

THE TRANSFORMATIVE POWER OF MY VOICE

Charting Future Directions on Social Skills Training
for People with Psychosocial Disability.



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KNOWING DUB-IN PROJECT

EDITOR-S NOTE



DUB-IN project is specifically addressed to people with psychosocial disability (Pw PD), suffering from severe mental health issues as schizophrenia. This group of diseases are characterized by cognitive, psychophysiological and interpersonal deficits, which difficult the acquisition and development of new skills. PwPD also show a decrease in motivation, interest and pleasure, but if there is a deficit that characterizes it, it is low social functioning. Usually PwPD suffer from affective flattening indicated by unchanging and unresponsive facial/voice expression, aprosodia and diminished communication. Besides, they have difficulties on social connection in common situations that require, for instance, express opinions, initiating, maintaining and finishing conversations, making or accepting critics, etc. That puts them in a high risk of social exclusion.

DUB-IN project not only looks for an improved way to deliver social skills training in terms of effectiveness and applicability, but also provides trainers, practitioners, researchers and designers with new prospers and approaches to address the emergency of improving social functioning of PwPD.

Coping strategies and social competence can reduce negative symptoms associated to Schizophrenia and confer not only protection to relapses but also resilience, interpersonal support, social affiliation and improves quality of life. Social competence allows the individual to control his/her illness, overcome obstacles and mobilize social support when needed. There is no a more powerful source of recovery than meaningful human connections and DUB-IN will develop a pioneering solution: applying dubbing techniques to train communication and social skills.

Follow our project to discover more...

María Carracedo

INTRAS Foundation



The POWER OF DUBBING

Yiannis Charakopoulos

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Our voice is so much more than our words.

Words alone cannot help us communicate. Each word can take a different meaning depending on an individual intonation, pitch or volume. The rise or fall of our voice conveys grammatical meaning, like questions or statements, or even attitude, such as surprise, joy or excitement, to mention just a few of the qualities of our voice. In that way, our voice is one of the most important instruments of communication because it makes our emotions heard.

In dubbing voice is everything, it is the tool with which you can communicate. The dubbing actress/actor has to carry out a simple and, at the same time, very complicated task. She/he has to coordinate her/his voice to express emotions and conditions of a preconceived situation. This process gives the required skills to express emotional availability and the readiness to adjust to multiple situations. It can also foster our imagination and expand our emotional gamut. Dubbing actresses and actors can alter their voice, give it a different tone and sound quality so that they can express all those different conditions.

When you dub, you listen very carefully to the voice of the person you are dubbing and try to reach their vocal quality and tone. In that way, dubbing can be liberating. It can help you borrow a person's vocal expressions in order to bring forward your own feelings. It can help you 'hide' behind someone else so that you are able to explore your own ability and potential, your inner needs and feelings. A person can imitate a situation and then, slowly, she or he can command the conditions that this situation entails.

Using dubbing as a tool to approach emotion and enhance communication can open up paths. It can combine and concentrate the expression of emotion. It allows your voice to make multiple variations and so it can be the tool to enable people with PD to expand their potential and master the use of their voice, enhance social skills by being able to express what they want and feel, and, ultimately, fight against the high risk of suffering social isolation, unemployment and marginality.

Dubbing can also be a liberating process. Apart from tools that it can provide to people with PD regarding the ability to enable them to communicate and acquire social skills, it can be a way to have fun. By trying to master the dubbing technique you can laugh at your errors and try again, learning that every task and skill needs some time to be mastered.

*"Dubbing
can be a
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FUNDACION INTRAS



INTRAS coordinates DUB-IN project.

It is a non-profit organisation dedicated to research and intervention in the mental health field in the region of Castilla y León, Spain. Its services and programs are based on the recovery approach, empowering people with mental health issues to live a self-determined and self-confident life. INTRAS key value is respecting human rights in the framework of health and social services settings, especially in what concerns to people with mental health issues.



Society of Social Psychiatry P. Sakellaropoulos

The Society of Social Psychiatry P. Sakellaropoulos is a non-profit scientific organization founded in 1986. It is mainly funded by the Greek Ministry of Health and European Programmes and offers services in the city and rural areas within the community (Residential Houses, protected apartments, Mobile Mental Health Units, Day Centres, collaboration with Social Cooperatives, Community Awareness Raising Programmes, etc.). The organization has vast experience and expertise in the areas of Social Inclusion of PwPD, Mental Health issues, Social Psychiatry, Social Integration, Human Rights and Recovery based approaches. SSP P.S is member of many European Networks and actively participates in the debates regarding the design of mental health policies in Greece and globally.

pro mente | oö

Pro mente Upper Austria, Society for mental and social health, is one of the 24 non-profit organization which operate under Pro Mente Austria umbrella organization. Their goal is to improve the position of people with psychological or psycho-social disabilities (PwPD) in society and to support their social environment. Pro Mente's mission goes along compliance with human rights and in particular the UN Convention on the Rights of People with Disabilities and the European Mental Health Pact. That is why Pro Mente promotes and demands the inclusion and participation of all people impartially and non-denominationaly and welcome their diversity.



The European Platform for Rehabilitation (EPR) is a network of service providers to people with disabilities committed to high quality service delivery. It is active at the European level in the fields of employment, education and training, vocational rehabilitation, social care, medical rehabilitation with cross-cutting expertise on co-production, quality of services, quality of life and mental health. The goal of EPR is to assist its member organisations to provide sustainable, high quality services through mutual learning and training activities. EPR has 25 members in 16 EU countries (and 1 non EU).

National and Kapodistrian University of Athens (NKUA)



The Theatre Studies Department of the National and Kapodistrian University of Athens belongs to the School of Philosophy. It offers a complete spectrum of studies in the discipline of theatre on a graduate and postgraduate level.

It has an international orientation (primarily European), focusing on Greek phenomena. It addresses the following fields: history of the theatre, theory and practice of the theatre and performance analysis. The Department courses are on principle accessible to all university students, but, in the form of free study, also to everyone related to the theatre (actors, directors, drama school graduates, theatre-people, theatre-lovers etc.) and to other Departments of the School of Philosophy, in the form of joint teaching.



Smashing Times is an award winning professional theatre and film company involved in performance, training and participation. The work is underpinned by a rights-based approach and a commitment to artistic excellence and social engagement. Smashing Times has worked for over twenty years using creative processes of theatre and film to promote peace, human rights, gender equality, anti-racism, anti-sectarianism, remembrance and positive mental health. As a leading professional arts organisation the company develops innovative, cutting edge, state of the art national and transnational projects that promote social justice, peace, gender equality, human rights and positive mental health through high quality artistic processes, merging art, culture and politics to interact and engage with contemporary society



<https://www.dub-in.eu/>



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