

Open Academy Workshop: “Close your eyes and imagine...”

Date, Time: Thursday, 25.03.2010, 10:30 - 12:30 and 14:15 - 16:15

Trainer: Ana Poprizova, Orce Nikolov High School, Skopje, Republic of Macedonia

Workshop content/theme

Practicing visualization techniques in the classroom

Aims

- Increasing awareness about teacher and student communication
- Changing one's point of view (stepping into someone else's shoes)
- Improving communication and mutual understanding in the classroom
- Becoming aware of the teacher's role in the classroom
- Realization of one's own experience
- Self-awareness

Method(s)/Approach

- Short explanation of the technique of visualization
- Practical use of visualization in a specific context: the “Experiment”:
Participants had to imagine their strictest teacher ever. They reduced their fear by using humour in order to switch roles and control, e.g. by imagining the teacher on the ceiling, changing the colour of his/her face etc. and by visualizing the teacher as a teenager, child and helpless baby which needs to be calmed.
- Exchange and feedback
- Discussion about the use of this method in the classroom
- Explanation of aims and steps of the process

Further tips, sources, resource material or links

Gestalt Therapy techniques

http://www.mentalhelp.net/poc/view_doc.php?type=doc&id=8139&cn=91

http://www.google.com/search?hl=en&q=gestalt+therapy+exercises&revid=282074861&ei=3izCS4aXPJCBOkQ0rZcE&sa=X&oi=revisions_inline&resnum=0&ct=broad-revision&cd=7&ved=0CEQQ1QloBg

http://changingminds.org/articles/articles/empty_chair.htm

Questions for workshop reflection and a brief summary of answers

The students noted that they had experienced this kind of technique for the very first time. The teachers said that they had experienced Gestalt therapy for the first time in a school context and expressed their interest in using this method in the classroom (for energizing, for new themes, for raising self-awareness).

Impressions, Outcomes of the workshop

- all in all 5 rounds of the workshop in the morning and afternoon
- mixed groups (students and teachers)
- The participants took part actively experiencing the experiment and sharing their impressions and thoughts.
- They gave positive feedback.

