Report

Multiplier Event

Kazimierz Wielki University in Bydgoszcz

23.10.2023

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1	10.11.2023	Aleksandra Błachnio	Writing the report

Introduction

The 4th Multiplier Event (ME4) in Poland was an opportunity to disseminate the idea of the ongoing DigiPsyRes project among participants from outside the DigiPsyres Consortium (outside Kazimierz Wielki University in Bydgoszcz). Because the addressees were deliberately selected in terms of their interests and the possibility of popularizing the project results, the meeting allowed not only for (1) dissemination of the results achieved so far under the project; (2) but also the exchange of good practices in identifying obstacles and effectively implementing project results.

The list of attendees

The number of representatives from three partner institutions participated:

1. 5 members of Polish DigiPsyRes Team (dr hab. Aleksandra Błachnio, prof. uczelni; dr Kamila Litwic-Kaminska; dr hab. Izabela Kapsa, prof. uczelni; dr Łukasz Brzeziński; dr Jakub Kopowski);
   20 in person participants (see scanned document);
   11 online participants (see scanned document);
2. 0 persons from University of Foggia
3. 0 persons from University of Kragujevac

Description of event

On October 23, 2023, ME4 meeting was held at the Faculty of Psychology of the Casimir the Great University in Bydgoszcz, the aim of which was to inform and disseminate the results of DigiPsyRes project. The main goal of the meeting was to discuss strategies for increasing resilience in the digital and psychological areas.

The seminar was opened by dr. hab. Aleksandra Błachnio, prof. UKW, who welcomed the gathered participants and presented the DigiPsyRes project, and the current activities of the DigiPsyRes Consortium (i.e. empirical conclusions on the mental and digital resilience of students in Serbia, Italy and Poland; development of the Manual for *the Step-by-step training program from trainees to trainers*). The other members of the Team joined the presentation: dr. hab. Izabela Kapsa, prof. UKW, dr Kamila Litwic-Kamińska, dr Łukasz Brzeziński, and dr Jakub Kopowski. They discussed the milestones achieved at subsequent partner meetings of the entire DigiPsyRes Consortium.

After reporting on the DigiPsyRes project, participants had the opportunity to take part in a mini-workshop on embodied resilience. They were led by trainer and coach dr Łukasz Brzeziński and PhD student psychologist Katarzyna Ciechanowska. In addition to a shared understanding of both key issues of mental and digital resilience, participants assessed their resilience in both areas. They discussed strategies for building both resilience and peer-/support networks. The workshops were an optimal form of exchanging good practices from the represented work environments, but also from different universities.

After the coffee break, the participants took the floor. Dr hab. Ryszard Cierzniewska, prof. from Ignatianum University in Cracow (southern Poland), discussed theoretical and research approaches

to the issues of resilience and school climate. The next presentation was given by dr Joanna Grubicka from the Pomeranian University in Słupsk (northern Poland), the topic of which was the presentation of the "Fonostop" application used to analyze and assess general Internet addiction, containing detailed information about access devices. Dr Martyna Kotyśko from the University of Warmia and Mazury in Olsztyn (north-eastern part of the country) dealt with the theory, measurement and application of psychological resilience. Ewa Waszkiewicz, MA, presented various strategies for developing resilience-related soft skills training in special education, educational, and virtual reality technologies. The last speech was delivered by a member of the DigiPsyRes Team - dr. Jakub Kopowski, who discussed and summarized issues regarding available tools that can be used to strengthen psychological and digital resilience both for scientific purposes and to counter existing threats in the virtual world.

After the lecture session, there was time for a discussion about psychological and digital resilience. Online participants shared interesting thoughts on DigiPsyRes achieved and future project results, and all presented topics (a large representation came from State University of Applied Science in Piła - western Poland).

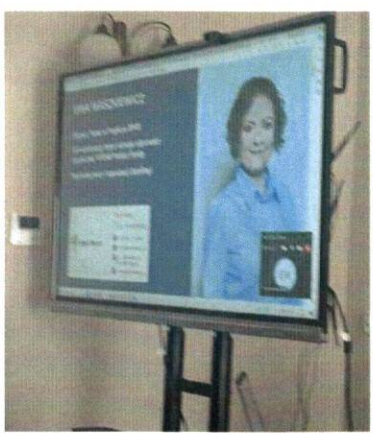
Dr hab. Aleksandra Błachnio, prof. UKW, concluded the ME4 DigiPsyRes meeting by summarizing and emphasizing its possible implications.

Gallery

DigiPsyRes
DigiPsyRes

FONOSTOP chroni dzieci i młodzież
przed fonoholizmem.
Edukuje rodziców.
5 funkcje aplikacji:
1 Diagnostyczna:
Ochronna:
Edukacyjna:
FonoStop

DigiPsyRes
DigiPsyRes



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