



## Jan Kochanowski University of Kielce

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<b>Type of organisation:</b>			
SME	<input type="checkbox"/>	School	<input type="checkbox"/>
Training	<input type="checkbox"/>	No Profit	<input type="checkbox"/>
		University	<input checked="" type="checkbox"/>
		NGO	<input type="checkbox"/>
Public Authority	<input type="checkbox"/>		
Other (Specify)			

<b>Fields of action :</b>
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SMEs   
Equal opportunities

Youth   
Schools

Universities X  
Unemployed

Public Authorities

Other (Specify)

## Description of the organisation

Located in Kielce, in the east-central part of Poland, the Jan Kochanowski University is a public higher education institution (founded in 1969) that makes extraordinary contributions to society through education, research and innovations. The quality of education at the university meets the highest European standards.

Fields of study and modern degree programmes including Bachelors, Masters and PhD levels draw on the university's tradition in the humanities and in social and natural sciences. Offering almost 50 undergraduate and graduate programs in a variety of disciplines, the University provides students with the opportunity to develop skills and competences that are applicable in various types of businesses.

The Jan Kochanowski University of Kielce comprises 6 faculties: Collegium Medicum, Faculty of Arts, Faculty of Education and Psychology, Faculty of Humanities, Faculty of Law and Social Sciences, Faculty of Natural Sciences as well as 2 university branches.

The University's mission is to collectively contribute to the society common good by conducting highly specialised research and comprehensive education. The core values of the Jan Kochanowski University include good, wisdom, truth, and respect for the rules of humanism, democracy and tolerance. The guiding principle of the academic community is the constant quest for the truth based on the freedom of research and education.

Strategy and development of the University rely on five core priorities:

- Science – basis of the University
- Education – high quality of teaching and diverse educational offer
- Infrastructure – continuous growth and modernisation
- Socio-economic environment – open University
- Management – efficient and friendly University

Education is provided in close relationship between teaching, scholarship and research, enhancing the ability of students to learn throughout life. Cooperating with local businesses, the Jan Kochanowski University contributes to society through the pursuit of education, dissemination and application of knowledge, teaching and research at the highest levels of excellence.

Engaging with international community of higher education institutions the Jan Kochanowski University in Kielce opens a range of opportunities for student and staff mobility all over the world and focuses on building a strategic network of international partnerships. In terms of international cooperation, one of the main University's priorities includes increasing student and staff participation in international programmes. The Jan Kochanowski University constantly strengthens a development of research and academic staff throughout more frequent international contacts, multilateral project and thematic network participation.

Facts and figures:

- In total, approx. 160,000 students have graduated from UJK since 1969.
- There are about 12,000 students currently studying at the University.
- According to the Ministry of Science and Higher Education, in 2018 the number of applicants per place was 4.1, making UJK the second most popular classical university in Poland.
- In 2017 the University was recognized by the European Commission with the HR Excellence in Research Award.
- There are 85 Student Scientific Organizations registered at UJK.
- The University's choir performs on national major opera and concert stages, such as the Concert Hall in Kielce and the National Opera in Warsaw.
- UJK has *Radio Fraszka*, a campus radio station run by students. It is named after Jan Kochanowski's minor poems called *triffle*.

## Experience of the organization in previous European projects

Participating in Erasmus+ Programme has been an integral part of the UJK internationalisation strategy. The UJK has been running education mobility projects in the frame of Erasmus+ Programme Higher

Education sector, Key Action 103 and Key Action 107 according to the strategy of development adopted by UJK and in compliance with principles of Erasmus Policy Statement, Erasmus+ quality policy as well as Modernisation of Higher Education Programme. The Jan Kochanowski University of Kielce has become a partner organisation in KA2 Capacity Building and KA3 Initiatives for policy innovation projects.

EU Programme	Year of Application	Project ID or contract number	Applicant/Partner name
Erasmus+ KA107 Mobility of Individuals	2020	2020-1-PL01-KA107-078371	Jan Kochanowski University of Kielce
Erasmus+ KA103 Mobility of Individuals	2020	2020-1-PL01-KA103-078323	Jan Kochanowski University of Kielce
Erasmus+ KA107 Mobility of Individuals	2019	2019-1-PL01-KA107-062970	Jan Kochanowski University of Kielce
Erasmus+ KA103 Mobility of Individuals	2019	2019-1-PL01-KA103-062359	Jan Kochanowski University of Kielce
Erasmus+ KA107 Mobility of Individuals	2018	2018-1-PL01-KA107-048066	Jan Kochanowski University of Kielce
Erasmus+ KA103 Mobility of Individuals	2018	2018-1-PL01-KA103-048067	Jan Kochanowski University of Kielce
Erasmus+ KA107 Mobility of Individuals	2017	2017-1-PL01-KA107-036324	Jan Kochanowski University of Kielce
Erasmus+ KA103 Mobility of Individuals	2017	2017-1-PL01-KA103-035955	Jan Kochanowski University of Kielce
Erasmus+ KA107 Mobility of Individuals	2016	2016-1-PL01-KA107-024242	Jan Kochanowski University of Kielce
Erasmus+ KA103 Mobility of Individuals	2016	2016-1-PL01-KA103-023836	Jan Kochanowski University of Kielce
Erasmus+ KA3 Initiatives for policy innovation Project title: Adaptive Personalized System for Creating Expression Tools in Social Inclusion of Learners with Verbal Communication Disabilities	2017	592177-EPP-1-2017-1-BG-EPPKA3-IPi-SOC-IN	Applicant: UNIVERSITY OF PLOVDIV PAISII HILENDARSKI, Bulgaria Partner Organisation: Jan Kochanowski University of Kielce
Erasmus+ KA2 Capacity Building Project title: Internationalization of Latin American peripheral Universities through sustainable integration and inclusive implementation of International Relations Offices	2015	561843-EPP-1-2015-1-ES-EPPKA2-CBHE-JP	Applicant: UNIVERSIDAD DE LAS PALMAS DE GRAN CANARIA, Spain Partner Organisation: Jan Kochanowski University of Kielce
Tempus IV Project Title: Towards the Modernisation of Higher Education Institutions in Uzbekistan / MATCHES /	2013	544573-TEMPUS-1-2013-1-BG-TEMPUS-JPHES	Applicant: University of Ruse "Angel Kanchev", Bulgaria Partner Organisation: Jan Kochanowski University of Kielce
GRUNDTVIG Project Title: Education for Care / EduCare /	2012	527360-LLP-1-2012-1-IT-GRUNDTVIG- GMP	Applicant: Università degli Studi della Tuscia, Italy Partner Organisation: Jan Kochanowski University of Kielce

## **Experience and Expertise of the organization in the project's subject area**

The project involves UJK researchers from the Department of Psychology under the Faculty of Education and Psychology as well as Collegium Medicum - the faculty of medicine. The above-mentioned units specialize in research and education in the field of psychology, medicine and public health, among other areas. Taking into consideration the previous experiences of UJK as a member of EU projects, the UJK is ready to work over intellectual outputs for the design and development of e-learning tool to train specialists in psychology, psychiatry and crisis intervention with the use of interactive methods.

UJK teaching and research staff are experienced in teaching and research in the field of psychology, pedagogy and health sciences specifically related to Psychological Early Intervention. The professors are active members of psychological associations such as the Polish Association of EMDR Therapy, public organisations e.g. the Świętokrzyskie Center for Prevention and Education and other institutions specialising in the field of crisis management. At the Jan Kochanowski University there is a Crisis Intervention unit, the centre available for students and their families as well as for university employees who need professional assistance in psychological emergency situations. Jan Kochanowski University is the coordinator of the municipal programme for preventing domestic violence in families in the Świętokrzyskie Province. Currently, the University's academic staff participates in the project "Study of the prevalence of PTSD symptoms in adult residents of the Świętokrzyskie Region".

The Jan Kochanowski University is experienced in conducting training related to psychological assistance and crisis intervention for UJK volunteer students in 2018 - 2019. Fifty students of psychology took part in the training that covered 6 sessions (40 hours in total) and was organized by the Faculty of Education and Psychology and the Świętokrzyskie Center for Prevention and Education.

The Department of Education and Psychology staff co-organized so-called Prevention Days in cooperation with the regional and local government institutions of the Świętokrzyskie Province and in connection with the International Family Year in the years 2003 - 2019. As part of the project, the training in family assistance, prevention of violence and addiction, and crisis intervention was conducted.

Another relevant experience was the implementation of the project related to counteracting the effects of social exclusion and early childhood violence entitled "Building resilience mechanisms in educators and foster children staying in family-type care and education centers in the Świętokrzyskie Province." Project No. KIK / 57 "Improving the quality of services provided in Social Assistance Organizational Units to strengthen the subjectivity and life activity of the mentees" co-financed by the Swiss-Polish Cooperation Program (AG-I.272.1.11.2015; Swiss Contribution) implemented in 2015 - 2016. The project covered 16 institutions and as many as 18 psychologists, family therapists and crisis interventions were involved in its implementation.

The UJK academics participate in the EU projects on the following issues: excluded people and people at risk of social exclusion, early intervention for people using psychoactive substances, infected with HIV, HBV, HCV, education of doctors and nurses in the field of psychoeducational competences, preventing burnout. They are also involved in the international projects for instance "Performer" as experts certifying the competencies of MA students in psycho-pedagogy in early school and pre-school education at three universities in Romania.

The UJK research and teaching staff publish in the field of health and civilization threats affecting human health, in a broad sense addiction psychology, psychopathology, psychotherapeutic processes, clinical health psychology and developmental psychopathology.

Furthermore, the UJK professors have been providing advisory services to local and regional bodies for crisis intervention and psychotherapy. In addition, they focus on designing strategies to transfer the knowledge and establish partnerships at local, regional, national and international level. With respect to the project, the key persons involved will bring to the consortium its research and education experience in the field of psychology, crisis intervention and counteracting the effects of social exclusion.

## **Contributions that can be provided to the project**

Communities affected by crisis situations such as epidemic threat of COVID-19, family disruption, natural

disasters, mass road accidents, social conflicts, life events e.g. the loss of a loved one may occur all over the world. In these communities, most people have experienced traumatic events or other extreme stressors. Currently, Poland similarly to other countries is trying hard to slow down the spread of the coronavirus by testing and treating patients, quarantining citizens and introducing social restrictions. In our opinion, COVID-19 situation is much more than a health crisis. By stressing everyone in the country, it has the potential to create devastating social, economic and political crises.

The Polish Association of EMDR Therapy draws attention to the necessity of incorporating psychologists – specialists in EMDR therapy into crisis management teams. What is more, it is expected that in the long-term perspective, EMDR psychologists will be supporting uniformed services (e.g. military, police) and local governments particularly in treating post-traumatic stress disorders, panic, anxiety and trauma.

The intellectual outcomes of the proposed project are targeted to health care professionals and intended to strengthen their abilities to fight epidemics and its consequences e.g. those affecting mental health. Psychologists, psychotherapists and other health care professionals should be able to treat the patients requiring psychological therapy. However, psychologists and psychotherapists need professional preparation in the field of intervention psychology based on specialized training in this field. It is necessary to provide relevant and extensive training with the use of psycho-educational tools intended for psychologists and psychotherapists to conduct psychotherapy. It is also essential to develop in psychologists and psychotherapists skills and competences in the areas of psychological early intervention and crisis management so that they could professionally treat the victims of crisis situations and their families. Through the project intellectual outputs crisis interveners will be sufficiently prepared to conduct psychotherapy.

With that in mind, Polish contribution to the project will help achieve the above-mentioned goals. In terms of project management, UJK will not only be engaged in monitoring of the intellectual outputs production, but also in coordinating the project partners' activities according to the approved calendar of activities and templates. As a project applicant, the Jan Kochanowski University of Kielce will be in charge of making transfer to the project partners according to the contracts and based on financial reports. UJK responsibilities include contacting with and reporting to the Polish National Agency as well as publishing project outcomes on the Erasmus+ Project Results Platform.

### **Reasons of involvement in the project**

Psychologists and psychotherapists emphasize social needs in the area of psychological early intervention. There is a huge social demand for skilled and competent mental health care specialists able to act professionally in emergency situations. As a University open to and contributing to the society, we believe that the project outcomes will enable the training of psychologists and psychotherapists to be extended and enriched by the new goals and tasks related to intervention psychology.

The universities play a major role in fostering the development of the knowledge society and this process should involve the professors who implement a variety of methods and adult learning tools relevant for teaching emergency psychology. Global societies are currently facing health crisis which may result in an increased need for psychological trauma specialists. Best practice and know-how transferred during the project will be helpful for designing and developing of the Emergency Psychology Tool Kit for psychotherapists, psychoanalysts, psychologists and for their trainers.

Poland has adopted National Health Programme that in line with the European Union policy is a key document outlining a public health policy action plan. It is based on cooperation between government administration, local government units and other entities involved in health services. The programme focuses on limiting health inequalities and strengthening cross-sectoral actions for health. National Programme for the Protection of Mental Health is a part of the Mental Health Act. It has been implemented in cooperation with local governments as well as broad circles of professionals, patients and their families, to whom the idea of humanist and person-oriented reform of psychiatric care in our country is of great value.

The project outcomes will contribute to the implementation of the National Programme for the Protection of Mental Health. According to the program, Mental Health Centers are going to be established, based on paradigms separating psychological, psychotherapeutic and intervention activities. There is a huge need for

integration of these interactions.

In general, the students of psychology in Poland acquire insufficient knowledge, skills and competences in psychological early intervention. Programmes of studies in Higher Education Institutions and psychotherapists/psychologists training programmes include insufficient number of courses devoted to crisis intervention. Therefore, educators and psychologists raise the need for filling in the gap through supplementing the educational offer for future psychologists, psychiatrists, therapists with psychological early intervention training, in both theoretical and practical aspects. In the long-term perspective, psychologists and psychotherapists from the Mental Health Clinics, Educational Clinics, Social Assistance Centers, Addiction Therapy Clinics will benefit from the project.

A digital tool to improve psychological early intervention literacy of the potential and current psychologists, psychotherapists and psychoanalysts, elaborated and developed within the project will help the Jan Kochanowski University modernize the programmes of study and the way of teaching. We hope that the project outcomes will be adopted by other HEIs around Europe.

During and after the outbreak of coronavirus disease COVID-19 mental health professionals will be working to offer psychological support and advice to front-line medical staff and to the public. Thanks to this project they will be equipped with professional tools and resources that will help them to manage mental health challenges.

#### **Contact Person's Experience and Expertise**

Monika Szpringer - psychologist, EMDR psychotherapist, psychotraumatologist, crisis intervener, public health specialist, Head of the Crisis Intervention Centre for students and their families, President of the Polish Association of EMDR Therapy, Coordinator of the EMDR Crisis Intervention Team, Head of the Department of Health Psychology and Psychiatry at UJK Collegium Medicum, an author of postgraduate studies programme in Crisis Intervention and the head of this programme. She is in charge of two European Union educational projects *Akcelerator rozwoju* and *Okno na świat* related to the implementation of online education designed for all the fields of study offered by UJK. Monika is an expert of the Polish Accreditation Commission for teaching programmes at the higher education institutions and an author of numerous publications in the field of health and civilization threats affecting human health. Monika was involved in the EU projects on the following issues: excluded people and people at risk of social exclusion, early intervention for people using psychoactive substances, infected with HIV, HBV, HCV, education of doctors and nurses in the field of psychoeducational competences, preventing burnout. She was engaged in the international project "Performer" as an expert certifying the competencies of MA students in psychopedagogy in early school and pre-school education at the universities in Romania.

Beata Banach-Rząca holds a Master's degree in English Studies. She has been working as an Erasmus+ Coordinator at the Jan Kochanowski University of Kielce since 2016. She is the Head of International Relations Office with strong administrative capabilities and a sense of responsibility, ready to perform administrative functions concerned with the project on UJK side. Her main responsibilities as an Erasmus+ Coordinator include developing internal Erasmus+ related policies and procedures, annual applications for Erasmus+ funding to National Agency (NA), supervising and coordinating processes associated with student and staff mobility, providing information, advice and guidance to Erasmus+ participants, submitting interim (financial) and final project reports to NA, keeping records and submitting mobility data to National Agency as part of the ongoing annual reporting cycle via the Erasmus+ Mobility Tool, developing and maintaining online resources for Erasmus+, promoting Erasmus+ programme and disseminating projects' results on local, regional, national and international level. Beata is in charge of maintaining, monitoring and evaluating established international partnerships, strengthening links with current international institutions as well as building new ones, coordinating events and visits arising out of the university's partnerships, provision of open days, campus tours, orientation and induction for international students and visitors. Her key duties include coordinating internationalisation activities across UJK and strengthening international presence of the university. Capable of working confidently and with cultural sensitivity, she plays a crucial role in coordinating processes associated with student and staff mobility.