

**CONFERENCE '2019**  
**CONFERENCE PROGRAM**  
*May 17th to 19th*

**MINDFUL ACTION FOR DEVELOPMENT - LEARNING OF INDIVIDUALS  
AND GROUPS**

**PROVISIONALLY PROGRAM**



**Friday** May 17th, 2019

15.00-16.15	Registration
16.15-17.30	Opening and warm up
17.30-17.45	Coffee break
17.45-19.15	Lecture about neuroscience and neuropsychology (Key note speaker to be confirmed)
19.15-20.30	Dividing into small home groups and a home group meeting /home groups are for reflection and integration of lecture with own work and psychodrama
20.30	Dinner

**Saturday** May 18<sup>th</sup>, 2019

10.00-11.00	Key note speaker Riin Seema, Phd: What is mindfulness and how it develops?
11.00-11.30	Home groups: Reflection and integration of own work and psychodrama
11.30-12.00	Coffee break
12.00-14.00	Workshops 1: please, see Call for workshops, send your own proposal to conduct a workshop!
14.00-15.30	Lunch (not included in the registration fee)
15.30-17.30	Workshops 2: please, see Call for workshops, send your own proposal to conduct a workshop!
17.30-18.00	Coffee break

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18.00-19.30 Home groups: Reflection and integration of own work and psychodrama  
20.00 - Dinner and PARTY

### **Sunday** May 19<sup>th</sup>, 2019

10.00-11.30 Key note speakers Sirkku Aitolehti, Kirsti Silvola, and Päivi Rahmel, all Psychodrama  
Trainers TEP: Learning in and by psychodrama  
11.30-12.00 Coffee break  
12.00-13.00 Home groups: Reflection and integration of own work and psychodrama  
13.00-14.00 Integration and Closure

#### **Optional**

15.00-16.30 Tour in Old Town

Optional and for those who want to take part in it. There will be a small fee. If you are to participate in FEPTO AM 2019, too, there is enough time to come along on this tour.

