli

THE MENTOR

Dott. ssa Paola Dora

THE MENTOR

Dott. Lorenzo della Cella

THE TRAINEE

Pelin Sukruoglu

Attachments:

1. Portfolio
2. Certificates of the visits of the companies
3. Anidra evaluation
4. Letter of reference

PORTFOLIO OF WORKSHOPS AND LABS

































