

Virtual Conference from [Amsterdam](#) 22 – 24 of May 2023

Development and further work
with SPARE for Refugees in Europe



VIA University
College



Organizing Committee:

[Anett Apeland](#), [Ella Tacq](#), [Helge Hallmann](#), [Margrét Sigmarsdóttir](#), [Steffen Kaspersen](#)

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Day 1.

The Journey of SPARE: 13:00 – 16:00

Click [here](#) for the Zoom link. Meeting ID: 946 1459 9309. Passcode: 041874

WHO FOR: Relevant for all professionals working with families, managers, policy makers, and elected officials.

CHAIRS: [Gonnie Albrecht](#) and [Margrét Sigmarsdóttir](#)

AGENDA

Welcome, Intro, Overview, and Warm-up.

1. 13:15-13:40: The narrative of refugees in Europe. [Hend Eltanamly](#)
2. 13:45-14:10: SPARE 1. The beginning and the journey. [Margrét Sigmarsdóttir](#) and [Anett Apeland](#)

Break – for 15 minutes

3. 14:25-14:50: Adaptations of an evidence-based program for the refugee population.

[Ruben Parra-Cardona](#)

4. 14:55-15:20: SPARE 2. What do we know so far from our feasibility study?

[Anne Arnesen](#), [Margrét Sigmarsdóttir](#), [Berljót Gyða Guðmundsdóttir](#)

5. 15:25-15:50: The foundation – GenerationPMTO. [Marion Forgatch](#)

Discussions and Celebrations until 16:00

More on SPARE and looking into the curriculum: 13:00 – 16:00

Click [here](#) for the Zoom link. Meeting ID: 967 1510 9485. Passcode: 744523.

WHO FOR: Relevant for all professionals, especially for therapists and those working with or in relation with refugees in Europe.

CHAIRS: [Anett Apeland](#), [Ella Tacq](#), and [Edda Vikar](#)

Welcome, intro, and Overview, and warm-up (15 minutes)

1. 13.15- 13.45: The SPARE curriculum: a short overview and origins. [Anett Apeland](#) and [Edda Vikar](#)

2. 13.45- 14.45: Emotion Coaching and Observations – Research and Practice. [Abigail Gewirtz](#)

Break – for 15 minutes

3. 15.00- 15.30: Working together as a strong team. [Ella Tacq](#)

4. 15.30- 15.55: More on Practical SPARE, Materials, Canvas

5. 15.55- 16.00 Summary and next steps

Day 3.

Being a SPARE Therapist/Link-Worker: 10:00 – 12:00

Click [here](#) for the Zoom link. Meeting ID: 914 9884 3891. Passcode: 347448.

WHO FOR: Relevant for professionals who have been in or would like to be in the role of a SPARE therapist or a link-worker.

Welcome, intro, overview, and warm-up (15 minutes)

1. 10:15-10:50: Helping parents to keep their values, building strength and confidence.

[*Maria Begoña Gomez*](#) and [*Sissel Torsvik*](#)

Break for 10 minutes

2. 11:00-11:55 Cooperation between a link-worker and therapists, exemplified by “emotional coaching”. [*Arndís Þorsteinsdóttir*](#) and [*Helge Hallmann*](#)

3. 11:55-12:00: Closing of the conference.

For Zoom support please contact

Stefan Houtman (secretariaat@piresearch.nl, 0031 6 43376290)

or Lotte de Bruin (l.debruin@piresearch.nl, 0031 6 43376287)