

## AT THE BEGINNING...

LETANOVSKÝ MLÝN (SIJA) D; 28h
POD TOM VŠKÝM VÝHLADOM (SIJA) 1; O5h
ZMOVE SI

- "All persons have the right to the best available mental health care, which shall be part of the health and social care system.
- The environment and living conditions in mental health facilities in particular shall include: facilities for recreational and leisure activities and facilities for education." UN, 1991



TOWARDS WHAT DIRECTION?

WHAT ARE THE NEEDS AND MOTIVATION?

KLÁŠTORSKÁ ROKLINA, ZAVER (180 m.) 0:45 h KLÁŠTORISKO, CHATA (184 m.) 0:50 h

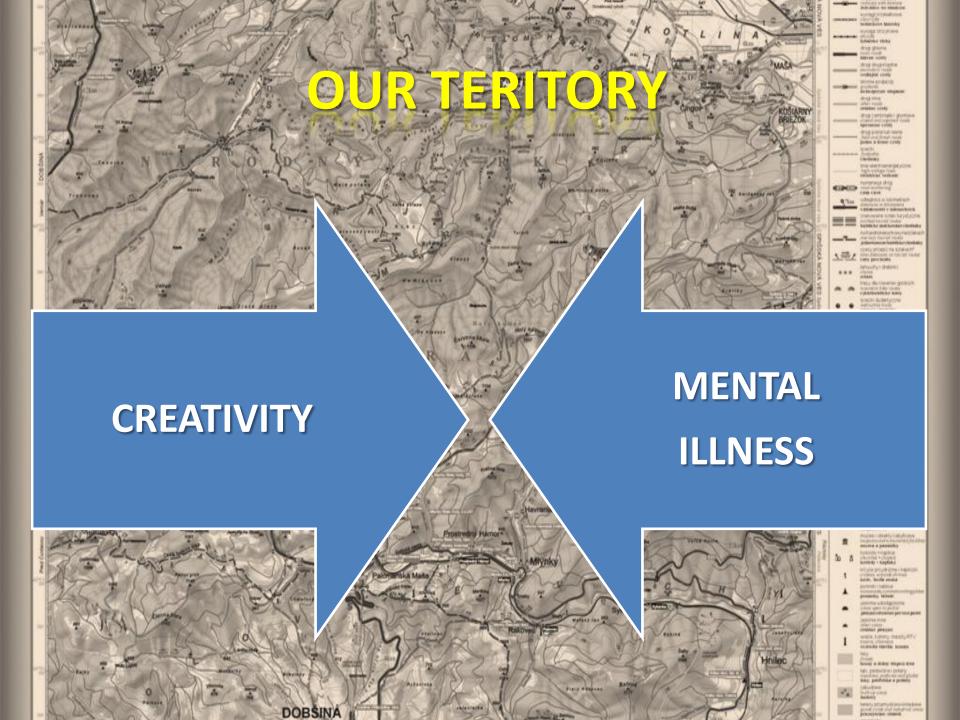
REALLY DEMOCRATIC ?

SENSITIVE ENOUGH?

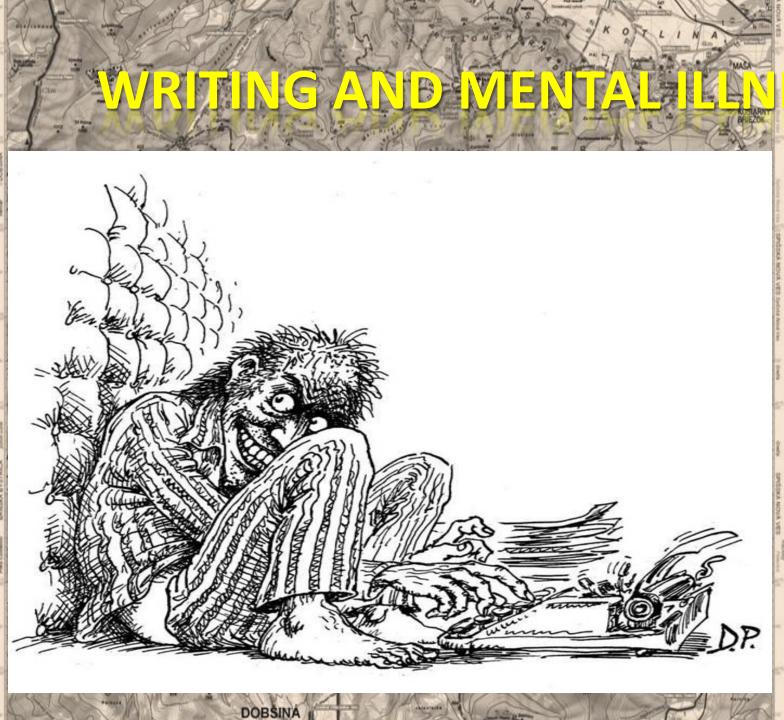
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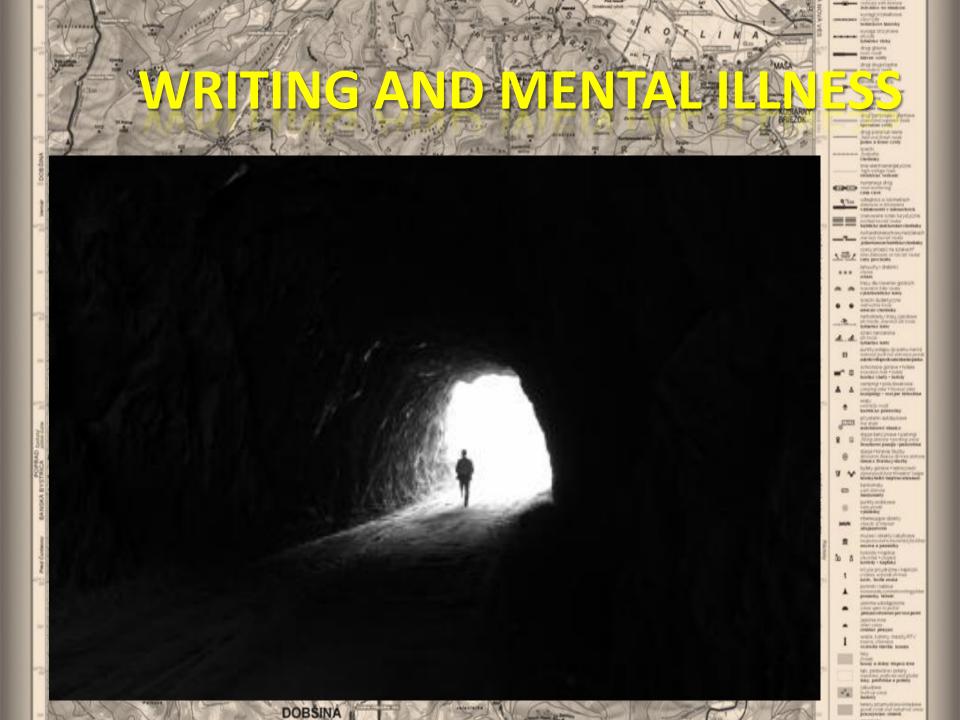
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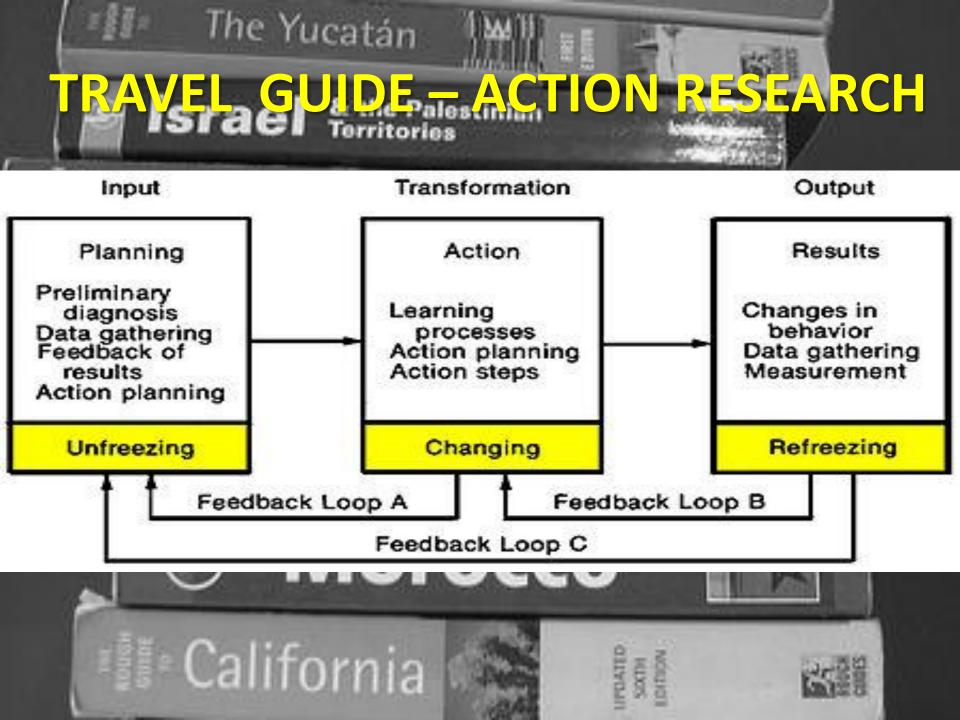


# TRAVEL GUIDE – ACTION RESEARCH

#### Goals of action research include:

The Yucatan

- The improvement of professional practice through continual learning and progressive problem solving
- A deep understanding of practice and the development of a well specified theory of action
- An improvement in the community in which one's practice is embedded through participatory research



#### QUESTION FOR THE TOURIST GUIDE



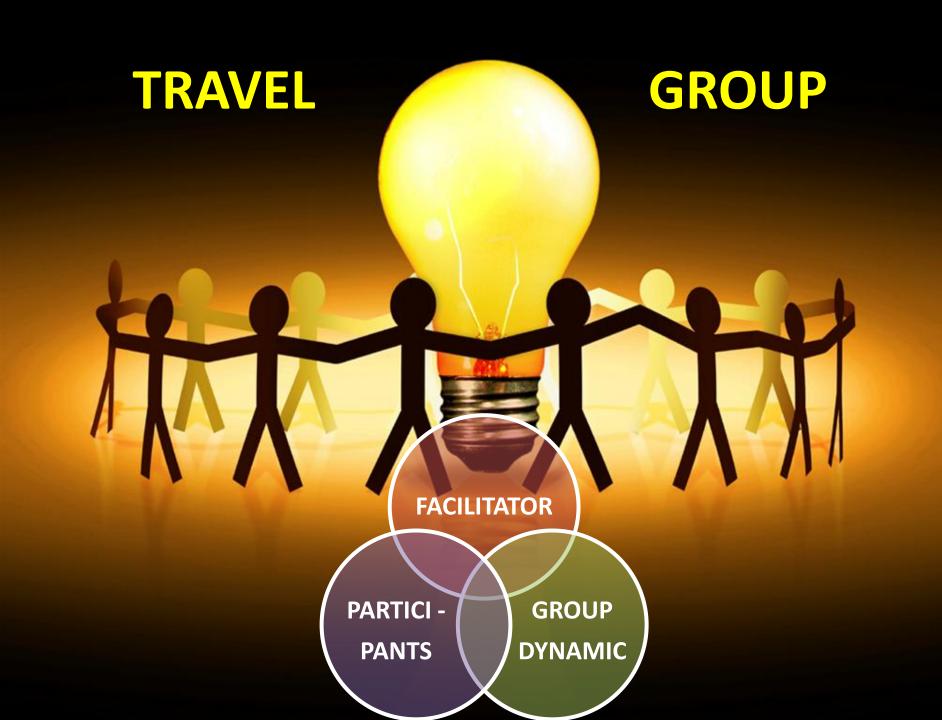
HOW CAN I FACILITATE THERAPEUTIC CREATIVE WRITING WORKSHOPS TO MATCH DIVERSE NEEDS OF THE PARTICIPANTS?

KLÁSTORISKO, CHATA (184 m) 0:45 h

KLÁSTORNÁ LÚKA (185 m) 0:50 h

KYSEĽ, ÚSTIE (550 m) 1:20 h

2007



### TRAVEL FIRE - NEEDS AND AIMS

- literary aims: improve writing skills, learn new writing techniques
- psychological aims: enhance creativity and fantasy, new views, create in free, encouraging atmosphere
- social aims: know each other better, see how others work
- creative writing is a challenge, it is a school of life, it helps to open and express ourselves, enhance self-knowledge
- relaxation aims: it is fun, it does not deter by criticism

I like the family atmosphere, acceptance and expectations of others, that one opens with his / her feelings in the group

It enhances creativity,
fantasy and outlook on life
in a non-violent way, it
does not intrude, just
offers, it does not turns us
into "writing machines"

I have been writing for 35 years and I write as I am used to, it is a sort of habbit now and in the workshops I have to approach creating in different ways

I can learn something new here (what I did not know before), it always finds a new form of creating (what I did not try before) and it teaches me something important

I have found new friends
here, new themes to improve
my writing and enhance my
writing motivation, it is an
interesting way how to spend
free time

To learn how to step aside

To "stay together" as a group

To let group members to choose their own direction and tempo

Discussion & Reflection

**Narrative** 

Therapy

Between meetings communication





