



Concept note

104_5: Small Interventions

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Concept note

IO4_5: Small Interventions



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| Title: | Small Interventions – Concept note 1. expectations, motivation, contributions and concerns 2. Work with glasses and water 3. Rose of Jericho |
| Intellectual Output – IO 4_5 | <i>SymfoS – Symbol work counselling scenarios_5</i> |
| Description: | Introduction of three of the numerous ‘small interventions’ of symbol work <i>1. expectations, motivation, contributions and concerns</i> <i>2 Work with glasses and water</i> <i>3. Rose of Jericho</i> |
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Content

| | |
|--|----|
| 1. Expectations, motivation, contributions and concerns..... | 3 |
| 2. The work with glasses and water | 7 |
| 3. The Rose of Jericho..... | 10 |

1. Expectations, motivation, contributions and concerns

Use of symbols for: Expectation, motivation, contributions and concerns

Background of this intervention:

Participants of CESIE's project 'Percorsi Europei: Muoversi per Apprendere' participated in a pre-departure training for 3 days with the objective to analyze the reasons why they decided to participate, the possible risk and problem-solving proposals.

During the first day of the training, CESIE proposed that the participants think about their motivations, expectations, concerns and contributions to the project, and concretely the mobility experience. To carry out this shared introspection the trainers proposed to them to use the symbols.

Methodology

Material Used:

Symbols, papers, flipchart and markers.

Structure of the intervention:

Use the following structure if it fits to the small intervention, if not, adapt it or choose a structure by yourself.

1. Introduction of the symbols and the activity.

We put the symbols in the middle of the room and next to them, the papers with the words representing each category (Expectations, Motivation, Contributions, Concerns).

2. Reflection moment.

Each participant thinks about the categories and chooses a symbol that represents their feelings, thoughts...



3. Placement.

Once the participants have chosen their symbols, they place them in the appropriate category. (you have 5 minutes to do it)





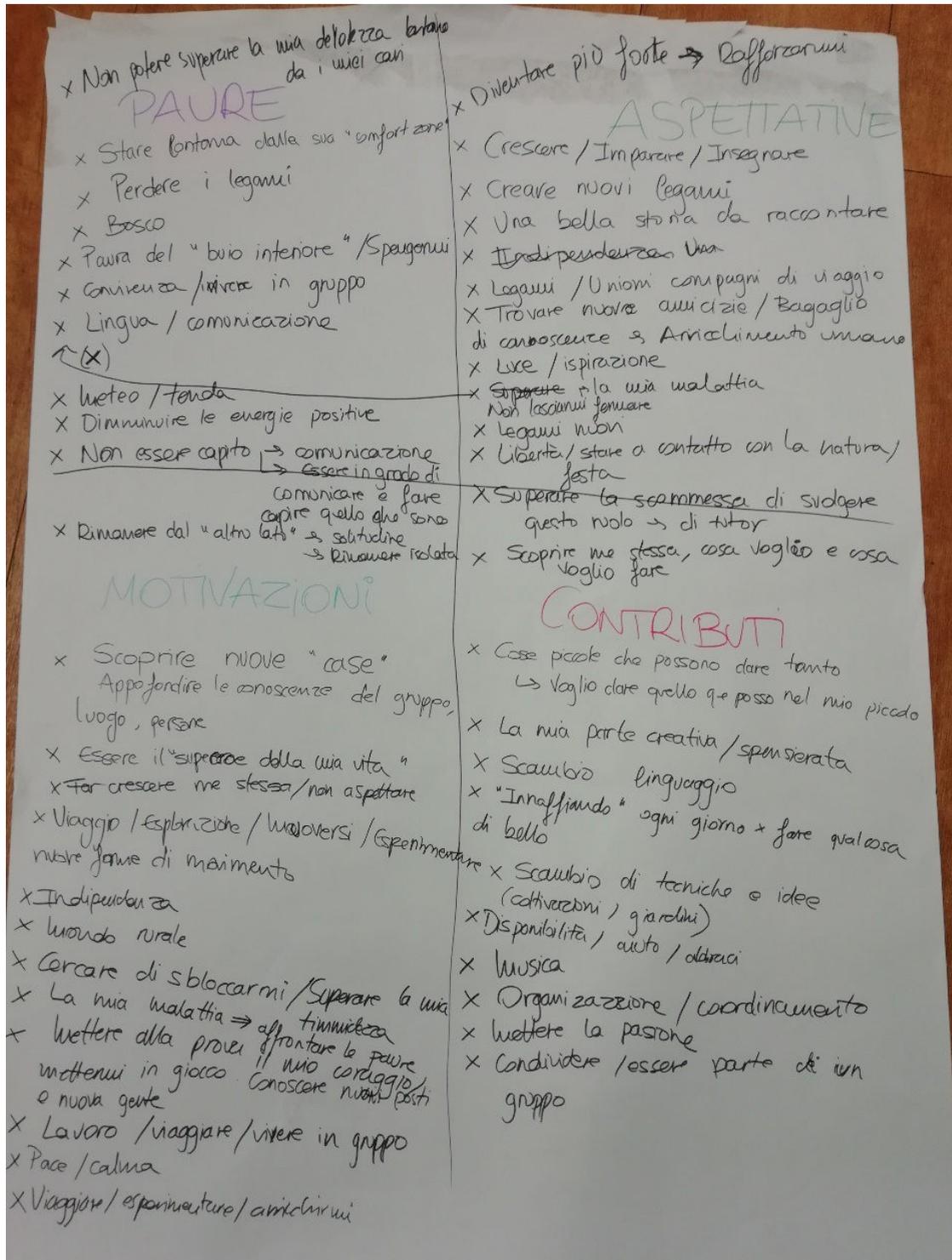
4. Shared introspection.

Every participant (one by one) will tell the others about their symbols and answer the possible questions of their fellow participants.



5. Take notes.

Trainers will take notes, to collect information for the debriefing part and to have a written document useful for the meeting after the mobility; allowing them to analyze differences



2. The work with glasses and water

The work with glasses and water

The idea of the intervention:

With water and glasses - materials that are available in every office - clients can quickly visualize topics and facts and, in a second step, create action and try out changes.

Working with the glasses and water provides quick access to different realities and makes them clear. Impulses for change can simply be tried out and further strategies developed. This intervention can be used working with individual clients as well as in groups, teams or families; sessions can also be repeated.

Methodology

What do I need?

For 1 person: (for several persons more)

1. at least 2 glasses, better up to 10 glasses
2. pouring container (can) filled with water
3. with plates or saucers
4. pipette (or syringe)
5. cotton wool
6. sponge
7. straw
8. note and pen or symbols to mark the glasses



Counselling steps:

These steps can be used variably and adapted to the setting. Thinkable steps are:

1. What is the topic, the question, the problem?

In the beginning, a topic is briefly discussed with the client on which work is to be done and is currently urgent. It is also possible to introduce the material and the method at the beginning and to ask the client to explain her concerns directly with the help of the material.

2. Visualizing with water and glasses:

Selection and naming of glasses

The consultant asks the client or the group to visualize their situation with the help of the glasses and the water. It can be left to the client to decide how many glasses are needed or which glass stands for what, but consultants can also make their own suggestions.



If possible, let clients make their own selection and nominations. This already offers the possibility, to accomplish amazing topics with versatile use of the glasses and the advisor does not fall into the trap of working more than the client.

It is possible to mark the glasses with symbols or written papers. So you avoid confusion about meanings of different glasses.

Examples for the use of glasses are:

- To distribute 100 % of one's own energy (1 full glass of water) to different areas of life
- To depict the 5 pillars of identity, suggested by Petzold (Body, Social Network, Work, Material Security, Values) with glasses and water
- Invitation or ideas for use could be:
 - o "Pour the glass as full according to how bad you feel about the problem described." or the other way around "...how well you're feeling right now."
 - o "What do you think it looks like from the other person's point of view? Now please pour the 2nd glass accordingly full."
 - o Question: "Where does this difference come from? (if a difference becomes visible!)"

Glasses can also be filled for people who are not present.

The work instructions can be very varied and must be adapted to the client's topics.

Before pouring, it can be important clarify the meaning of the water again in the sense of 'the water now stands for the amount of energy, the severity of the problem, the power of the area xy, etc.'.

Pouring and presentation

The client/group pours water into the glass(es) with the watering container.

Then they are asked to explain what they see. It can also be asked more specifically, for example: "what does this amount of water mean to you?"

Observations and satisfaction

Clients are asked, what they see in the picture and if/how satisfied they are with it.

- **What should be different? How should it be?**

There are many possibilities to continue.

A change of perspective by taking a new place or change a place with another family member, for example

Following questions are conceivable:

- What has to happen, so that the contents of the glasses changes (it gets better / worse)?
- What do they gain from their previous behavior? What would be the advantage if they did not change anything?
- How does the filling amount of your glass change when you hear the other person's point of view?



In addition to visualization, one advantage of this intervention is the easy way to get involved and try out changes, i.e. get clients to pour water over as quickly as possible.

In order to facilitate the transfer into everyday life and also the creation of an action plan, it can be helpful to tell the client exactly, what the water being poured over stands for or what the client has to do for it.

Use of other aids:

In individual cases, it can be very important for clients to have various casting vessels or tools available for recasting and to be able to precisely dose the amount of water.

Pipettes of different sizes (syringe):

- When a glass is almost full, the pipette can be used to fill the glass drop by drop or to take water from the glass (or one of the glasses) drop by drop.
- With the pipette, the glass can be visibly overflowed drop by drop (this is the reason for using the plates).
- This is also possible with a straw, a sponge or a cotton ball.
- The sponge and the cotton ball can absorb larger amounts of water.

3. The Rose of Jericho

The Rose of Jericho

The Rose of Jericho is a desert plant and a natural wonder. She looks like a dried-up, gray bale of grass. If it is soaked in water, this unsightly thing will quickly unfold into a light, deep green, dense-leaved plant. It is native to the deserts of Israel, Jordan, Sinai and parts of North Africa.

There are historical mentions and myths about the rose to find its meaning and effect in different cultures. For example, in the Christian faith it was placed in churches and families during Advent.

The Rose of Jericho can be used very versatilely in consulting and group settings.

The following topics are examples, that can be worked on with the help of the rose:

- the opening session in consulting and group settings
- origin and migration
- family counselling on topics such as 'what is good for our family?', 'What burdens you?', burdens, difficult situations, etc.
- group settings on the topic 'What nourishes me in certain situations?'
- 'Farewell'
- as a timekeeper

Here a short description from the encyclopedia of Wikipedia:

Selaginella lepidophylla (syn. *Lycopodium lepidophyllum*) is a species of desert plant in the spikemoss family (Selaginellaceae). *S. lepidophylla* is noted for its ability to survive almost complete desiccation; during dry weather in its native habitat, its stems curl into a tight ball and uncurl only when exposed to moisture.^[1] The outer stems of **Selaginella lepidophylla** bend into circular rings in a relatively short period of desiccation, whereas inner stems curl slowly into spirals due to the hydro-actuated strain gradient along their length.^[2]

Methodology

Required material:

Rose of Jericho, water, (warm water opens the rose faster) Watering container, like cup, watering can, pipette, etc., saucer, possibly a golden cage or a hair drier

Framework of the intervention:

- first the materials are presented and the consultant asks if the rose is known and asks the clients to tell their knowledge
- present the Rose of Jericho, complement the client's narratives: the origin of the rose can be told, cultural meanings, stories and uses in everyday life in different cultures
- Invite clients to pour water on the rose - In group settings, for example, ask participants: 'Who wants to nourish the rose in the form of water?'
- the further procedure depends on the situation and settings, 2 exemplary procedures can be found shortly at the end of the document.

Opening of the rose

The rose opens slowly, in the following photos you can see 2 steps of opening:



The first drops of waters



After 35 minutes sprinkled with water

At 'normal' water temperature (room temperature) the rose opens in about an hour. The time of the process can be slowed down or shortened if, for example, cold or hot water is used, even with boiling water the rose does not break.

As a timekeeper

The rose can be used as a timekeeper. It can describe and show the time the client, the family, a team needs to open up. It is not about measuring a time frame in which something should be done (for example as a time goal). Rather, the opening or re-closing rose can indicate a process, but also success or failure.

The rose and a cage



The rose can also be used in the context of other interventions of symbol work. For example, the addition of a golden cage to the rose is conceivable.

The cage stands for participants and clients for different things. It can be seen as protection or as an obstacle. Then the topic 'What is stopping me from going up' could be worked on.

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