

Biography work (duration appr. 2 hrs)

Guidelines

Aim of this unit: reflecting on the current situation (of crisis) in relation to our own biography

Sequencing of session:

Connecting round: How do you feel right now? How did you feel while painting? What came up during painting?

Start into biography work: Short summary of the work sheet and the aim of this unit

Rules of biography work:

- The facilitator keeps the frame and points out to the rules, if needed.
- The facilitator starts first (to provide orientation and reassurance regarding the depth of the presentation and to set the frame).
- You created the picture primarily for yourself, not for the group. You decide what you want to share and what rather not.
- Pictures will not be assessed, even if well intended, because assessments generate hierarchies in our relations.
- Time is limited and everybody gets the same amount of time (10 min).
- During feedback rounds everybody speaks about themselves and there is no interpretation of what was said. But everybody is invited to share their own experiences and resonate about what they heard.
- Everything is confidential!

Presentation: The facilitator starts presenting her/his picture (appr. 5 min for the presentation and 5 min time for questions and resonating feedback by the rest of the group). Then, the next person follows. See if you as the facilitator or any person of the group needs a break at any point. We suggest that after the fourth presentation latest you have a break of appr. 10 min and then continue.

Reflection: After all biographical relations were shared; reflect again on the different pictures: What was surprising? What differences and commonalities emerged within the context of the crisis? What is on the pictures and what is missing? etc. Depending on what came up, the emphasis for a deeper reflection could be on: the rifts between people that become visible at the moment, topics like boundaries and contact, power/powerlessness and responsibility, manipulations, patterns, what becomes meaningful/insignificant during the crisis? What are the cultural messages regarding health and security? The reflection should last no longer than 20 min.

As the facilitator, do appreciate the diversity of our biographies explicitly and give thanks to all participants for sharing. Encourage people to meet in pairs of two, separately from the group, if there is the wish to talk more about biographical relations.

To finish off, as the facilitator please point out to the worksheet for the next session about values, set the next meeting and finish today's session with a closing round: With what feelings and thoughts are you leaving today's session?