

***Salutogenesis and Prevention in Education, Based on Positive Family Psychotherapy
- Realized Projects and Experiences in Bulgaria 1992 - 1994***

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An integrated prevention project for family and individual health, including education, information, management, therapy and consultation has been worked out in Bulgaria. Goals are to mediate instruments for handling family and individual problems following the rapid cultural changes, appearing as psychosomatic diseases, stress, aggression, or as flight into drugs, sects, depression, fears and suicide. Classical view of psychotherapy is focusing individual or family therapy. We used experiences and methods from positive psychotherapy and family therapy finally to form an integrated model for prevention. In this pilot project a systemic view of the situation around children and their families is used to start with different levels of active prevention in contemporary projects.

Included were:

- ⇒ interactive education lessons in the 9th and 10th forms of a language high school,*
- ⇒ an evening college "School for Parents" in the same town,*
- ⇒ seminars for school psychologists of the district about family and conflict consultation, using a didactic system of high efficient interactive teaching in psychotherapy,*
- ⇒ seminars about positive management for school directors in two regions,*
- ⇒ qualification of doctors and psychologists in psychotherapeutic and family consulting methods in a cultural adapted curriculum,*
- ⇒ consultations with a drug prevention centre and a psychoprophylactic centre of the army,*
- ⇒ information about family consultation in books, radio and newspapers.*

The starting point was education of children in methods of salutogenesis to solve their own problems actively with the methodological experience from positive family therapy. Besides that similar information had been given to parents in self help groups in the same town concerning subjects like drug abuse, education, developmental, sexual or religious problems with their children. The short term interactive teaching of school psychologists, educators and teachers in methods of consultation, family therapy and health models gives now for children, teachers and parents a new chance to find competent partners for consultation in difficulties. To develop a productive educational atmosphere in school administration, influencing finally the communication and milieu between teachers, pupils and parents, seminars for directors of schools about positive management had been organised. Methods of positive personal and conflict management were mediated in the way of "learning by doing", using actual difficulties of their own everyday school situation by turning them into possibilities and chances for co-operation in pedagogic management.

Extension of the therapeutic possibilities in the national Bulgarian health system (in psychiatric dispensaries, clinics, and for private doctors) and psychological services (traffic psychologists, army psychoprophylactic centers, drug prevention center, labour exchange bureau) was undertaken with simultaneous education of doctors and psychologists in the basic steps of a psychotherapeutic qualification program in the Medical University in Varna and institutes in other towns, organised by the Society for Positive Psychotherapy in Bulgaria and the German Association for Positive Psychotherapy. The first books about family psychotherapy in Bulgaria were published as well as literature for self help and didactic material. These are used also in radio programs and in newspapers to inform about different possibilities of self help in family problems.

*One asked an old, wise man, when to begin with children's education.
With a smile he answered: "25 years before giving birth to them..."*

Projects in Bulgaria

"Parents School"

Pilot project for self-help groups of parents with professional trainees for preventing and solving family conflicts, drug abuse and education problems, realised in Dobric

"Conflict Solving and Prevention with the Instruments of Positive Psychotherapy"

School project in Dobric/BG in the 9th and 10th forms of the language gymnasium in psychology curriculum to mediate conflict solving using the experience from family psychotherapy

Training in Family Consultation and Therapeutic Techniques for School Psychologists

Seminars for education in psychotherapeutic and family consulting methods in Varna and Dobric

"Positive Management for School Directors"

School director as encourager, as model and as organiser: Workshops in Varna and Pleven to mediate knowledge and experience for school directors as encourager of their staff, as a model for them by using the balance model for managers, and the use of positive organisation and consulting methods

Education and training in psychotherapy and family consultation *in short term high efficient interactive didactic (Varna/BG), and curriculum for an integrative postgraduate school for psychotherapy, psychosomatic medicine and family therapy in the Psychiatric Departments of the Medical University of Varna/Bulgaria in adaptation to the local needs and cultural conditions, organised with the Bulgarian Association for Positive Psychotherapy, taking selected effective therapeutic methods for a full psychotherapeutic qualification within a frame of about 2 to 4 years*

Radio programs about family consultation *(Varna, Stara Zagora, Gabrovo) and about alcoholism (Plovdiv)*

Seminars for information exchange with teachers *in the Institute for Qualification of Teachers in Varna, in the Pedagogic University in Schumen and in a school in Varna*