

# CAT 1

## Getting to know each other (duration: 60-90min.)

### Guidelines

Aim of this unit: Getting to know each other and figuring out a way to communicate.

*Technical and communicative aspects:* Figure out if you want to work with video on or off. If you decide not to use the video, it would be nice if everybody uploads a picture of themselves. Perhaps you want to decide whether everybody should mute the microphone except for the person speaking so that there are no distracting sounds. Or you want to leave the microphones on so you can hear each other and get a feeling for each other. Decide how you want to speak, e.g. if a person wants to say something they should use a symbol in the chat area. When you're deciding for a name for the group, you could do a voting by writing the suggestions in the chat and then vote by placing an emoji 👍 under each suggestion.

Make time for everybody to introduce themselves. Make sure it does not last too long.

### Questions for everybody (5min. time each)

1. Who am I? (name)
2. Where am I from?
3. What do I do?
4. What brought me to this group?
5. What is my goal with this training? What do I want to achieve?

Goal: According to our ATCC approach, it is important that we achieve goals. These involve the individual in taking responsibility for what is to be achieved. We would recommend, however, not to do very precise contract work. We'll talk about goals and wishes in unit 6.

### Make agreements

**The preamble:** We ask you to read it through and to give your consent.

**Rules:** We are referring to the ideas of Ruth Cohn, the founder of Topic-Centered Interaction.

- Participation is voluntary and mandatory. I.e. nobody can force you to participate in CAT. But it would be important that your decision is also binding in terms of the content and the meeting.
- Disturbances have priority. If you don't understand something, if you feel disturbed or impaired by someone: say it!
- There is a moderator who keeps the framework, invites and ensures that results are passed on (with the consent of the others). This moderation is carried out by the person who invites and is in contact with us. The moderation task can rotate during the virtual meetings. But don't waste time deciding on the rotation. Moderation is a task that uses its power to keep communication flowing and to provide a safe framework.

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- Everyone speaks of herself/himself and not about or for others. Therefore no advice is given!
- No person may be discriminated in words and deeds!
- What is said is treated confidentially. At the end it is decided what can be passed on. If someone should record the dialogues, it must be clarified whether everyone agrees. You would also have to discuss who is responsible for the documentation of the results and for forwarding them to us so that we can post them on our blog (if you agree to share the results or parts of the results).

When everyone in the group is familiar with the rules and roles and has agreed to them, decide for a name you want to give your group, point out to the next meeting and mention the worksheet for the biography work as individual preparation for the next session. The task described on it is:

- Draw a picture (A4) regarding the question: How do I experience myself and my environment in the current situation / crisis? What connections can I find in my biography?

End this first session with a short round: How do you feel about ending our first meeting?