

Dependable Strengths (Sociodynamic counselling) exercise

- *Facilitators dialogue:*
- I would now like you to relax and find a comfortable position. Close your eyes if you feel so inclined and begin to centre yourself. Recall a time in your life when you had a "good experience" in guiding or counselling or helping someone successfully. This may have happened in early childhood, in your teens, or some other time. A "good counselling experience" is defined for our purpose as a time when you did counsel somebody and you did it well, enjoyed doing it, and felt proud of it.
- Do not think about how someone else might have perceived your experience either in the past or right now. This is your "good experience" and belongs to you alone. We are here not to judge one other but to share some of our positive experiences.
- You may want to scan a few of your good experiences before deciding on one that you would like to share with other learners. Once you have selected a good experience, you may want to sketch a picture that reminds you of your experience or write down a few notes to hold it in your memory. Use whatever you need to do to remember.
- I'll give you about five minutes to relax and remember before we will continue.

- During this exercise each of you will have two roles: a storyteller and an observer. While one person is telling his/her story the others are observers.
- Each of you will have about 10 minutes for his/her turn. (5 minutes for telling the story and 5 to receive feedback)

The storyteller/client:

- When telling about your good experience to others be prepared to be as descriptive as you only can while relating to your story.

The observers:

- As observers, you will need a separate piece of paper. On this paper you will write down skills, aptitudes and strengths you 'hear' or realize the storyteller has in your opinion. Strengths and personal features that helped him/her to succeed in that particular situation.
- Once you have listened to the first storytellers experience, each group member will one by one have a chance to give feedback to the storyteller and tell about the strengths and other features that they wrote down on the paper.
- When all the group members have had an opportunity to tell the strengths they have identified, everyone will give his/her paper (=list of strengths) to the storyteller.
- And the turn goes to the next storyteller.
- This 'storytelling - giving feedback - receiving papers' circle will be repeated till everyone has had a change to tell his/hers story and receive feedback.