

FA21-United Kingdom- Dr. Nahid Nasrat

Date	Activity
Day 1-12/07/ 2021	Travel day
Day 2- 12/08/21	Arrival Day in Leeds, UK Orientation Session
Day 3-12/09/21	11.00am: Civic reception and welcome in the Civic Hall with the Mayor 12 noon: Reception and Orientation; Tour of the University. Meet the Psychological Therapies & mental Health academic team. 2pm: Dr. Steve Taylor introduces the Wellbeing and Spirituality research cluster 3:30pm: Dr. Elliot Cohen on the use of artefacts, poems, craft, music in elicitation and storytelling; Facilitated discussion
Day 4- 12/10/21	9.15am: Dr. John Hills introducing 'From the outside in, From the inside out' theme – what do you want from this experience? what do we need to know about the experiences of refugees and asylum seekers? Envisaging presentations day 10:30am: Dr. Penn Smith lecturing on Psychological presentations in refugees and asylum seekers; Longitudinal patterns of stress responses 12pm: Dr. Tom Matthews and Dr. John Hills - Therapeutic formulations and approaches; Surviving to Thriving continuum, Domains of Resilience
Day 5- 12/11/21	A whole day Research Symposium featuring presentations from students and academics from the Chicago School and Leeds Beckett University Evening: Community music event – service users, service delivers, students and academics come together
Day 6- 12/12/21	recreation & Leisure – Guided walking tour of York to explore the highlights and the city's history. Ever since its establishment in 71 AD, York has been the site of savage warfare, intense political intrigue, and industrial break-through. It was here that Constantine, who would shake Europe to its core by converting Rome to Christianity, became Roman Emperor, and that Richard III, later immortalized by Shakespeare, plotted his cam-paigns during the Wars of the Roses. York is also the birthplace of Guy Fawkes, the greatest traitor in England's history. Free afternoon in York to explore the city further on your own. Consider visiting the York Minster, the Yorkshire Museum, or the
Day 7- 12/13/21	9:30am: Dr. Elliot Cohen - Peace Psychology lecture and seminar 12am: Dr. Tom Matthews - Psychologists' experiences e.g. burnout and vicarious trauma 2pm: Dr. John Allan - post-traumatic growth in refugees and asylum seekers 3:30pm: Dr. John Hills - Multiple identities, Multiple voices: Resettlement and Integration
Day 8-12/14/21	Conversations with refugees-A Day of Services A day of events in which students visit a well-known non-profit organization in Leeds called PAFRAS. (Positive Action for Refugees and Asylum Seekers). https://pafRAS.org.uk Students will engage in advocacy activities with refugees, including advocacy work on a one-to-one basis, storytelling and swapping experiences, English language speaking, sports activity, and cooking a meal together. Evening: Fish and Chip Supper at a heritage venue in the City
Day 9- 12/15/21	Presentations day: Each student delivers a short presentation based on notes/photographs/videos etc. collected during the visit around the theme of 'Migrations' Evening: Farewell dinner
Day 10-12/16/21	Travel day