





Animation tool from Familias Alternativas Spain

Subconscious processing through dance, coaching and family constelations







Materials

- Open space
- Relax music
- Sportswear
- Playmobil figures
- A6 colored cards







Time needed

1 hour/week for each part







How many people

From 2 (individual attention) to 10 (dance groups)







Objectives/competences

- Consciousness of presonal/familiar/cultural locks and/or hidden loyalties
- Trainig body language as vehicle to express emotional feelings, thoughts and personal/familiar/cultural locks
- Assuming one's own responsability in the own whole process







How to animate

- 1. Contemporary dance
 - 2. Hero's journey
- 3. Familiar constellations







Contemporary dance

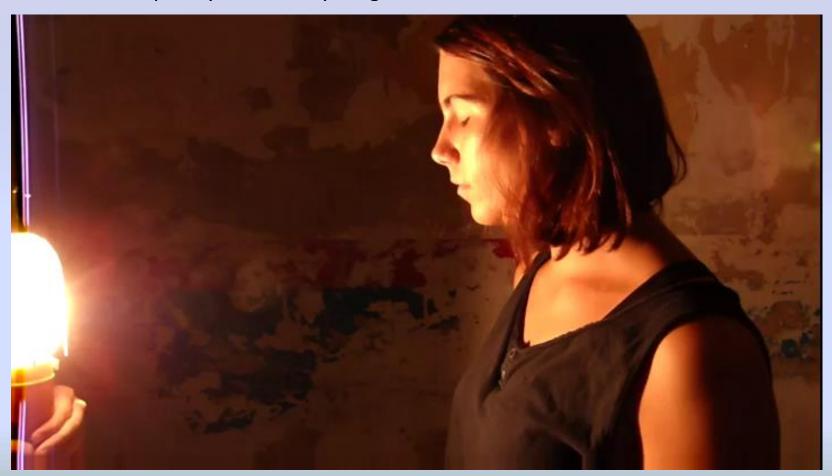
- Warming up based on silence, consciousness and respect for all the families and their visualisations
- 2. 4 minutes to represent how they feel about work (job interview, work in general...)
- 3. Share their feelings with the group
- 4. Look for solutions to change and improve the feelings
- 5. Understanding the meaning to be confident in front of those who are interviewing us when we apply for a job
- 6. Introduction of "Hero's journey"







VIDEO: Contemporary dance for young care leavers









Hero's journey

- 1. Explanation of the activity and objectives in the laboral itinerary
- 2. Description of the meaning of each card color (departure, objective, allies, enemies, "passport", "coin"...) and choice of cards, as much as he/she needs for their whole itinerary
- 3. Discover personal/familiar/cultural allies and strengths and enemies or resistences/dificulties that could appear during the journey
- 4. Setting short-term objectives and evaluation after the time fixed for that
- 5. Restart with new objectives







Let's do it again Appeal

Rejection

Way back home Crossing the Threshold

Transfor mation

Finding Guardians

Develop the Inner Self Confonting the Demons and transforming them







Decalogue for the journey

- 1. The map is not the territory
- 2. Flexibility
- No-communication doesn't exist
- 4. The objective is the result
- 5. There is no failure
- 6. Everything happens for something
- 7. We all have all the resources directly or indirectly
- 8. Every behavior has a positive intention
- 9. We all take the best decision at the moment we choose it
- 10. Responsability with what we do and what it happens to us







VIDEO: Hero's Journey









VIDEO: Hero's Journey 2









Familiar constellations

- 1. Warming up: sitting down in circle, closing eyes, silence, respect and visualisation of the parents and familiar sistems of the group
- Choose representatives individuals for the situation to animate ("work" and "young")
- 3. Position the figures in the marked area
- 4. Develop the work situation, for which we have no expectations (systemic phenomenology)
- 5. Consciousness of the obstacles (if there are) and resolution and liberation of the situation







VIDEO: Family constelations









THANKS A LOT

