



ALPINE TALES 2015

CONSTRUCTION IS ACTION

PRACTICAL APPLICATIONS OF CONSTRUCTIVIST THEORIES

We are delighted to invite you to **Alpine Tales**
The very first Winter School of Constructivist Psychology!

5-8 February 2015 – Pecol di Zoldo (BL), Italy

This proposal is targeted at all the PCP professionals (teachers, students, clinicians, scholars and researchers) interested in exchanging ideas and experiences on PCP theories and practices.

Alpine Tales is a "living" constructivist environment that allows teachers and students to exchange ideas and learn together, building connections and sharing resources to enrich our work. This edition of the Winter School is going to be a residential experience where students and teachers share not only formative moments, but also other everyday activities.

The Winter School will take place over 4 days, offering a programme of workshops, practical learning experiences, open space technology and international supervisions.

There will be time to visit the surrounding area, to relax or to enjoy the local winter sports, socializing and exchanging ideas and interests in a more informal way.

The event will be held at



"Stella Battistella Moccia":

Alpine house in Pecol di Zoldo,
(the Dolomites,
a UNESCO heritage site)
in the Veneto region of Italy
at 1350 meters above sea level.

Address: Via Foloin n. 23, 32010 Pecol di Zoldo (BL)

In the alpine house the activities are self-organized and the staff is not included, therefore all the Winter School participants are invited to contribute in managing the house.

Other possible accommodations might be the hotels nearby, for example Valgranda Hotel, Sporting Hotel or Garnì Hotel.

THE ACTIVITIES

Learning sessions run in the mornings or in the afternoons, with the other half of the day free to relax, explore and participate in winter sports. Evenings are available for a range of optional and student-led activities.

Learning activities will include:

Opens Space technology – experiments in group-centred learning

“What experiences do I need to grow professionally through constructivism?”

“Open Space Technology is one way to enable all kinds of people, in any kind of organization, to create inspired meetings and events. Over the last 20+ years, it has also become clear that opening space, as an intentional leadership practice, can create inspired organizations, where ordinary people work together to create extraordinary results with regularity.

In Open Space meetings, events and organizations, participants create and manage their own agenda of parallel working sessions around a central theme of strategic importance, such as: What is the strategy, group, organization or community that all stakeholders can support and work together to create?

With groups of 5 to 2000+ people -- working in one-day workshops, three-day conferences, or the regular weekly staff meeting -- the common result is a powerful, effective connecting and strengthening of what's already happening in the organization: planning and action, learning and doing, passion and responsibility, participation and performance.”

(Michael Herman)

To what extent can the mindfulness practice be part of the constructivist psychotherapeutic experience?

Monica Cecconi (Psychologist, Firenze)

Mindfulness means “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Jon Kabat-Zin), or, according to Rob Nairn: “knowing what is happening, while it is happening, without preference”.

Mindfulness is a faculty that can be developed like our other faculties, and is a dynamic process that the person can activate not only through a method but also by developing an attitude and a personal motivation.

This workshop will explore mindfulness on two levels: a journey in cultivating, step by step, the essential skills and experience we need to practice mindfulness, and a session with focus groups to engage the participants in a professional construction of the mindfulness experience, based on PCP.

A storytelling psychology takes a walk in the Alps

Mary Frances (Consultant and Facilitator, Coventry, UK) and Lucia Andreatta (Psychologist and Psychotherapist, London, UK).

In this workshop storytelling psychology will take us into the world of folk tales. In the beautiful surroundings of the Alps, participants will be invited to explore and embody the relational experience between the teller and the listener and to contribute to the ongoing creation and recreation of stories we live in and are shaped by. The workshop will be enriched by participants' curiosity and creativity in exploring alternative ways of construing and making sense of actual experience.

Acting Voices & Acting Bodies

(A Workshop of theatre techniques for therapeutic relationships)

Eleonora Belloni (Psychologist, Padova), Lorenzo Maragoni (Theatre Director, Padova)

The workshop is a practical experience that lets the participants practice their skills of listening, talking and connecting with the others. Simple theatre exercises, involving the use of body and voice, will be the starting point to develop different perspectives on the therapeutic relationship in an unconventional and playful way.

International Supervisions on Student's Clinical Cases

Massimo Giliberto (Psychologist and Psychotherapist, Padova)

These are just some of the activities that you are going to be able to take part in during Alpine Tales 2015. They will be integrated with the proposals of the participants.

CONTRIBUTE WITH YOUR PROPOSAL!

In the spirit of participatory learning, everyone is invited to contribute to the event with their proposal.

Please contact us at the address alpine.tales2015@gmail.com if you are interested in conducting a workshop or a formative experience on the topic "CONSTRUCTION IS ACTION: PRACTICAL APPLICATIONS OF CONSTRUCTIVIST THEORIES.

Every participant is invited to present their proposition before 15 December 2014.

THE AREA

Pecol di Zoldo (1350 m a.s.l.) is a small village located near Belluno, on Dolomites (UNESCO heritage site). The village is situated in a valley between Pelmo and Civetta mountains. From Pecol di Zoldo a sky lift gives access to the "Civetta" district, which includes about 80 km of sky runs. Several itineraries for hiking and snow rackets can also be found in the surrounding area. At Pala Favera (10 minutes by car) it is possible to practice other winter sports, like sledging and cross country skiing.



It is also possible to visit Alleghe, a nice village nearby, known for its beautiful lake and the ice rink.

For those who prefer more relaxing activities, it is possible to enjoy the SPA treatments at the Valgranda Hotel (2 minutes from the Winter School house).

More information about Pecol di Zoldo: http://www.valdizoldo.net/index_en.html?ssn=winter

REGISTRATION AND PAYMENT

Registration at Alpine Tales 2015 has to be done via website www.costruttivismo.it

If you enroll before the 31st of December 2014 the registration fee is 170 euros per person.

This includes accommodation in shared rooms the house in, as well as all meals and all the learning activities.

It is possible to arrive at the house on the 4th of February. Alpine Tales will conclude with a lunch on Sunday the 8th.

Other possible accommodation might be the hotels nearby, for example:

Valgranda Hotel: <http://www.hotelvalgranda.it/en/>

Sporting Hotel: <http://www.hotelsporting.net/en/>

Garnì Hotel: <http://www.garnipecol.it/index.php?lang=en>

For those who are going to stay at the hotels the registration fee is 100 euros and includes all meals and all the learning activities but you'll need to personally take care of your hotel reservation and hotel payment.

From the 1st of January to the 3rd of February 2015 the registration fee will be 180 euros (accommodation included) and 110 euros (accommodation not included).

There are 40 available places.

TRANSPORTATIONS

Travel is based on individual arrangements.

Pecol di Zoldo is located around 130km from Venice Airport. In order to reach the Winter School location it is possible to take the train from Venice to Longarone and then the bus from there to Pecol di Zoldo. Alternatively, it is possible to rent a private van from Venice Airport and reach Pecol di Zoldo in 1 hour and 45 minutes.

We may be able to organise a transfer service for the international participants who arrive at Venice Airport.

CONTACTS

If you have any question or you need further information please contact us

alpine.tales2015@gmail.com

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Institute of Constructivist Psychology S.r.l.



SOCIETÀ COSTRUTTIVISTA ITALIANA