



NEWSLETTER 2

THE TRANSFORMATIVE POWER OF MY VOICE
Charting Future Directions on Social Skills Training
for People with Psychosocial Disability.



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DUB-IN Project Training of trainers in Athens, Greece

Dina Topali and Vasiliki Papadopoulou from Society of Social Psychiatry P. Sakellariopoulos.

The training seminar on dubbing techniques was successfully held from 14 to 16 March 2023 in Athens. Dubbing techniques were taught by an experienced trainer to participants from four organizations: INTRAS (Spain), PRO MENTE (Austria), SSPPS (Greece) and SMASHING TIMES (Ireland).

The training activity included acquiring skills. At first, we were trained on how to use the necessary technological equipment, such as headphones, microphone and dubbing software. Their proper use is very important in order to get the most out of the equipment on the one hand and because they are expensive items that require special attention on the other. The use of our voice as well as the synchronization of our voice with the actor's voice in the videos was the second skill that we were trained on. It was perhaps the most important and challenging part of our training. Dubbing requires correct timing, correct intonation, correct rhythm, correct placement of the voice over the original language and generally adopting the actor's attitude towards the role.

This is why, the trainer, Michaela Antoniou, presented three exercises which helped us with the introduction to the dubbing process and specifically with the synchronization:

- 1) *the person who first dubs, mumbles following the rhythm of the actor's voice, in order to become familiar with the rhythm and to be synchronize with the actor's voice,*
- 2) *one person mumbles rhythmically and another person explains what he or she say, and*
- 3) *the goal was to rewrite the script with engaging and fictional dialogues that would sync with the actor's voice in the video.*



We practiced a lot on the above exercises as well as on the videos of the program¹.

At the end of the training, questions were made about the process of dubbing and all partners shared thoughts on how dubbing can be a useful tool for people with psychosocial disabilities in order to develop their social skills. Our trainer shared some ideas on how dubbing could be more “friendly” for our service users:

- d) the translated dialogues should be well structured and adapted to the actor’s voice, in order to make the process of dubbing easier,*
- e) the dialogues must be completely synchronized as well as pauses and breaths are recorded in the dialogues’ text and*
- f) the dialogues must be translated using everyday life vocabulary and phrases.*
- g)*

In addition, our trainer shared some ideas on how we can adapt dubbing techniques to the needs of people with psychosocial disabilities. She suggested that during dubbing the person could listen to music instead of the actor’s voice and the music should follow the rhythm of the voice. It was also suggested that people with psychosocial disabilities should be supported by their trainer and practice on the dialogues by repeating them simultaneously. This is a fine exercise to practice on synchronization and also to strengthen the bond and connection between them through a cooperative relationship. Partners suggested the idea of showing dubbed videos (that are not included in program’s scenarios) so that people with psychosocial disabilities are introduced to dubbing and understand what is expected to practice on during next sessions. After our training, we considered that maybe we could use subtitles in the video (the subtitles would be written in each partner’s language), which would proceed according to the voice of the actor as in karaoke.

Finally, we would like to thank National and Kapodistrian University of Athens and our Greek partners, Mihaela Antoniou and Giannis Charakopoulos, for the warm hospitality and the training on dubbing.





Expert's View:

Exploring the Multifaceted Potential of Dubbing

Dr. Michaela Antoniou, Laboratory Teaching Staff, Department of Theatre Studies at the National and Kapodistrian University of Athens.

The Athens meeting opened up new perspectives for the use of dubbing. As a professional voice actor and trainer, it's exciting to see a work that you always thought of as being aimed at translating and understanding TV and film productions for the general public, take on so many layers. Now, dubbing can help communication between people who come to it with joy, it can become a tool for expressing emotions, but, most importantly, it can become a way for a creative and entertaining pursuit that will help express emotions that are looking for a way to grow. It has been a pleasure and a privilege to experience *first-hand such a new dimension opening up*.

DUB-IN training in partners' countries

Society of Social Psychiatry P. Sakellaropoulos

During the previous period, SSP team, in close cooperation with partners, prepared and translated in Greek language all the necessary material in order to start the pilot implementation of the project. Our team has designed a step-by-step plan to make the implementation of the project smooth and efficient.

Initially, a meeting will be scheduled with the participants (mental health professionals and people with psychosocial disabilities) in order to get to know each other and build a relationship based on cooperation. All participants will receive information about the project's purpose, which is to provide social skills training through the process of dubbing, and they will also be introduced to the required equipment (microphone, headset and dubbing software).

The online training service and application will be presented to the participants so that they are informed about the sessions of the on line training service and the consent form will be discussed and signed. Afterwards, time will be given for questions and clarifications. Finally, we will be able to start the six training sessions that will help participants become familiar with social situations and improve their communication skills and expressiveness through fun dubbing activities.

Pro Mente ooe

The DUB-IN social skills training is going to be a workshop series for our young job trainees in our "Lehrlingsprojekt". This is a training project in which young adults with psychosocial challenges are trained and educated in and for different fields of work, e.g. gastronomy. They have the same framework and exams as all other young adults training for getting a job in the primary labor market. However, they have a more elaborate and need-adapted support structure at the workplace provided by additional mental health professionals, social workers and educational programs, as for example a social skills training. The DUB-IN-course is going to be a fun new way to train social skills in a group



setting, while offering self-paced training activities via the smartphone app. A perfect combination for our young target group.

Fundación INTRAS

The pilot of the DUB-IN project will be carried out at the Psychosocial Rehabilitation Centre (CRPS) run by INTRAS and located in the city of Zamora. The objective of this project is to improve social skills of our service users through the use of dubbing and for professionals to familiarize with an innovative methodology to meet our individual therapeutic goals. Around 14 adults living with the symptoms of mental health issues will participate in this training. The vast majority present negative symptoms (apathy, difficulties in communication and oral expression, emotional leverage, etc.). Participants' social skills may vary depending on their progress along their recovery process and life projects.

The pilot will be led by two psychologists who will organize the sessions in the mornings, probably from 10:30 a.m. to 11:30 a.m. We will start with 1-hour sessions, given the individual characteristics of the group and try to extend them little by little to avoid overload or fatigue.

Coming Soon!

Online Training Service



The online training service is a virtual space designed to be a didactic tool for teachers and trainers who work with people with psychosocial disabilities where you will learn how to use dubbing as a tool to improve communication and social skills of the people you work with.

As a trainer, on the online training service you will find all the necessary materials to implement the dub-in program with your students, including: exercises, presentations, content and access to the DUB-IN APP. On this APP you will practice dubbing the video-scenarios we have selected and pre-



pared specially to meet the course's goals.

Throughout the course, participants will not only improve communication skills, but also learn about the importance of rhythm, adaptation of the text to pauses, about tone and intonation, the importance of the voice and lip synchronization in dubbing.

This course consists of 6 sessions, all of them with the same structure, the first one is an introductory session, then you will enter into the world of dubbing through different scenarios: Leisure and free time; training and education; transactions; work and family and flat mates.

Interested? Let's start with the transformative DUB-IN experience!

More info on the project website: <https://www.dub-in.eu/>

Mayor Player Programme

The Mayor Player Programme, as the Director curriculum, are two complementary resources to the Online Training Service.

The Mayor Player Programme is a workbook tailored to meet the needs of participants and support them throughout the DUB-in training. On the Mayor Player Workbook, students will find some extra explanations, tips, samples and some questions to reflect upon what they learnt during the sessions. All the exercises are designed to underpin knowledge and to practice the new acquired skills.

Before starting the course, print this workbook out for each participant and encourage them to have it in hand during the training.

More info on the project website: <https://www.dub-in.eu/>

Director Curriculum

The Director Curriculum is not only the printed version of the Online Training Service, with the six sessions; It is also a brochure which includes additional material to read before the training. A comprehensive introduction to Dubbing, the power of the voice and the stages of dubbing written by the Dubbing expert Michaela Antoniou.

About the author: Michaela is actually a teacher of contemporary Greek and European acting and directing at the Kapodistrian University of Athens and she has directed several productions for the stage, has translated theatre plays and has worked as an actress on theatre, television and cinema.

APP

We also encourage you and your students to download and use the Dub-in Project APP during the sessions, although you can also use it online. The Dub-in project APP is designed to practice the course contents while dubbing the videos related to each session. On this App you can find the 15



videos and you can practice with them using a simplified technology that will allow participants to practice autonomously. In addition, each session includes additional exercises, all of them with the aim of facilitating learning generalization and its application in the daily lives of participants.

Download the Project APP here: app.dub-in.eu



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