

Anthroposophical workshops for persons with disabilities

- Workshop leadership in practice

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Characteristicks

- Close to nature, natural materials .
- Holistic aproach: From earth to table .
- Highligting of the social dimention.
- Artistic practice as a part of the dag.

Connection to nature



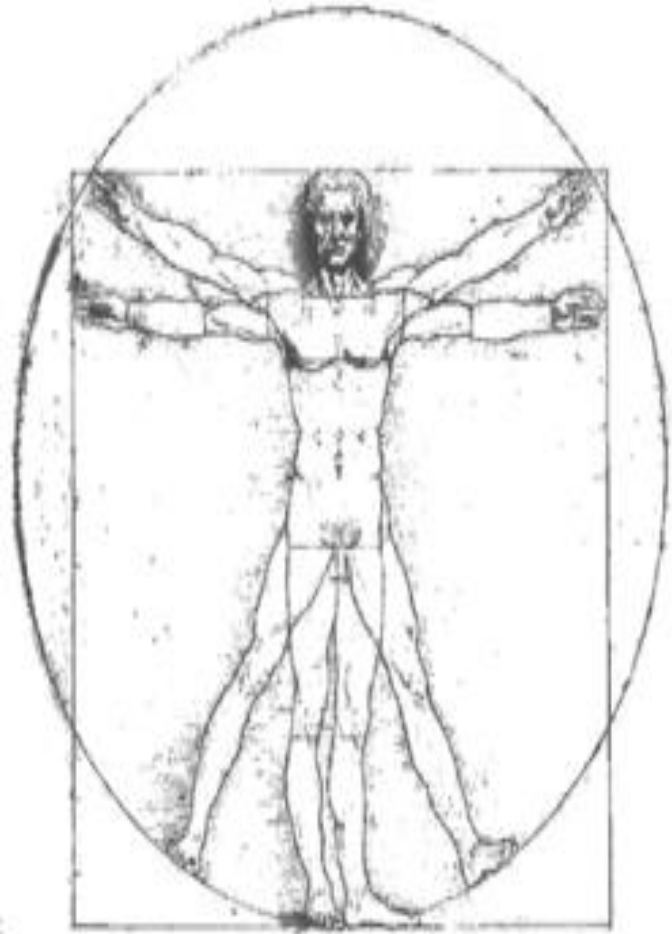
Classic handcrafts and materials from nature







Rudolf Steiners 3 fold human being



Thinking → Nerv – sence system

Feeling → The rythmic system

Will → Body – metabolic system

The sense of coherence

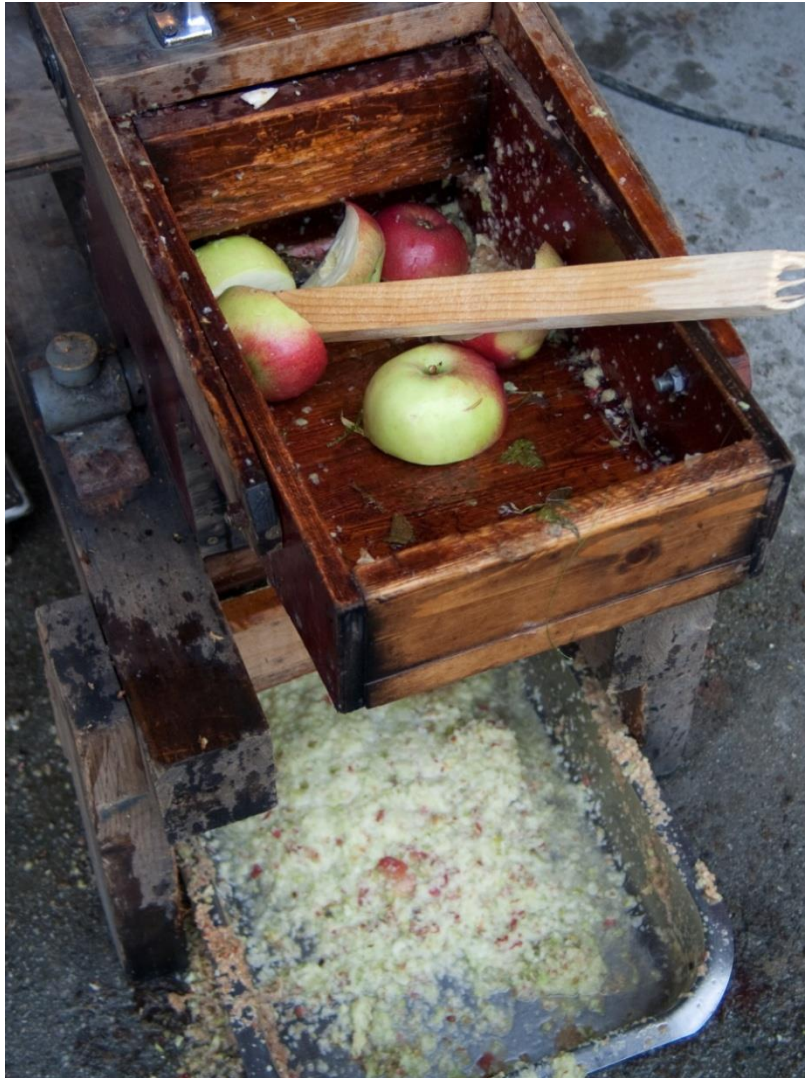
- *Comprehensibility*
- *Manageability:*
- *Meaningfulness*

(Antonovsky, 1987)

Following the rythm of the year













The sense of coherence

- ***Comprehensibility***: a belief that things happen in an orderly and predictable fashion and a sense that you can understand events in your life and reasonably predict what will happen in the future.
- ***Manageability***: a belief that you have the skills or ability, the support, the help, or the resources necessary to take care of things, and that things are manageable and within your control.
- ***Meaningfulness***: a belief that things in life are interesting and a source of satisfaction, that things are really worthwhile and that there is good reason or purpose to care about what happens.

(Antonovsky, 1987)

Some basic principles more...

- Focus at the workers capacity – not their dysfunktions.

Antonowsky:

- Patogenese : fokus at the disease.
- Salutogenese: Fokus at the healthy parts, the oportunities and developement of skills.

What possible benefits does work

have for persons with:

- Heavy mental and physical disorders?
- Challenging behavior ?
- Lack of communicative skills?
- Low level of agreement competence ?
- Asocial, challenging behavior ?
- Lack of practical skills?

Possible benefits

- Variation in social environment .
- Stimulation of the senses: A new room, a new smell- experiences .
- The joy of participating in a creative process.
- To see and be seen. – I supporting access and social training.
- Contribution to the community – produce something that makes other happy.....

Other benefits?

- Science shows that the brain is active in the same way by observing of an act, as when the person actively participating.
- Observation is also connected to the proces of learning/developing skills .

(Ceberal cortex, 2008) i (Ellingsen, 2008)

Making finger dolls? Is that real work?













Workshop manager skills:

- Knowing the handcraft
- Therapeutic access to the process
- Be able to create community formation.
- Creativity: Turn problems into resources
- Artistic and innovative: Research in own practice

The daily challenge

Proces or product?

Yes: Both !!!

Keyword: Quality of product.

Therapeutic approach

(but its not therapy.....)

The daily challenge

Creating structure in the day, the week , the year

Keyword: Rythm

The daily challenge

To create a social environment where every single human being experience to be seen, valued and included.

Keyword: To see and be seen

The daily challenge

To create quality products or services that others want to buy.

Keyword: Quality and innovation

The daily challenge

Connecting the workers identity to the product.

Keyword: Holistic aproach – visibility

The workshopmanagers skills

- Flexible and creative: Ability to try and fail.....
- Genuine interests in the workers view of the world, their lifes and history.
- Fokus at opportunities – not the limitations
- - Researcher and artist.
- Sense of humor
- Ability to developpe the practice together with the workers. Not only for them.....

Last word of today

- Our task is to create sustainable, visible working community.
- The aim is to offer opportunities for personal and social development.
- Well designed workshops contributes to inklusion and may change the societys view of what persons with disabilities can do and who they are.

“In every human being, there is a hidden potential”



Reflection groups

- Looking back at the weeks lectures, visits and reflection groups:
 - 1. Mention the three most important aspects you bring back home
 - 2. In what way can you use the weeks learning topics to improve your practice?

Final reflections

- Do you have ideas for future development of the field, work for persons with disabilities?
- New innovative activities?
- New workshops?

Forskning.no, (2008): Se og lær: Med hevisning til rapporten Cerebral Cortex.

<http://forskning.no/menneskekroppen-hjernen-biologi/2008/07/se-og-laer>

Foto: Virksomheten Helgeseter: Arbeidsbilder.

Antonovsky (1987). Unraveling the mystery of health. How people manage stress and stay well.