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**Report of the 2nd Podlaskie Social Rehabilitation Forum
“Educational and Therapeutic Measures Used Towards Minors and Adults
Addicted to Alcohol and Psychoactive Substances – the State and Prospects”**

On 6 June 2014 at the Faculty of Pedagogy and Psychology at the University of Białystok, the 2nd Podlaskie Social Rehabilitation Forum “Educational and therapeutic measures used towards minors and adults addicted to alcohol and psychoactive substances – the state and prospects” was held, which was a continuation of the initiative launched in 2013 of annual meetings of people interested in the subject of education, therapy and social rehabilitation. The creators of the project were employees of the Department of Social Rehabilitation of the Faculty of Pedagogy and Psychology at the University of Białystok, in cooperation with the Regional Social Policy Centre in Białystok. Honorary patronage of the 2nd Podlaskie Social Rehabilitation Forum was taken by: Podlaskie Voivode, Podlaskie Marshal, Rector of the University of Białystok, State Agency for Solving Alcohol Problems and the National Bureau for Counteracting Drug Addiction.

The meeting was opened ceremonially by the Dean of the Faculty of Pedagogy and Psychology, Dr Mirosław Sobecki, professor at UoB. Ms Elżbieta Rajewska-Nikonowicz, director of the Regional Social Policy Centre in Białystok, followed, welcoming the present speakers, representatives of institutions and students. The head of the Department of Social Rehabilitation, Dr Krzysztof Sawicki, thanked the participants for coming, and wishing them fruitful deliberations, he invited everyone to listen to the speakers.

The first to speak was Janusz Sierosławski MA from the Institute of Psychiatry and Neurology in Warsaw. The starting point of his analyses was epidemiological data, which made it possible to understand the regularity of the development of the phenomenon of addiction to psychoactive substances, formulate and evaluate policies towards drugs and drug addiction, as well as plan preventive measures

and treatment offers. The source of scientific exploration were surveys among school children in the years 1995, 1999, 2003, 2007, 2011 (ESPAD), general population surveys from the years 2002, 2006, 2010, the question of the use of drugs under the study “Social Diagnosis” – 13 studies were carried out in the years 1992–2013, statistical data of psychiatric treatment, statistical data of law enforcement and justice, and estimating the number of problem drug users. After a thorough analysis of the indicated studies, the lecturer presented the conclusions that one should not expect a considerable increase in demand for treatment of addiction to traditional drugs. However, the treatment offer should be reoriented to users of multiple substances at the same time, including designer drugs.

The next speaker was Dr Agnieszka Pisarska from the Institute of Psychiatry and Neurology in Warsaw. In the first part of her speech, she focused on defining the concept of “resilience” and describing the historical outline, etiological concept, speaking about protecting factors. The lecturer indicated that when saying “resilience”, we still use the English term, because there is no equivalent in Polish, which would fill the whole meaning of the word. “Resilience” is a term borrowed from physics and indicates high flexibility, elasticity of material, the ability to rapidly return to original shape, despite distortion attempts. In psychology, it is explained as psychological resistance, resistance to injury. Researchers dealing with these topics present two positions - they define “resilience” as a feature, or talk about this phenomenon in terms of the process. In the first approach, the term “ego resiliency” is indicated, which means a set of personality traits, expressed through individual properties such as: courage, resourcefulness in overcoming difficulties, strength of character, ability to function properly despite the adverse conditions of life. On the other hand, the representatives of the second approach, look at “resilience” in terms of not separate qualities, but a process that leads to positive adaptation. At the end of the presentation the speaker spoke about the studies carried out among middle school pupils in Warsaw, devoted to the indicated topic. The speaker ended her speech by concluding that a significant contribution to the concept of “resilience” in the development of knowledge on mechanisms of human adaptation is focusing on protective factors and mechanisms. Positive and close relationships with other people that satisfy important needs of the individual, enable his positive functioning despite adversity.

The last to present his thoughts was Dr Tomasz Głowik from The Maria Grzegorzewska Academy of Special Education in Warsaw. His appearance concerned therapeutic interventions undertaken against people with the problem of substance abuse in prison isolation. The speaker cited, in his opinion, the most important indications for penitentiary practice, written 244 years ago in Ohio, at the national congress of the penitentiary and correctional policy. The first of them indicated that in order to achieve social rehabilitation of sentenced persons, there must be a deep conviction in the minds of the officers that the inmates can be reformed. Hence, if someone does not believe that people in prison can

be helped, then it is better that he not undertake work in such a place. Another reason is that which says that in the prison system, a convicted person should choose for himself what his educator chooses for him – therefore, compliance of will is a prerequisite for social rehabilitation (acquiring the will of the convicted person). The lecturer described how the therapeutic system operates in prisons and indicated the myths concerning the treatment of addicts. In conclusion, he stressed that in recent years the intention is to change the currently operating approach to the treatment of people struggling with addiction, e.g. by introducing short-term therapy.

The theoretical part ended with a coffee break, after which guests had the opportunity to participate in three parallel workshops being held. The first, led by Dr Tomasz Głowik, concerned ways to motivate people to change their behavior. Another workshop, showing the methods of work in couples therapy of addicts, was conducted by Paweł Kołakowski MA from the Voivodeship Centre of Addiction Prevention and Therapy in Łomża. The last workshop met with the interest of educators and teachers working with young people. Tomasz Szelaḡowski MA from the Correctional Department in Białystok, sought to bring participants closer to the specificity of work with an addict charge and encourage to undertake activities aimed at the creation of new forms of work with minors in therapy.

The 2nd Podlaskie Social Rehabilitation Forum was ended by an interesting discussion, which pointed to the need to continue this initiative and urge further, regular meetings of representatives of therapy institutions, school, educational and academic centers, penitentiary institutions, probation services, NGOs active in the education and therapy of youth and adults.

Doctoral Habilitation Awards

Anna Wojnarska (2014)

Title of habilitation dissertation: *Kompetencje komunikacyjne nieletnich (Communication competencies of minors)*, UMCS Press, Lublin 2013.

Publisher's review: Dr hab. Tamara Zacharuk.

The habilitation colloquium was held before the Council of the Faculty of Education and Psychology at the Maria Curie-Skłodowska University in Lublin on 30.06.2014.

Habilitation review board:

Prof. dr hab. Czesław Kosakowski,

Dr hab. Irena Mudrecka,

Dr hab. Sławomir Sobczak,

Dr hab. Maria Szczepka-Pustkowska.

Tadeusz Sakowicz (2014)

Title of habilitation dissertation: *Systemy normatywne w świadomości osób uwięzionych. Studium socjopedagogiczne (Normative systems in the consciousness of imprisoned people. A socio-pedagogical study)*, "Impuls" Publishing House, Cracow 2013.

Publisher's review: Rev. Fr prof. dr hab. Andrej Slodička, dr hab. Mirosław Śmiałek, dr hab. Zdzisław Majchrzyk.

The habilitation colloquium was held before the Council of the Faculty of Pedagogy at the Academy of Special Education/Pedagogy in Warsaw on 22.10.2014.

Habilitation proceedings review board:

Prof. zw. dr hab. Krystyna Marzec-Holka,

Prof. zw. dr hab. Marek Konopczyński,

Prof. zw. dr hab. Jerzy Kwaśniewski,

Prof. zw. dr hab. Marian Nowak.

Maciej Bernasiewicz (2015)

Title of habilitation dissertation: *Yuppie oraz squatter. Globalne style życia w lokalnych środowiskach wychowawczych (Yuppie and squatter. Global lifestyles in local educational environments)*, Silesia University Press, Katowice 2013.

Publisher's review: prof. zw. dr hab. Andrzej Radzewicz-Winnicki
A social sciences doctoral habilitation was awarded in the discipline of pedagogy by a determination of the Council of the Faculty of Pedagogy and Psychology at the University of Silesia in Katowice on 20.01.2015.

Habilitation review board:

Prof. zw. dr hab. Krystyna Marzec-Holka,

Prof. zw. dr hab. Marek Konopczyński,

Prof. dr hab. Anna Nowak.