

Training course

Reminiscence is the act that allows us to remember the past positively thinking, explaining or reviving acts, facts, experiences or experiences, as well as moments of our own past. Reminiscence is raised as a communication tool contacts the person with dementia and their closest family environment.



Through own memories and with material that makes vehicle to facilitate the evocation and the emotions aroused by, are worked on ways to facilitate communication; old ties were revived and are generated from new; and there is a cognitive and emotional stimulation that enhances the sense of identity and usefulness of those affected. The training is part of a project of certification offered by the European Reminiscence Network (<http://www.europeanremiscencenetwork.org/>); a network of 11 European entities, including the Alzheimer Catalunya Fundació, used this technique to work with people with dementia. It is based on the Person Centered Care model, developed by Bradford Dementia Group of the University of Bradford in England; and in reminiscence RYCT (Remember Yesterday, Caring Today) project developed by ERN and led by Pam Schweitzer, co-author of the book *Remembering Yesterday, Caring Today. Reminiscence in Dementia Care. A guide to good practice*.

This training offers a European certificate that certifies the individuals trained as facilitators to carry out and work with people with dementia and their careers, taking into account the method of work, the sessions plan to work different aspects related to the history of individual and collective of people with dementia and their careers families life.

It is training for professionals who work with elderly with cognitive impairment person.

Trainers

Duna Ulsamer Riera

Graduate in Social work from the University of Barcelona and Technic in Social integration by Sant Ignasi de Sarrià. She has been awarded postgraduate degrees: *Theatre therapy by the University of Girona* and *Conflict and Social Violence. Mediation in the resolution of conflicts by the Escola Universitària nursing Sant Joan de Déu, attached to the University of Barcelona*. Since 2006 works at Alzheimer Catalunya Fundació, has been responsible for the area of personal attention from the pretutelas programme (support to people with dementia without family); She currently coordinates the area of Person with dementia and family, and teaches in Person Centered Care. She's formed in Dementia Care Mapping in Barcelona. She's a member of the European Reminiscence Network and has carried out different projects of reminiscence with people with dementia.

Raül Vilar Heras

Graduate in Social Education at the Universitat Ramon Llull, has completed the postgraduate course in *Promotion of Autonomy and Dependence and prevention*: He is formed in Dementia Care Mapping in Barcelona.

He has worked in elderly homes, coordinating the activities and has worked as a teacher of the SOC and in the Pere Tarrés Foundation.

He is currently the head of the delegation of Badalona and Santa Coloma from the Foundation Amics de la Gent Gran. He's member of the European Reminiscence Network and has participated in different projects of reminiscence for persons with dementia to Alzheimer Catalunya Fundació, with which it collaborates as a trainer and teacher in Reminiscence and Person Centred Care

Certification

There are two types of certification:

Basic Certificate:	Facilitator Certificate:
<p>Requirements for the basic certificate by Alzheimer Catalunya Fundació</p> <ol style="list-style-type: none">1. Participation in 2 days training course.2. Written work with theory knowledge.	<p>Requirements for facilitator certificate: 2 days training course and practice in a reminiscence project:</p> <ol style="list-style-type: none">1. Participation in 2 days training course.2. Participation in a Reminiscence project3. Competence graduate from training team.4. Written work showing the capacity of facilitator.

For further information visit: www.rememberingtogether.eu/RYCTT/spain