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## Problem Management Plus (PM+) and Self Help Plus (SH+) Training for Trainers (ToTs) in Slovakia

The U-RISE PROJECT<sup>1\*</sup> is co-funded by EU<sup>2</sup> and aimed at engaging a pan-European network of Ukrainian and Russian-speaking mental health professionals to train and implement low-intensity, evidence-based, face-to-face interventions.

As part of U-RISE, the World Health Organization (WHO) Collaborating Centre for Research and Training in Mental Health and Service Evaluation, the University of Verona (Italy) in collaboration with Tenenet, a Slovak NGO, is organizing a series of WHO's Problem Management Plus & Self Help Plus training in response to addressing **mental health and psychosocial support** needs of the displaced people of Ukraine in Slovakia. In addition, the University of Verona will also offer bi-weekly supervision to those who participate in the training.

We are pleased to invite Ukrainian/Russian-speaking first responders and service providers (with an interest in) working with Ukrainian refugees to participate in the training.

### Problem Management Plus (PM+)

PM+ is an evidence-based low-intensity psychological intervention developed by the WHO for adults impaired by distress in communities exposed to adversity. PM+ aims to reduce problems that clients identify as being of concern to them and improve aspects of mental health and psychosocial well-being. PM+ addresses both psychological problems (e.g., stress, fear, feelings of helplessness) and, where possible, practical problems (e.g., livelihood problems, conflict in the family). Participation in PM+ has been shown to decrease overall psychological distress, symptoms of depression, and anxiety.

The training is an immersive experience focused on experiential learning, live practice, observation, and ongoing feedback. Participants learn basic helping skills, how to conduct assessments, identify those in need of additional support, and how to teach PM+ strategies.

### Self-Help Plus (SH+)

SH+ is a brief guided self-help psychological intervention developed by World Health WHO. It aims to reduce stress and improve overall well-being in adults exposed to adversities, wherever they live and whatever their circumstances. It consists of a 5-session stress-management course for large groups (10-30 people) and is delivered by trained and supervised non-mental health specialists (facilitators). It has been shown to reduce psychological distress and prevent the onset of mental disorders.

SH+ is based on acceptance and commitment therapy (ACT). It emphasizes learning new ways to cope with and accommodate difficult thoughts and feelings and guides people to live in a way that is consistent with their values. The training is an immersive experience focused on experiential learning,

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<sup>1</sup> UKRAINE'S DISPLACED PEOPLE IN THE EU: REACH OUT, IMPLEMENT, SCALE UP AND EVALUATE INTERVENTIONS PROMOTING MENTAL WELL-BEING

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live practice, observation, and ongoing feedback. Participants learn basic helping skills, mediating group dynamics, identifying those in need of additional support, and how to teach the SH+ strategies.

**Training dates and information:**

**Problem Management Plus and Self-Help Plus Training of Trainers –Bratislava (5 Days), ONLINE (4 Days)**

Date	<ul style="list-style-type: none"> <li>➤ <b><u>Mandatory:</u></b> <ul style="list-style-type: none"> <li>● 5, 8, and 9 June – Online Training on PM+</li> <li>● 12-16 June – In-person training on PM+ and SH+</li> <li>● 19 June – Online Training on SH+</li> </ul> </li> <li>➤ <b><u>On-demand training and supervision sessions that are not mandatory:</u></b> <ul style="list-style-type: none"> <li>● 20, 21, 23, 26, 27 June – Online Training and Supervision</li> </ul> </li> </ul>
Time	09:30-18:00
Location	<ul style="list-style-type: none"> <li>➤ <b>Bratislava, Slovakia</b> <ul style="list-style-type: none"> <li>● 5 days of mandatory training sessions will be delivered in Bratislava, SLOVAKIA</li> <li>● Address: Bottova 7, Bratislava, Assistance Center of Help for Ukrainian refugees</li> <li>● Free accommodation will be provided for those who come from other cities in Bratislava, Slovakia</li> <li>● Breakfast, lunch, dinner, and coffee breaks will be provided</li> </ul> </li> <li>➤ <b>Online</b> <ul style="list-style-type: none"> <li>● 4 days of mandatory training sessions will be delivered online.</li> <li>● All supervision sessions will be provided online.</li> </ul> </li> </ul>
Trainers	<ul style="list-style-type: none"> <li>➤ <b>Dr. Marianna Purgato</b> is an Assistant Professor in Applied Medical Technology and Methodology at the Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (UNIVR), Italy, and a global mental health researcher at the World Health Organization Collaborating Centre for Research and Training in Mental Health and Service Evaluation, Department of Neurosciences, Biomedicine and Movement Sciences, UNIVR, Italy. She is also a licensed clinical psychologist involved in clinical work at the Azienda Ospedaliera Universitaria Integrata, Verona, Italy.</li> <li>➤ <b>Dr. Monica Bartucz</b> is a Postdoctoral Researcher at the World Health Organization Collaborating Centre for Research and Training in Mental Health and Service Evaluation, Department of Neurosciences, Biomedicine and Movement Sciences, University of Verona (UNIVR), Italy.</li> </ul>

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Language	The training will be delivered in person in English, with translation into Ukrainian.
Registration	To register for the training, please complete the online registration form using the link below.  A limited number of places are available. Registration open until <b>01.06.2023</b>  <a href="https://forms.gle/mo1uQyQfY1rMQTKs8">https://forms.gle/mo1uQyQfY1rMQTKs8</a>

### Benefits:

- Free access to Problem Management Plus & Self Help Plus training held by the WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation, the University of Verona, Italy
- Certification of Attendance training in Problem Management Plus & Self Help Plus from the WHO Collaborating Centre for Research and Training in Mental Health and Service Evaluation, University of Verona, Italy.

### Obligations:

The participants in the training will have the obligation to provide free training of PM+ and SH+ to 15 non-professional service providers (Helpers) in the next 2-3 months. The Helpers will be trained to offer free face-to-face psychological intervention to 10 Ukrainian refugees for a minimum period of 6 months.

They will also have to supervise the quality of the interventions and offer support and feedback.

If you have any questions, don't hesitate to get in touch with our team:

**Zhannat Mukhamadiyeva**

Project Manager, U-RISE Slovakia

[zhannat.mukhamadiyeva@tenenet.sk](mailto:zhannat.mukhamadiyeva@tenenet.sk)

We hope to see you at the training!

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