



Swiss Positive Psychology Association

Schweizerische Gesellschaft für Positive Psychologie  
Société Suisse de Psychologie Positive  
Società Svizzera di Psicologia Positiva

# Invitation

To a 4-hour training:  
“Strengths for the Journey” intervention

Dr. Sevasti Foka  
(Queen Mary University of London)

Wednesday, 18<sup>th</sup> May 2022

Thursday, 19<sup>th</sup> May 2022

18:30 – 20:30 (via Zoom)

## Description of the intervention

The Strengths for the Journey (SFJ) intervention is a structured, seven-day intervention for use with displaced young people in late childhood and early adolescence, originally developed for refugees living in camps. The purpose of the Strengths for the Journey intervention is to build positive psychological resources in young refugees (such as positive emotions, character strengths, optimistic thinking, community and nature connectedness, hope and mindfulness) in order to promote their psychological well-being and resilience.

The intervention was developed in direct response to needs highlighted by NGOs working with children living in refugee camps in Lesvos. It is built on a group-based, interactive, non-clinical approach and was developed to target areas which were identified as being important to the well-being and resilience of child refugees (Foka and Sergianni, 2019). The particular components that were identified were hope, optimism, future planning and self-esteem.

The intervention is open to mixed-gender groups varying in size from 6 to 17 years old. A total of seven two-hour sessions are run over the course of a seven-day period. Each day's content is built around a different positive psychology concept, such as character strengths, optimistic thinking and hope, mindfulness and nature connectedness. The activities are structured, interactive and social, with each activity involving group work and discussions and also games, arts and crafts.

## Registration

Binding registrations via this online form (before May 14<sup>th</sup>):

[https://psy-sowi-web.uzh.ch/soscisurvey/swippa\\_workshop\\_0522/](https://psy-sowi-web.uzh.ch/soscisurvey/swippa_workshop_0522/)

Registration fees (30.- CHF for SWIPPA members; 50.- CHF for non-members) are meant to cover the workshop organization. Any benefits will be donated in favor of refugees from Ukraine.

We are looking forward to these two evenings together!