



Co-funded by the
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TRAINING FOR TRAINERS

Barcelona, May 2022

The role of Sport
in Addiction Recovery

Play, feel, meet, live

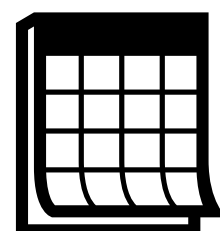
www.rtsport.eu



TRAINING FOR TRAINERS

Are you working with people with drug abuse experience? Do you believe sport can be a powerful tool in addiction treatment? Do you want to strengthen its potential in the therapeutic process?

WELCOME TO RTS+ TRAINING FOR TRAINERS IN BARCELONA



Dates: 22nd - 26th May 2022
(including arrival and departure day)

The goals:

- To understand the RTS+ project aim and philosophy
- to get deeper understanding of life skills development in SUD treatment
- To understand basic principles of Experiential learning
- To get the ability to use experiential learning principles in sport activities in SUD treatment



What will you do?

The training course is a part of a long term project Reintegration Through Sport+ which aims at utilizing sport as an alternative frame-work in the addiction recovery process. The TC will strengthen the abilities to use sport as a tool to reflect on or develop diverse positive life skills which are seen as an important part of the treatment and social reintegration.

We will use the principles of experiential learning and involve them in sports activities. During the three days you will actively participate in the activities to get your own experience and reflect on it. In the second step, we will explain the background and principles in order to help you to use it in your work.



What will you experience?

First phase - you will take part in the TC in Barcelona where

- You will work in an international group of about 20 participants
- you will get the first hand experience with principles of experiential learning - both practice and theory
- you will learn about positive life skills and how they can be developed using sport
- you will do sport practice
- you will learn about and practice reflection of different activities
- group work, discussions in small groups and big group
- stepping out of your comfort zone
- planning of the second phase of the TC



Second phase - at your home country

- After the training course you will prepare and lead a short training course/workshop/seminar for other workers (at least a group of 10) in SUD treatment where you will share and practice the skills of involving experiential learning into sport activities and you will spread/disseminate knowledge of using sport in developing life skills in SUD treatment.
- We will provide you with tutoring, and peer support while you are preparing your training course.



Application Form



**If you are taking part to TC
representing your country
organization, please fill in the
form:**

[Click here!](#)

Practical arrangements

Travel

If you fly to:

- Barcelona El Prat (BCN) - get to the city centre with the AeroBUS A1 -ticket on board
- Aeropuerto de Girona (GRO) -get to the city centre (Estacio del Norte) with Sagales Bus, directly from the airport

Food

- We will provide you with lunch. Breakfast and dinner is up to you (or your organization) to arrange.

If you have any questions, contact your local organization or Giulia from Asociación Experientia.

giulia@asociacionexperientia.org -
info@asociacionexperientia.org

Accomodation

- We will recommend several hotels in Barcelona. You can either book one of them, or find another accomodation. Please, again contact and agree with your local organization.



Programme draft

	Sunday 22.5.	Monday 23.5.	Tuesday 24.5.	Wednesday 25.5.	Thursday 26.5.
Morning		Teambuilding Introduction to the training course	Sport experience in SUD treatment	Groupwork: Implementation of the Experiential Learning principles	Departure
		Lunch	Lunch	Lunch	
Afternoon	Arrival	Life skills in SUD treatment	Groupwork: Implementation of the Experiential Learning principles	Q & A Future steps Evaluation and closing	

Trainers



Natalia Ruiz de Cortázar

Holds degrees in Psychology, Masters in Mental Health Counseling and Family Therapy Intervention. Worked in USA for 2 years as a Mental Health Counselor and within the Wilderness Therapy field in two different programs in the southwest, as a field guide and as a family and wilderness therapist. 10 years working with youth in non-formal outdoors education. Experience working in adventure therapy programs in Europe (Iceland, Scotland, Belgium, etc.). Program developer, psychologist and director of Experientia.



Giulia Giusti

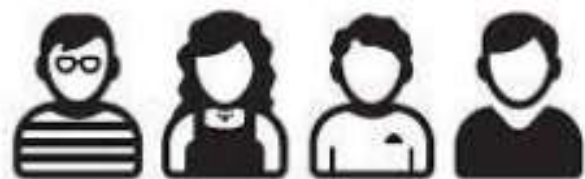
Psychologist (Università di Padova), Master in Neuroscience, and passionate in Adventure Therapy and Experiential Education. After several years working in different social and health contexts (Centers of Mental Health, Prison, Welcoming Communities) the focus now is working with groups, facilitating experiences to promote Well-Being.



Edita Florianova & Jan Kolar

Educated in Psychology and Gestalt Psychotherapy, we work as psychotherapists in schools as well as private practice. Our experience SUD treatment comes from therapeutic communities for people with drug and alcohol abuse experience, where we both worked.

We have 15 years of experience of applying Experiential Learning in various contexts on both national and international level. We organized experiential learning events and training courses for adults and teenagers in cooperation Outward Bound Czech Republic, Czech National Agency Erasmus + and European Solidarity Corps programs. In Czekobanda, we focused mostly on developing leadership skills of youth workers.



CZEKOBANDA





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For more information visit

www.rtsport.eu



[Reintegration Through Sport Plus](https://www.facebook.com/ReintegrationThroughSportPlus)



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Project Coordinator

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