

Conference for education professionals “School - why and what should it be?”

27th of October // 10.30 – 15.30



Interreg
Latvija–Lietuva

Eiropas Reģionālās attīstības fonds



EIROPAS SAVIENĪBA

The project No. LLI-506 «The safe environment for pupils and teachers - the basis for quality education (Safe School)»

«Pleasant school environment begins with me.»

Laura Valaine, resident physician in psychotherapy,
doctoral student and lecturer at the Clinic and Department of Psychosomatic Medicine
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Affect is biology.
Emotion is biography.

Emotions

The child first learns **the use** of emotions, **understanding** of them and the way of their **expression** from parents or their caregivers as a **result of relationship experience**.

Child has his emotions.

Teacher has is emotions either.

Positive school climate

- **Good relationship between teachers and student**
- **Student participation in school decisions**
- **Teaching which engages student interest**

Students are more likely to engage both educationally in learning and in the sense of feeling a sense of belonging to the school community.

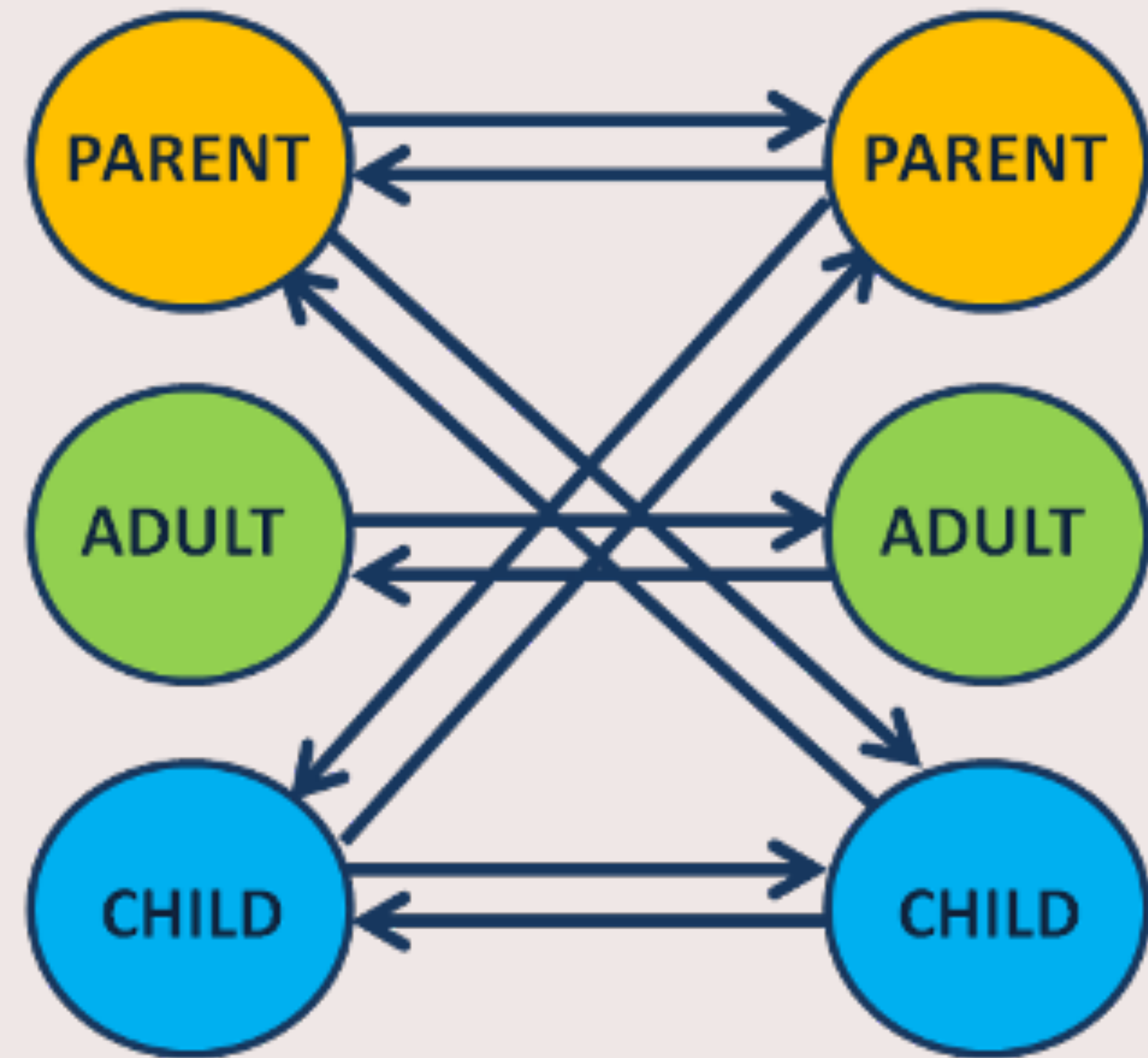
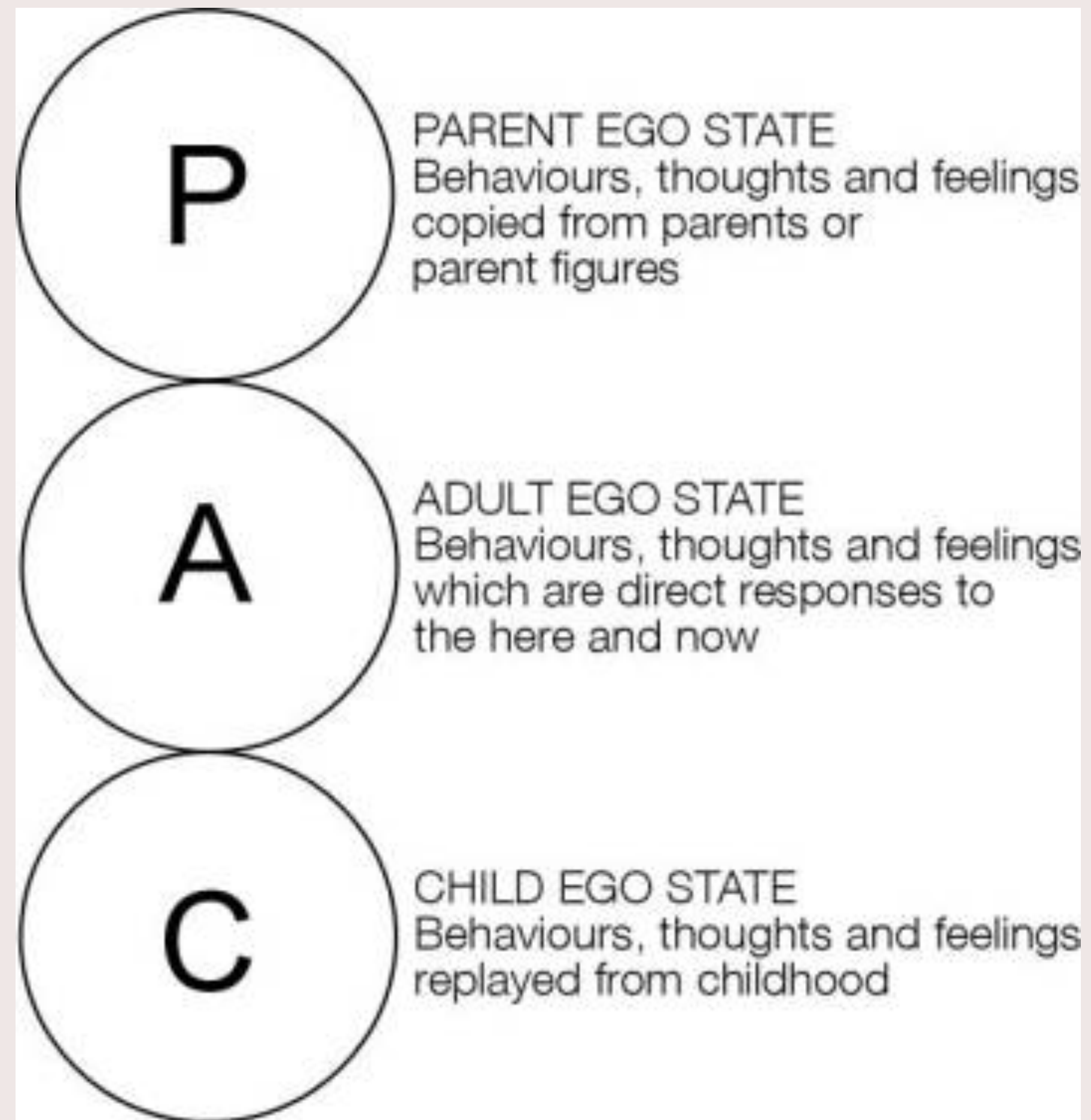
Teachers are role models.

Personality

The special combination of qualities in a person that makes that person different from others, as shown by the way the person behaves, feels and thinks.

(Cambridge dictionary)

Dr. Eric Berne- Transactional analysis



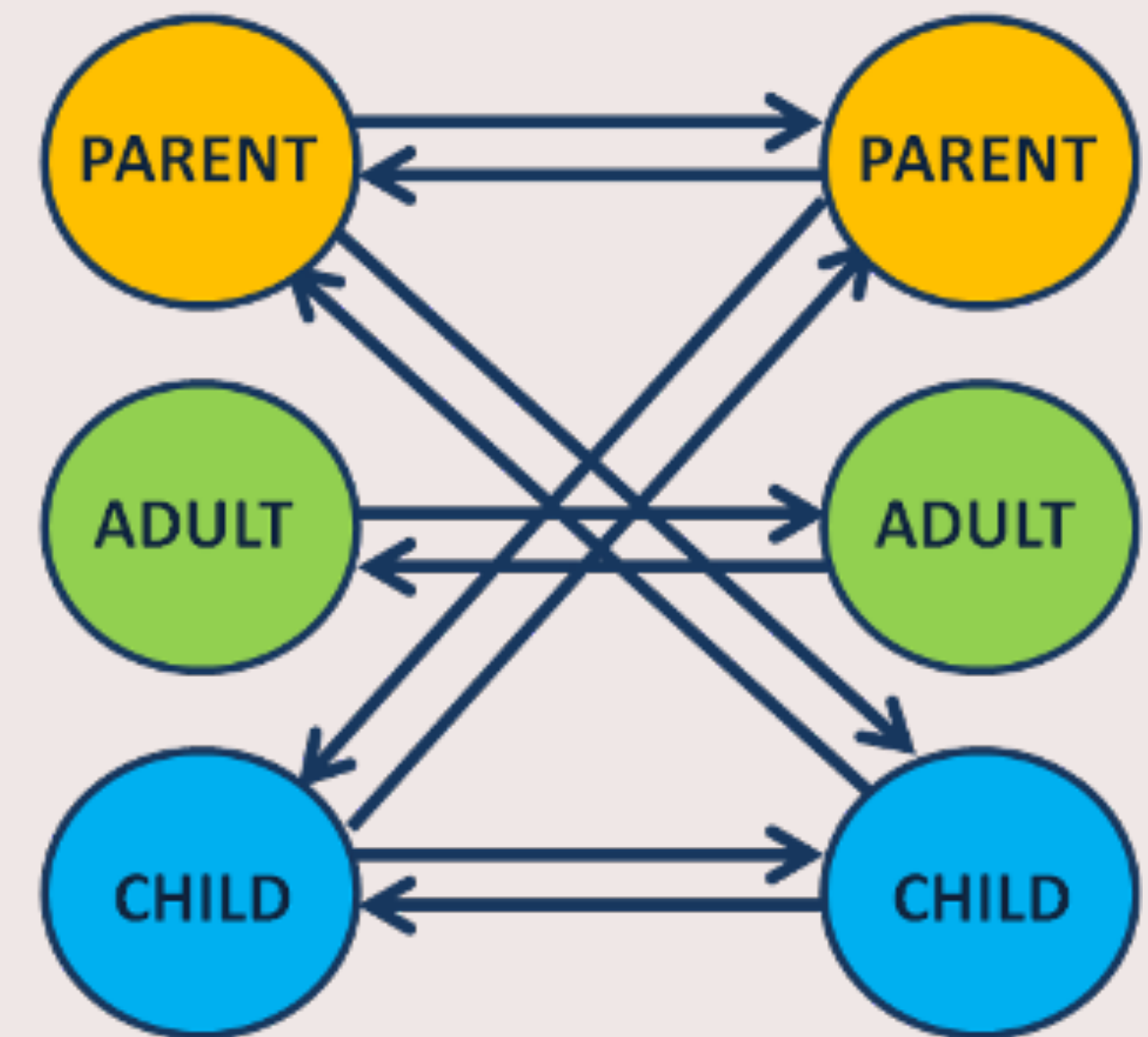
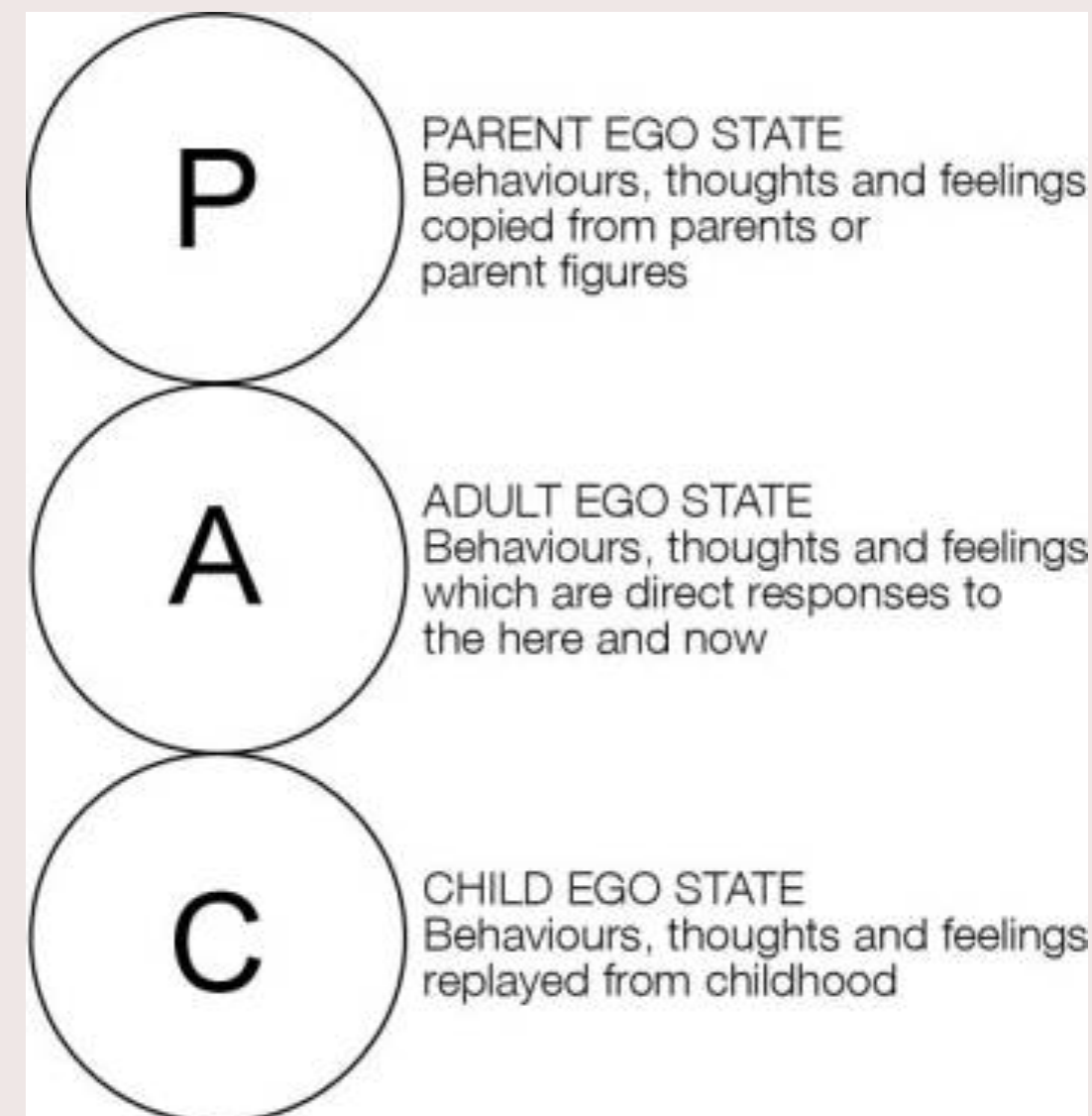
Practical workshop (10min)

1. When and why in communication with children you should act as:

- Parent
- Adult
- Child

2. Write practical tips how you can perform each role?

3. Does something scares you from being in some of those roles?



How to engage in relationship?

What to do?

- **Be interested**
- **Be honest**
- **Be sincere, feel empathy**

What to avoid?

- **Judging, moralizing, shaming**
- **Complaining**
- **Excuses**
- **False reassurances**

Not the relationship itself, but the quality of the relationship is a protective factor for mental health.

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