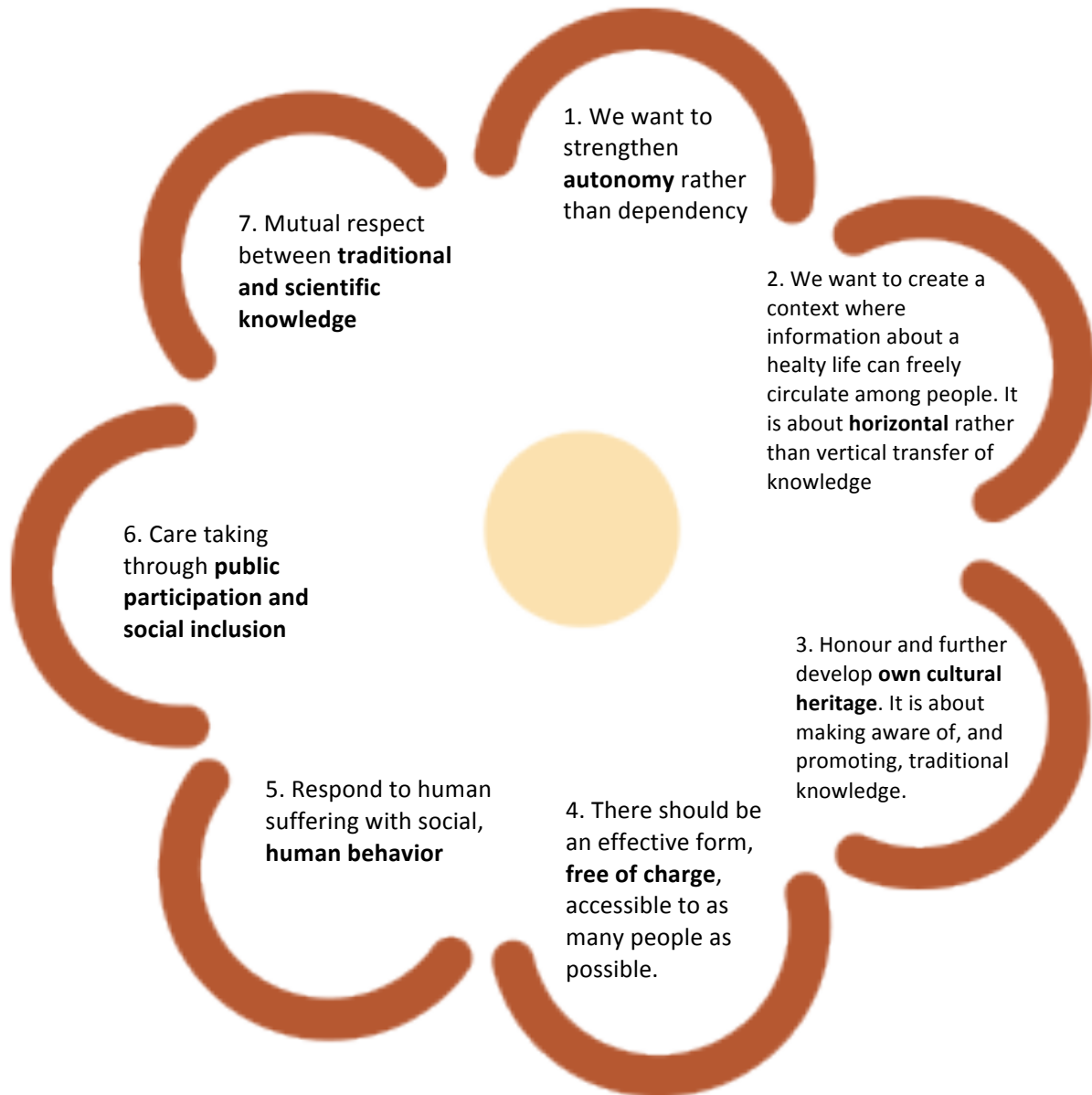


## Overall goals of ICT



**1. Autonomy:** How do I get away from a model which creates dependency from experts towards a model which creates independence of people?

**2. Horizontal transfer of knowledge:** How do I overcome the exclusive attribution of information to experts and promote the free circulation of information in understandable language in order for all people to be able to profit from it?

**3. Cultural heritage:** Adalberto Barreto wants, for example, in his country (Brasil) to use, promote, save and honor the own cultural heritage of indigenous, european, african and oriental ancestors. He does not want to use the metaphors of western psycho analysis, but the metaphors that correspond to his brasilian and african roots. For example, the spiderweb is his metaphor for community therapy in Brasil.

**4. Free of charge:** The sessions should be free of charge, open and easily accessible for anybody potentially interested.

**5. Human behavior:** How can the suffering of a community be treated under a social aspect, meaning without looking at it from a medical point of view (as if it would be a disease)? Western psychology and psycho-therapy responds to suffering by developing a pathology. They base on concepts of disease, treatment and hygiene. Treatment is e.g. understood that professionals work in a room with fixed chairs.

But to respond to suffering and to ease it is also the task beyond the professional. It needs a response for the soul. It takes comfort and a space in the community. It concerns **everybody** in the community. We want to give people back the role to respond to and prevent suffering by themselves. An approach should be developed which does not need the intermediation of academics. ICT moderators perform a human community task, and everybody should be in a position to learn it.

**6. Participation and inclusion:** How do I overcome a model which is focussed on the individual treatment through medicamentation, and how do I stimulate a process to jointly promote health?

To promote health is a dynamic, pluralistic process. The topic of health should be brought from the private to the public space, in which every person can take a decisive role in the joint health. Gesundheit zu bewahren ist ein pluralistischer dynamischer Prozess. Social participation, opportunities for contributing and belonging-to-it are valued. Networks of solidarity shall be promoted. Social suffering should be responded to with a model of participation and inclusion.

**7. Respect between traditional and scientific knowledge:** How the exchange between traditional knowledge and science can be promoted? Gaining competence of people through their own experience and scientific knowledge shall be kept and united.

These different forms of knowledge complement each other. Scientific medical knowledge regarding pathology and traditional knowledge regarding suffering should be respected. That also means to look for own metaphors e.g. in order to connect with traditional healers.

## Specific objectives of an ICT session



## **Integrative Community Therapy (ICT): Session overview for moderator**

- 1. Introduction and welcome** (approx. 10 minutes). Create an atmosphere of friendship and confidence.
  - a. Welcome participants. If there are new participants, give short explanation on the history of ICT.
  - b. Celebrate birthdays, death days, happy and other important events → saying a poem.
  - c. Explain the 4 rules of ICT: only 1 person speaks... personal experiences only... no advice/judgement etc. ... interrupt the group any time with a poem, proverb, song or joke which fits the theme
  - d. Mention: not to tell any secrets, silence is ok, no discussion in first part (but may be in second part), no need to agree on anything but attentive listening to different life experiences.
  - e. Warming up (involve playful movement of the body)
  
- 2. Selecting the topic** (approx. 15 minutes). Interrupt if a participant does not follow the rules.
  - a. Say why it is important to speak up. Use a matching proverb.
  - b. Invite participants to propose their topics: “Now it is time to tell a topic that is on your heart. What is on your heart? What worries you? What does not let you sleep?” Ask for the feelings of the person proposing a topic! Write down and rephrase/summarize each mentioned topic, asking the person if you understood correctly. Thank the person for proposing a topic. Repeat above questions again and again. Keep the silence in between!
  - c. Gather feedback from the other group members to the proposed topics (5 – 6 feedbacks): “Which topic are you most interested in? Which topic concerns you most today?”
  - d. Voting. Each participant has one vote. Count the votes exactly. Say which topic is chosen. Thank each person who’s topic was not chosen.
  
- 3. Contextualization** (approx. 15 minutes). Don’t try to solve the problem! It is enough for the person to feel accepted in her/his pain.
  - a. Invite the person who proposed the chosen topic to tell more about it.
  - b. Invite participants to ask questions for clarification (only clarifications, no advice, no discussion!)
  - c. If possible, formulate a group theme/question.
  - d. Tell to the person who proposed the topic that (s)he can now lean back and must not speak anymore.
  
- 4. Exchange in the group** (approx. 40 minutes). In-depth sharing of real, personal life experiences is the aim!
  - a. Invite participants to share their life experiences: “Who has made a similar experience, **and what helped you in this situation?**” After each contribution, thank the participant for her/his contribution. Remind the group that it can interrupt any time with a poem, proverb, song or joke. Make sure the rules are kept, that those who make a contribution don’t look straight into the eyes of the person who proposed the theme, and that all participants are attentive (in order to keep the energy circle)!
  - b. Concluding the exchange by thanking for all contributions.
  
- 5. Closure** (approx. 10 minutes). What do we take with us from this session?
  - a. Have everybody stand up, eventually, hold hands, and wave with their bodies.
  - b. Mention that we stand here now to symbolize that in spite of ... (summarize the dealt with topic) we hold each other and are also held by our surroundings.
  - c. Invite everybody to say what (s)he takes home from the session: “What do you take with you from this session?” After each contribution, repeat asking. Keep the silence in between contributions.
  - d. Try to formulate a “pearl” of the person who proposed the topic (a strength, something positive).
  - e. Inform participants about the date and place of the next session and invite everybody to the second, informal part (tea).

**Detailed structure of an ICT session  
(Approx. 90 minutes)**

Objectives	Examples of formulation	Remarks	Notes regarding adoption of ICT in Tajikistan
<p><b>Phase 1: Introduction</b></p> <p><b>Approx. 10 minutes</b></p>			
<p><b>a. Welcome</b></p> <p>Arrival and orientation: one should feel welcome</p> <p>Introduction</p>	<p>„I kindly welcome you to ICT. I am _____ and moderate with my colleague _____ this group.“</p> <p>„Today we have new participants that I welcome warmly. Nice that you have come!“</p> <p>„We are here to talk about our every-day experience, to learn from each other. About what moves us, pain, suffering or also what gives us joy. The work in this group was developed in Brasil by Adalberto Barreto in order to reach many people in the poor settlements and to strengthen their abilities.“</p>	<p>Prepare a circle of pillows or chairs. Moderator is equiped with notebook and pen.</p> <p><b>Attention:</b> me as the moderator (MO) should prepare the situation such, that I feel comfortable. Be also a protection angel for yourself!</p> <p>The group is open for new participants (PA)</p> <p>Welcome new participants.</p> <p>I welcome every PA by hand (personally). This should create an atmosphere of confidence.</p>	<p>Prepare traditional seating on krpachas corresponding to the size of the group.</p> <p>Welcome each participant with the usual (traditional) greeting ritual.</p>

<p><b>b. Celebrate birthdays / holidays</b></p>	<p>„In order to appreciate the environment that supports us and in order to celebrate what’s beautiful, we sing now a song.“</p> <p>„Which birthdays from the last group session until today would you like to celebrate, or maybe you would like to celebrate something else, or to remember something?“</p> <p>„What was your greatest success in the last days? What was the best that you learned during the last days? Tell a thing, which changed to the better in your life since the last session...“</p>	<p>Introduce a birthday song as a ritual</p> <p>Singing a song</p>	<p>Recite a poem alternatively</p>
<p><b>c. Tell rules</b></p>	<p>„During the session, there are 4 simple rules:</p> <ol style="list-style-type: none"> <li>1. If somebody talks, the others listen</li> <li>2. Everybody talks in the „I-form“, not about others. Share your personal life experiences.</li> <li>3. We don’t give advice nor judgement and we don’t hold long speeches or presentations. We don’t look for solutions for the others.</li> <li>4. You can interrupt the group</li> </ol>		

	at any time with a song, a proverb, a poem, a short story or a joke that matches to what was said.		
<b>d. Mention principles</b>	Don't tell any secrets. It is ok to be silent. It is a group for listening towards inside and towards outside. And to talk. We don't discuss. It is not about finding a consensus, but to listen to the different ways of life. Afterwards, in the second part at the tea, you can discuss as much as you like."		
<b>e. Warming up</b> Relax / move	„For warming up we please stand up...“  E.g. - exchange sitting places: all persons with a colorful dress, who have children, a garden... - to start moving: swing arm, stretch, yawn loudly - Throw a ball and say a poem / song...	The MO stands up <b>together</b> with the group.	

Objectives	Examples	Remarks	Notes regarding adoption of ICT in Tajikistan
<p><b>Phase 2: Selection of the sessions' topic</b></p> <p><b>Approx.15 minutes</b></p>			
<p><b>a. Justification / introducing</b></p> <p>Why am I speaking?</p>	<p>„Now it is time, to choose a topic for the session.“</p> <p>„It is important to talk about what moves me. You know surely the proverb: shared suffering is half suffering. Shared joy is double joy.</p> <p>Also a Brazilian saying goes: When the mouth is shut, the body speaks. When the mouth speaks, the body heals.“</p>	<p>Other examples:</p> <p>Wilhelm Reich: „Unspoken words become poisonous“</p> <p>Shakespeare: „The sorrow that does not speak gnaws at the heart until it breaks.“</p> <p>Kenzaburo Oe: „To go deeply to the ground of the strength of the human soul, if in sadness or suffering, and to express it, means at the same time, to heal from sadness and suffering.“</p>	
<p><b>b. Collecting contributions</b></p> <p>What am I talking about?</p> <p>Who wants to speak?</p>	<p>„We first just collect possible topics and decide afterwards for one topic“.</p> <p>„Everybody is now invited to speak about what concerns herself/himself. The person who wants to say something, presents first her or his name und explains briefly, what it is, that concerns her/him now.“</p>	<p><b>Permit silence and endure it for a long time!!!</b></p> <p><b>After each contribution, repeat like a mantra and put as a question: „What is on your heart? What worries you, does not let you sleep?“</b></p> <p>In case of a significant event which concerns all PA, the MO provides this as a topic.</p>	





<p><b>c. Identification of the participants with one topic</b> (theme, subject)</p>	<p>„Now I summarize for everybody once more, which topics were proposed. Which topic touches you today? Muhabat has named the following topic: _____ . Malika spoke about the following: _____ . ”</p> <p>Get short feedback (5 – 6 opinions) from the group, who tends to which topic.</p>	<p>Name all central topics.</p> <p>Resonance in the group: „Which topic appeals to you most this evening? With which topic you feel most resonance this evening?“</p>	
<p><b>d. Voting</b></p>	<p>„We can deal only with one topic. That’s why we decide for one. We vote. Everbody has one vote. Those who proposed a topic can vote for their topic, but they can also decide otherwise and vote for the topic of an other group member. All topics are important. Which topic touches you today, whith whom are you resonating? Who votes for Malika’s topic? I count and write down the votes. Thank you. Five votes. Who votes for Muhabat? Thank you. Seven votes. We have decided for the topic of Muhabat. I thank all others who have told something for their valuable contribution.“</p>	<p>MO counts loudly and clearly and notes the results.</p> <p>MO names the topic, which she thinks hast he greates chances of realization, as the last one!</p> <p>MO and Co-MO <b>cannot</b> participate in the voting.</p> <p>No clear vote: Vote a second time between the topics with equal amount of votes.</p> <p><b>Thank every participant who proposed a topic individually!</b></p>	

Objectives	Examples	Remarks	Notes regarding adoption of ICT in Tajikistan
<p><b>Phase 3: Contextualization</b></p> <p><b>Approx. 15 minutes</b></p>			
<p><b>a. Identify topic.</b></p>	<p>„Muhabat, now please tell a bit more about your topic.“</p>	<p>The PA talks in more detail about her topic. MO and the other participants can ask clarifying questions. „What is most difficult for you in this situation?“</p> <p>Observations and questions for MO:</p> <ul style="list-style-type: none"> <li>- What is the suffering?</li> <li>- Inner and outside impact in the person</li> <li>- Strategies that were used so far</li> <li>- What could be an unconscious contribution (of the PA) to the topic?</li> <li>- What did the person learn so far?</li> </ul>	
<p><b>b. Clarification of the topic</b></p>	<p>„Does anyone have a question of clarification? Did you understand something not well, or would you need some additional information to better understand the topic?“</p>	<p>Invite participants to ask questions of clarification. Aim of the questions are to better understand the topic (and the situation of the person proposing the topic). No advice! No disussion!</p>	

<p><b>If possible: c. Formulate group theme</b></p>	<p>Example for transformation of a topic into a group theme: A PA tells about being overwhelmed at home due to the unexpected sickness of her husband who is an alcoholic. This topic is transformed into the group theme „What emotionally stressful situation did you experience in your life, and what helped you in that moment?“</p>	<p>The individual topic is transformed into a more general group theme with which all participants can identify. It is an art to find a group theme. It is about finding a cristallization point on an emotional level. It is helpful to turn the general theme into an open question for the group to respond to.</p> <p>It may also be that a symbolic, thematic aspect of what’s reported is made the group theme.</p> <p>Speak out loud the group theme.</p> <p>If possible, emphasize the side of the victim and of the perpetrator. The stories of the participants can be told from both perspectives!</p> <p><b>If it is not possible to formulate a general group theme, continue to step 3d and phase 4, asking about silimar experiences: „Who has experienced something silimar, and what helped you in this situation?“.</b></p>	
<p><b>d. Closing the contextualization</b></p>	<p>„Thank you. Now please just listen what comes to the mind of others, how others have dealt with similar issues.“</p>	<p>Tell the person who has proposed the topic that (s)he can relax now, lean back, and must not speak anymore now.</p>	

Objectives	Examples	Remarks	Notes regarding adoption of ICT in Tajikistan
<p><b>Phase 4: Sharing (Main phase)</b></p> <p><b>Approx. 40 minutes</b></p>			
<p><b>a. Exchange among participants on the chosen topic/theme</b></p> <p>Promote exchange, name resources</p> <p>Stimulate a song / poem</p>	<p>„The topic is _____. Where do you feel addressed? Who has made a similar experience? How did you deal with it? <b>What has helped you?</b> What did you learn from it?“</p> <p>„Think once again about a song or a poem, too...“</p>	<p>In principle, MO and Co-MO can participate in the sharing. But according to Ulrike’s experience, it is often too exhaustive, because the structure and the rules need to be kept.</p> <p><b>It is not about finding solutions! We don’t treat a suffering (there may be better specialists for that). We open up a space, in which the giver of the topic feels accepted in her pain with the topic.</b></p> <p>If the pain is too great, eventually change the focus. E.g.: death is the topic. Then: „What is the most beautiful memory about the deceased person?“</p> <p>Stimulating: while exchanging, don’t look at the giver of the topic, in order not to make her feel that she gets advice.</p>	

<b>b. Concluding the exchange</b>	„Thank you very much for your contributions.“		
-----------------------------------	---	--	--

Objectives	Examples	Remarks	Notes regarding adoption of ICT in Tajikistan
<p><b>Phase 5: Concluding ritual</b></p> <p><b>Approx. 10 minutes</b></p>			
<p><b>a. Proximity</b></p>	<p>„We stand up and build a circle. We hold our hands / shoulders.“</p>	<p>Supporting circle: standing or sitting or both. Hold shoulders or give hands. Make a wave movement starting at MO and keep it up.</p>	
<p><b>b. Why are we standing here?</b></p>	<p>„We stand now here together in order to symbolize that in spite of _____ (make reference to topic/group theme) we support each other, and our surroundings support us, too“.</p>	<p>Make reference to the topic/group theme of the session!</p> <p>Make participants aware of the mutual support they are experiencing, and that there are also other people who are not present at the moment but supporting as well.</p>	
<p><b>c. Take with you what's positive</b></p>	<p>„What do you take with you from this session (evening, gathering...)?“</p> <p>Remember the group that songs, poems etc. are welcome.</p>	<p><b>Repeat the question over and over again.</b></p> <p><b>Keep the silence in between!</b></p>	

<p><b>d. Formulate a „pearl“</b></p>		<p><b>MO tries to name a „pearl“ of the person who gave the topic.</b> Example:          „I am touched that - in spite of his momentaneous loneliness and fear - Muhiddin dared to come here tonight and talk about it. That’s courageous.“</p>	
<p><b>e. Saying goodbye</b></p> <p>Thanks</p>	<p>„I wish you all a good time.          Goodbye. See you on _____ .          Now the inofficial part starts, to have a tea together...“</p>	<p>MO thanks all PA that said something.</p> <p>MO thanks the PA that proposed the topic of the exchange.</p> <p>Mention the date, time and place of the next session in order to provide continuity!</p> <p>Invite everybody to the second, informal part of the gathering.</p>	