



## TRAINING FOR PROFESSIONALS WORKING WITH CHILDREN MIGRANTS AND FOSTER PARENTS WHO SUPPORT UNACCOMPANIED MINORS

February 28 – March 1, 2019

Sofia, *Centre for Trainings*, 21A Dragan Tsankov Bul.

*The training targets professionals who are working with foster parents and aims at developing their knowledge and skills together with the foster parents to provide support and care for unaccompanied minors as well as vulnerable children from different cultural background and nationality in general. The training programme also includes presentation of a recently probated in social services and reception centres methodology for developing individual project for independent living and better adaptation for youngsters leaving public care.*

### Day 1 (February 28, 2019)

- |               |   |
|---------------|---|
| 10:00 – 10:30 | Introduction and brief overview of the ALFACA model for supporting UAMs and reception (foster) families.  |
| 10:30 – 11:30 | Specific profile of the child-migrant: to be a child and a refugee, alone and underage. <ul style="list-style-type: none"><li>• Characteristics and behaviour of the UAMs;</li><li>• Influence of the lack of family context and contact with the parents;</li><li>• Living through loss and trauma: symptoms and coping mechanisms.</li></ul>            |
| 11:30 – 12:30 | Specific profile of the child-migrant: basic needs after landing to safety. <ul style="list-style-type: none"><li>• Maslow's and Pinto's hierarchy of needs;</li><li>• Defensive and risk factors for the UAMs;</li><li>• Strengthening the defensive factors.</li></ul>  |
| 12:30 – 13:30 | <i>Lunch</i>  |
| 13:30 – 15:00 | Working with children “between two cultures” <ul style="list-style-type: none"><li>• Importance of the cultural context;</li><li>• The “I”-cultures vs. the “we”-cultures;</li><li>• The cultures of shame vs. the cultures of guilt;</li><li>• The conception of belonging to a family;</li><li>• The family's expectations towards the child;</li></ul> |
| 15:00 – 15:30 | <i>Coffee-break</i>   |
| 15:30 – 16:30 | Particularities of working with children victims of violence.   |

16:30 – 17:00 Challenges related to the Bulgarian context. (*discussion*)

## Day 2 (March 1, 2019)

- 10:00 – 11:30 The role of the professionals and the foster parents.
- Acceptance;
  - Recruiting families;
  - Screening families;
  - Matching and placement.
- 11:30 – 12:30 A Bulgarian example: to take care for a child migrant in a foster family.
- 12:30 – 13:30 *Lunch*
- 13:30 – 14:30 Approaches for developing individual project for living.
- The Lundy model of child participation;
  - Approach based on the strengths;
  - Person-centered planning.
- 14:30 – 15:00 Understanding the concept for individual project for living (*presentation*)
- 15:00 – 15:30 *Coffee-break*
- 15:30 – 16:00 Stages for developing individual project for living together with the youngsters.
- Preliminary stage;
  - First stage: building a profile and defining a dream;
  - Second stage: planning and cooperation with supporting network.
- 16:00 – 17:00 Specifics of applying the individual project for living methodology in the cases of UAMs.