



THE MINDSETTER

Discover, reflect and evolve: The power of solution focus and game-based learning

Gesa Döringer, june 2023



What have you brought to the conference? Let's find out!

You and your neighbour are going to exchange a gift.

Hand him or her your gift! It can be a small present or a large one.
DO NOT say what is in the box!

Your partner opens up your gift and tells you what you brought us:
„Oh, fantastic! You brought a....“

You reply by saying:
„Yes, I brought a because I knew it would be very useful in the next three days, because...“

The Mindsetter

- 1,80m²/ 71 inch² of co- creation!
- 4 teams, each 'responsible' for one of the four quadrants.
- All the teams play simultaneously.
- The answers for each quadrant are collected on the vision-board of that colour.
- 96 cards: if something doesn't work (or apply): do something different!
- After the game the teams have 10- 15min to prepare a poster and a short pitch on their findings.





Training version

- Reflecting on four of the basic tenets of SF:
 - ✓ Leading from one step behind (getting on the back of the bike)
 - ✓ If something works...
 - ✓ If something doesn't work...
 - ✓ If something isn't broken...
- Looking at your way of working with a SF lens.
- Collaborative and active knowledge acquisition.
- Co- creating new ideas.
- Celebrating successes together.
- Discover, reflect, evolve





Therapy version

- The questions of the four quadrants invite players to define a goal and
- ...envision their preferred future (Quadrant 1: Best hopes),
- ...become aware of what's already working (Quadrant 2: "If something works, do more of it.")
- ...re-tune (Quadrant 3: "If something doesn't work, do something different").
- ...identify helpers and resources (Quadrant 4).



Practice based evidence

- Suitable for a wide variety of settings. So far used with students, clients in mental healthcare, SF workshops and training, peer-support workers...
- Holding space for colleagues and clients.
- Setting the stage for new ideas and first steps towards their preferred future.
- Participants are invited to look at their goal and resources from different angles, gaining new perspectives.
- Inspiration to re-discover resources and make plans.
- Cooperation and co-creation.
- A safe space for reflection in a team setting or group therapy.

Feedback

Wie würdet ihr den Mindsetter in drei (einzelnen) Worten beschreiben?



“We tried the game with the students – it provided a firework of reflection. Thank you for selling it to us. They had a blast and were so impressed how beautiful reflection and sharing can be.”

zu reflektieren, Gespräche anzuregen, von anderen zu lernen und somit selbst sein Handeln anpassen bzw. Seine Strategien weitergeben

auf eine neue Art zu reflektieren und sich mit seinen Mitschülern über seine Erfahrungen auszutauschen.

ergo-therapeutische Prozesse auszuwerten, mein Verhalten zu reflektieren, Austausch und als Team zu unterstützen

beim Ref
Gespräch
anderen

...support reflection, to question what we do and why, to **initiate a conversation** in the team, to **strengthen cooperation** and to **benefit from others.**

Reflexion einzusteigen

...**highlight successes** and encourage therapists to continue using the methods they have been using (if they have been working). To exchange ideas with others and **benefit from their experiences.**

Erfolge aufzuzeigen und die Therapeuten in dem zu bestärken, die Methoden die sie angewendet haben, so weiterzumachen wie bisher (wenn sie so funktioniert haben). Sich mit den anderen Mitschülern auszutauschen und von deren Erlebnissen zu profitie

in einen offenen Austausch unter Kollegen/Schüler/Fachpersonal... zu kommen. Um Lösungen für Probleme in der Arbeit mit Klienten zu finden aber auch positives hervorzuheben.

In der Gruppe zu reflektieren. Sich mit seinen Kollegen auszutauschen. Von anderen zu lernen. Gemeinsam Lösungen zu finden. Über erlebtes zu sprechen

The Mindsetter can be used to...

mit meinen Kollegen in eine tiefgründige Unterhaltung zu kommen und eine andere Blickweise zu erhalten.

... engage in an **open exchange** among colleagues, classmates or professionals. To find solutions for problems we encounter but also to highlight what's already working.

Reflexion zu gehen und neue Sichtweisen zu

...reflect in the group. To **exchange ideas with colleagues.** Learning from others. **Finding solutions together.** Talking about experiences.

Diskussionen und von anderen ins therapeutischer

sich auszutauschen, sich gegenseitig zu Erfahrungen haltbar zu

Feedback

"The here and now takes shape."

"Exploring your own recovery universe (and that of others)."

"(The game) strengthens self-exploration, self-reflection and intuition."



"Rings and circles emerge... You move in spirals around your goal, observing it from different perspectives."

"An open exchange in the safe space of the group with trusted people. Condensation of a topic and focus on it. Staying with it and being heard. Addressing something in a group gives a different kind of importance to my goal."

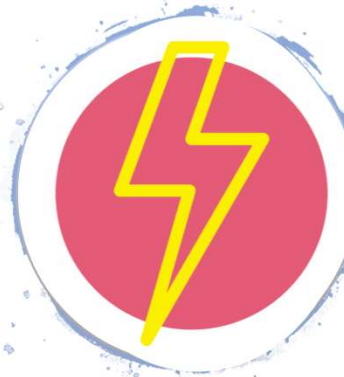




Let's play!

- Cheating is permitted!
- Trust the process! And use your experience.
- If something doesn't work, do something different: There are 96 questions to chose from!
- Rephrase questions or invent a new one if needed.

Special spaces



Sparkling moments:

Making exceptions visible, celebrating successes, taking ownership of resources.

Out of the box (Metaphors):

Draw a card or chose an object: What is the first thing that comes to mind regarding the quadrant you are standing in right now?

Resources:

What are helpful factors at work? What ensures that you can do your job well and enjoy it?

Challenges:

Which challenging situations do you face on a regular basis? How would you like to tackle them differently?

Bonus:

The common factors model. How is this factor a bonus to you?

A next small step

& what difference will it make?

Turn and talk

The other participants form a reflecting team.



Pitch

- Participants take 10-15 min to prepare a short pitch on their findings.
- Formulating their own take-home message.
- Two objectives: deeper level of understanding the content as it facilitates transfer.
- As a facilitator you get a good idea of what the group understood.





Questions? Feedback?



Take home message

Write a short take home message to yourself, a compliment to a colleague or feedback to me!



Thank you for co-creating with me!

New ideas? Want to keep on co-creating
with me? More questions?

Please feel free
to get in touch!

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