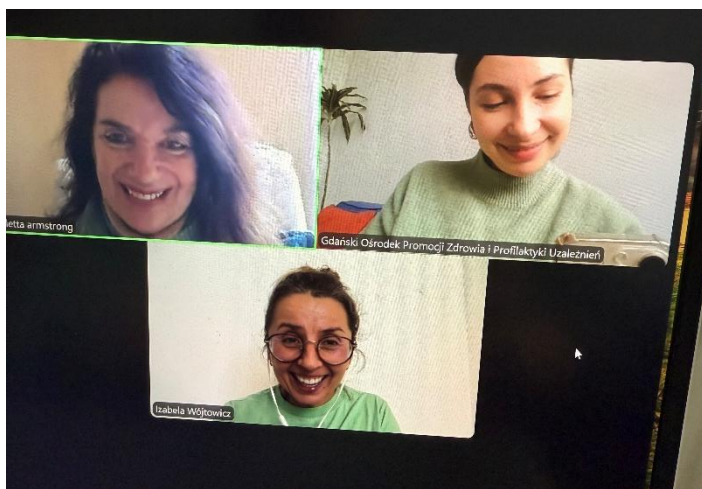


## Good news from Poland



Photo above is of the first group of facilitators trained in Poland. From left to right: Agnieszka Ratajczak, Radosław Nowak, Anna Baranowska, Oksana Honcharova, and Monika Piotrkowska-Dziamska (online). Poland has also gained two new trainers, which makes us extremely happy: Izabela Wójtowicz and Lidia Wasik.



The photo of Lidia (on the right) and Izabela (below), with Nicoletta Armstrong (on the left)

## Update by ICDP Trainer, Lidia Wasik

3<sup>rd</sup> December, 2025.

**In 2025, the Gdańsk Centre for Health Promotion and Addiction Prevention conducted a total of eight ICDP courses**—four in the first half of the year and four in the second half, including two as part of the facilitator training course.

We received very positive feedback from the participants. During the meetings, they shared reflections such as increased mindfulness and consistency after the course, greater emotional availability, and observing positive changes in their relationship with their child. They also noticed that children began to perceive their caregivers more as an authority. From the evaluation survey we also learned that every participant would recommend the ICDP programme to other caregivers and parents.

As the Gdańsk Centre for Health Promotion and Addiction Prevention, we promoted the ICDP programme during the Gdańsk Mental Health Days by organizing a workshop for parents about the programme, as well as at a conference held at the Ateneum Academy on 27 November 2025, where the audience consisted of psychology students. We are in contact with the management of the Gdańsk daycare, and in 2026 we plan to organize courses for daycare staff. In 2026, we also plan to hold six conferences for primary school teachers and parents, where we will present and talk about the ICDP approach.

We are very pleased that the ICDP message is slowly reaching the residents of the city of Gdańsk and that we can be part of this process. During one of the ICDP course meetings dedicated to reflecting on the changes that had taken place in the participants after the course, one participant said that the meeting felt to her like stepping out onto a balcony—that ICDP helps in understanding the building of a relationship with a child as building a house, and she experienced that meeting as stepping onto a balcony: taking a breath of fresh air and gaining a new perspective. In this way, our Polish home has also gained a balcony :)