

Caring for the ones who care

Meaningful
EXCHANGES



CARING FOR THE ONES WHO CARE

*An unprecedented blend of continuing education
with cultural travel*

THE PROGRAM: "DAY BY DAY"

DAY 1: Saturday, June 23, 2018: "Caring for the ones who care"



Morning: Arrival to Córdoba airport in Argentina(<http://www.aa2000.com.ar/cordoba>)

Transportation in a coach bus to Villa Carlos Paz (45 minutes from airport) where the program will take place

Orientation around hotel grounds

(<http://www.aca.tur.ar/hoteles/vinculados/cordoba/green1/index.htm>)

1:00 pm: Lunch at the hotel

2:00 pm: "Siesta" – Free time

4:30 pm: Welcoming reception - Light refreshments served

4:45 pm: "Dive into delicious self-care" Keynote Guest Speaker: Millie Grenough (www.milliegrenough.com). Millie is a Clinical Instructor in Psychiatry at Yale University School of Medicine and author of OASIS in the Overwhelmed. She is an acclaimed motivational speaker, affiliated to the International Coach Federation, International Speakers Network and the National Association of Social Workers.

5:30 pm: First Workshop: "Caring for the ones who care"

As professionals working in challenging social and emotional environments, we face multi-level stressors. As a result, we can be at risk for compassion fatigue and burn-out. In order to cope with these significant problems, self-care guidelines have emerged that rely heavily on content enhancement and behavioral management techniques. In this workshop, we will explore *another dimension* to providers' self-care based on the fundamental premise that self-knowledge is bedrock to self-care. We will dive into the origins of our helping styles, we will practice awareness, joining and healthy boundary setting while drafting our own multi-dimensional self-care plan.

Facilitators: Miriam Perez Bali MA & Gerardo Sorkin LCSW in NY and CT.

8.30: Dinner at hotel

Day 2: Sunday, June 24th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel

10:00 am: Workshop: "Food in Our Culture"

The food we eat expresses the culture we live in. Argentina is a melting pot of immigrants from all over the world. Italian, Jewish, Spanish and native influences are embedded in our meal preparation. Throughout this workshop, we will cook "Argentinean style" empanadas, explore flavors and textures, and celebrate community.

1:00 pm: Lunch (We will eat the food we prepared)

2:00 pm: "Siesta" – Free time

5:00 pm: Tour around Villa Carlos Paz

Nested by the waters of Lake San Roque, this beautiful village will be home for a week. We will walk along sloped streets while breathing mountain-born air. We will stop to meet with town officials, local entrepreneurs and nonprofits organizations.

8:30: Dinner at hotel

Day 3: Monday, June 25th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel

10:00 am: Panel: "Learning from the Experts"

**"Psychoanalysis in Minor Language" Mariano Horenstein,
Psychoanalyst**

Psychoanalysis is more than a psychological practice in Argentina; it is a central part of the culture. Mariano, one of the most prominent psychoanalyst in Latin America, will lead us into a conversation on how the Freudian approach manifests according to geographies.

"Human Rights & the Judicial System" Jorge Vasallo, Journalist

Embedded in the court house, Jorge has been reporting about the trials to the military junta charged with human rights abuses. With his vernacular narrative, he will enlighten us about key cases with his insider view.

**"Social Policy in Argentina. From the Return of Democracy to
Today" Daniel Sorkin, MA in Political Sciences**

The return to democracy in 1983, brought a new era of hope that changed the landscape of Argentina's history. Daniel will present the milestone events that shaped our present and built our future.

1:00 pm: Lunch at hotel

2:00 pm: "Siesta" – Free time

5:00 pm: Movie & discussion: "The Official History", awarded "Best Foreign Movie" in 1985 by the US Academy Awards

This film deals with the story of an upper middle class couple who lived with an illegally adopted child. The mother comes to realize that her daughter may be the child of a victim of the forced disappearance that occurred during the military dictatorship. After the movie, we will have a thoughtful discussion to understand the main elements involved.

8:30 pm: Dinner at hotel

Day 4: Tuesday, June 26th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel

10:00 am: Workshop: "An Introduction to Systemic Family Configurations, Part I"

Working with families in diverse settings requires effective models. Systemic Family Configurations provides us with a theoretical framework and powerful tools to assist families in overcoming emotional and behavioral problems. This novel approach developed by Bert Hellinger in Germany is utilized to guide our work with families.

Facilitators: Miriam Perez Bali, MA & Gerardo Sorkin, LCSW in NY and CT

1:00 pm: Lunch at hotel

2:00 pm: "Siesta" - Free time

5:00 pm: Workshop: "An Introduction to Systemic Family Configurations, Part II"

We will explore further and go deeper into some of the model's components; family hierarchies, loyalties and searching for a system's solution. We will spend some time learning how this approach can be applied to organizations.

8:30 pm: Dinner at hotel

Day 5: Wednesday, June 27th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel and preparing to go to Córdoba City

10:00 am: "Visit to Club House Bienestar".

This Community Mental Health Rehabilitation Center is a model in this country for how to work with individuals living with chronic mental illness and their families. We will meet with clients, staff and the director of the institution, Dr. Raimundo Muscellini to get a full picture of its practice.

1:00 pm: Lunch in Córdoba at "Novecento Bistro."

2:00 pm: We will tour around Córdoba City, focusing on "Historical Downtown"

The Jesuit Block in Córdoba, a [UNESCO](#) World Heritage Site, encompasses the core buildings of the Jesuit system: the university, the church and residence of the Society of Jesus, and the college. They contain religious and secular buildings, which illustrate the unique religious, social, and economic experiment carried out in the world for a period of over 150 years in the 17th and 18th centuries.

6:00 pm: Return to hotel in Villa Carlos Paz

8:30 pm: Dinner at hotel

Day 6: Thursday, June 28th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel

10:00 am: Workshop "Music and Dance in our culture. Introduction to Tango"

Back in the late 1800's, Argentina became a hotspot for many new immigrants from Europe who settled in the cities but found themselves depressed from lonely, without a real outlet for entertainment. They began congregate at bars and as time moved forward, their different cultures mixed with the local Latin sounds and produced a new style of music and social dance named "Tango".

We will learn and enjoy the "the basic 8-step" and join in the Tango experience

1:00 pm: Lunch at hotel

2:00 pm: "Siesta" - Free time

5:00 pm: Workshop "Tango Todo Terreno"

We will explore another dimension of tango by practicing balance, guided imagery and connecting with each other.

Facilitator: Gerardo Sorkin, LCSW in NY and CT

8:00 pm: Wine tasting

Argentina is widely known for its Malbec, and together, we will indulge in some of the best, and engage in lively discussions about how this varietal has brought such pride to this country.

8:30 pm: Dinner at hotel

Day 7: Friday, June 29th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel

**10:00 am: "Overcoming barriers and celebrating diversity:
Mindfulness for social action. Part I"**

Mindfulness is a way of connecting nonjudgmentally with our lives and involves cultivating our attention to the present in a very particular way. We will practice different exercises to train our ability to be mindful, and we will review how we can incorporate its teachings for social action in multi-cultural environments.

Facilitators: Millie Grenough, LCSW & Gerardo Sorkin, LCSW

1:00 pm: Lunch at hotel

2:00 pm: "Siesta" - Free time

**5:00 pm: "Overcoming Barriers and Celebrating Diversity:
Mindfulness for Social Action, Part II"**

We will go deeper into the subject by incorporating alternative exercises and strategies to fine tune our ability to be fully present and mindful.

8:30 pm: Dinner at hotel

Day 8: Saturday, June 30th, 2018



8:00 am: Morning meditation

9:00 am: Breakfast at hotel

10:00 am: "Community Meeting and Closing Ceremony"

We will debrief the whole experience as a community, share the lessons learned, and close the program with a group ritual.

1:00 pm: Lunch at hotel

2:00 pm: Board bus to return to Cordoba Airport for return flight to USA