



SOON

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www.innovativeresources.org



IDEAS BANK

Talking ecoLogical

What does a sustainable future look like?
Is a sustainable future a better place to be?
Contemplate the future and the challenges
we face with the card set YOU helped create!

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Equine magic

Discover how horses are transforming lives, with just a little help from Innovative Resources!



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New in the Bookshop

Take a trip to the circus with the Old School Shop's charming *ABC of Strengths* poster, now in stock at Innovative Resources.



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Doing Change

Turn those New Year resolutions into lasting changes with the wise words of a master therapist.



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SOON

Ideas
Bank

YOU made these cards a reality by supporting our first Pozible campaign. Use them now to unpack your responses to the biggest challenges of the 21st century!

Talking ecoLogical

What is it like to live in an ecologically-sustainable world? What would the economy be like? What would it feel like to walk around in such a world? What about other benefits like health, wellbeing and community? Is a sustainable future a better place to be?

Ponder these questions and more with *Talking ecoLogical*, a set of 40 cards that can be used by anyone wanting to open up reflection and conversations about environmental sustainability. These groundbreaking cards can be used for team building, goal setting and planning, research and organisational change, personal reflection and so much more! Use them to explore the elements of your identity, contemplate the future, the challenges we face and the processes of change—and not just sustainable change, but change of all kinds within our communities, clubs, businesses, families and organisations.

Talking ecoLogical is ideal for introducing the theme of sustainability directly—and indirectly—into many activities and settings already familiar to you.

Looking for an icebreaker? Try **Under the Chair...**

- Place a card under or on each chair as people arrive. Invite each person to find their card and spend a minute reading it. Ask them to form pairs with someone sitting nearby, and introduce themselves using the card and this question: 'What does your card mean to you, your community or your organisation?'

Imagining the Future

Inspire your students, colleagues or family members to dream big about what our society could become. *Talking ecoLogical* provides excellent fuel for the sustainability journey!

Invite everyone to choose an 'Imagining the Future' card that excites or inspires them. Invite them to find a partner and have a conversation about that future using such questions as:

- What is close to your heart?
- Let's leave the impossible talk behind today and imagine ourselves there. What does the future look and feel like?
- Is it better than today? Why?
- Does it excite you?
- What changes will have been made?

Belonging to Place

Our sense of identity, our health and the health of the environment are intimately interconnected. Using only the 'Elements of Identity' cards, invite people to think about how we see ourselves and our place on earth. No small ask!

Ask participants to choose a card and think about its meaning for a few minutes. Now, invite participants to spend five minutes in small groups or pairs discussing the meaning of the card in their lives and work, using questions such as:

- How might this understanding change the way we live/work?
- How might this understanding change what we do at work?
- How might this understanding change how we see ourselves at work?
- Does the card represent an inspiring notion or a scary challenge to you?

Each person then has five minutes to develop a one-minute presentation to the group about their card and its meaning for them, both professionally and personally.

Sustainability Assessment

Use *Talking ecoLogical* to assess environmental impacts and begin developing an organisational action plan or environmental management system.

Select 'The Challenge' cards and invite participants to form small groups. Ask each group to choose one of the cards to discuss, think through and brainstorm, using questions such as:

- What impacts do we as an organisation have on the earth that relate to this challenge?
- Can we create a list of our impacts relating to this challenge?
- What challenges must we overcome to minimise, and then remove, our environmental impact in relation to this topic?

The group's findings can be recorded and used to research, cost and determine which projects to work on, giving consideration to such things as when, how and who.

Many of us have changed the light bulbs, but we haven't yet changed our vision of the future. We invite you to use this most innovative and timely of conversation-building tools to seek inspiration in the urgency of our challenges AND in the beauty of your dreams.

TALKING ECOLOGICAL

40 full-colour cards, 140mm x 160mm
polypropylene box, 54-page downloadable booklet
ISBN: 978 1 920945 70 1

Product Code: 4940

\$66.00 inc. GST



Equine magic



Horses hold a special place in many people's hearts. They are creatures that ignite imagination, powerful beasts onto whom we project passions, longings and lust for adventure. From the real-life legends of Phar Lap or Black Caviar, to the stories of *Black Beauty* and *The Silver Brumby*, horses uniquely reflect our hopes and aspirations, pain and social conscience.

So it's perhaps not surprising that equine therapy—therapy for humans rather than horses—is taking its place alongside other therapeutic models focusing on people's interactions with animals and the natural world. What might surprise you, though, is that Innovative Resources' publications are also finding a niche in this specialist field of hair, hooves and halters.

In an era when health and welfare organisations are notoriously risk-averse, Emily McVeigh's Ballarat-based centre, Equine Learning Experiences Australia (ELEA), has been busting the trend with some remarkable results. On paper, the idea of placing vulnerable individuals in close proximity to 500kg of solid horseflesh would usually send a shudder down the spine of CEOs and program managers. But ELEA, in fact, is thriving with the support of therapists, psychologists, schools and disability services, who are seeing firsthand the life-changing outcomes of Emily's programs.

The increasingly diverse client group that Emily works with includes young people and adults with acquired brain injuries, autism, depression, anxiety and self-esteem issues. For many of these individuals, the visit to ELEA marks their first close encounter with horses—and their first chance to contemplate the sensitivity of another sentient being to their emotional energies.

As Emily attests, horses have evolved to be highly attuned to their surroundings. Ever alert to the presence of predators in the wild, they are equally masters at picking up on people's

mood and energy levels. Equine Assisted Learning (EAL) works by inviting people to focus on horses' responses to their emotional self-management, so that the horse encourages and guides the development of a person's self-awareness. From the outset, Emily has received enthusiastic feedback. 'Our course participants were telling us that the program and the horses were helping them to build ... fundamental life skills such as patience, respect, leadership, problem-solving skills [and] clear communication.'

Emily is especially interested in the use of EAL to foster clients' right-brain activity, the side of the brain responsible for emotion and intuition. 'Being authentic, being real. We do a lot of work on that,' she explains. Many of the people she sees have become adept at wearing masks to hide their issues and distress. 'Horses,' as she points out, 'don't wear masks,' and are able to play a powerful role in teaching people to reflect on their relationships with their own thoughts and emotions.

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Innovative Resources' card sets are used in a number of ways to complement equine therapy processes. In ELEA's indoor arena, one of the activities Emily regularly facilitates is an obstacle-making exercise that finishes with discussion using the *Strength Cards*. People are invited to construct obstacles representing the difficulties they are grappling with, using containers, witches' hats, flags or other items that come to hand. They then guide their horse calmly around, over or through each obstacle—a task that becomes less easy if the horse senses the person's anxiety or trepidation on approach.

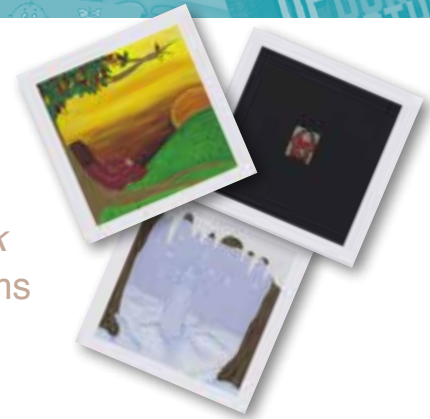
One young man participating in the activity constructed three obstacles to represent his battles with depression, anxiety, and sense of disconnection from others. Two of these he successfully negotiated with his horse. But the horse stopped short on the approach to 'depression'. Depression, the young man later acknowledged, was the issue that he found most overwhelming and hardest to confront. Emily often uses the cards afterwards to help clients to explore their feelings and where they feel the emotional responses within their bodies.

In her work with autistic children, Emily has found Innovative Resources' *Funky Fish Feelings* to be particularly effective. She has also had positive feedback from participants using *A Patchwork Life* in her programs for women and school-aged girls. Despite the unusual context, she tends to use the cards to build conversations in much the same way as other therapists, social workers and counsellors. But Emily also brings her own creativity to bear, trying new ways to integrate the cards with her clients' interactions with the horses.

Some ideas have worked; others, she admits, end up in the basket of good intentions. She experimented, for example, with *Mates Traits* on a couple of occasions after noticing that the young people she saw often struggled with friendship. Emily asked each participant to chose three cards representing qualities of friendship they could incorporate into their relationships with the horses, such as 'playfulness', 'talking', 'encouraging', and 'respecting'. It all sounded fine in theory. In practice, it quickly became clear that her clients were struggling to translate the concepts into their interactions with the horses.

However, at other times, being 'unconventional' with the cards has yielded profound insights. In a memorable session, Emily used *A Patchwork Life* with a male client, though the cards

She has also had positive feedback from participants using *A Patchwork Life* in her programs for women and school-aged girls.



themselves are designed primarily for women. The conversation that resulted alerted Emily to the man's critical struggle with depression and suicidal feelings. He chose the 'Boxed In' card, and 'Frozen' to describe his sense of feeling trapped. He also chose the card depicting the character looking a sunrise/sunset. When Emily asked him about its significance, he said the figure was him, 'waiting for the day I die.' Thanks to the cards, Emily was able to identify the seriousness of his state and arrange an immediate referral to crisis counselling.

The support and sponsorship from local organisations have been important contributors to ELEA's success, and helped Emily to expand her original group of four horses to a herd of eight. The horses vary in size and temperament so they can be matched to the different needs of clients. They include Razzle Dazzle the Shetland, a palamino called Maddy whom Emily affectionately describes as 'bomb-proof', January an allergy-free horse, and the quarter horse Mia.

The different backgrounds of the horses are significant too. Although her older horses are very reliable and steady, they have also been trained using conventional 'power over' methods and tend to await directions from humans. To balance this, she has since added younger horses to the herd, who are better able to work at liberty and respond to people directly.

Emily sees an ongoing role for Innovative Resources' card sets and is keen to keep experimenting with them. Flimsy cards and hunky horses may seem an unlikely combination. But for those of her clients who struggle with naming and verbalising feelings, the cards are just the ticket for putting emotions back into very human terms.



SOON

Little Gems

Available from our Bookshop

The Old School Shop

Introducing a World of Nostalgic Charm

Once upon a time, a little sweetness and delight wandered into Innovative Resources, looking a prettily wistful and coaxing us into much sentimental oohing and ahing. The Old School Shop celebrates the innocence of childhood with card sets to encourage children's play and a sturdy poster that fuses strengths with traditional values.

Take a trip to the circus with the Old School Shop's *ABC of Strengths* poster, featuring an alphabet of positive attributes for young children. Start with 'A' for Attitude and finish with 'Z' for Zest. Don't forget 'D' for Determination, 'F' for Forgiveness and 'R' for Resilience along the way!

Also available is *The Little Box of Big Things*, a card set using whimsical imagery to evoke the children's picture books of yesteryear. The cards are not a therapeutic tool, but can be used to encourage children's play and promote bonding between parent and child. Choose a card with your child and use it

as a creative prompt to share a fun activity together. Or use them as flash cards to build young children's vocabulary. A teacher's edition of the *Little Box of Big Things* is also available, with more classroom and playground activities suggested.

We know The Old School Shop breaks all the rules with a very Anglo-Saxon cast of children and gendered depictions of boys' and girls' play. So don't be afraid to also use the cards to challenge assumptions, explore role reversal activities with younger children, and bring out your subversive edge!



Little Box
of Big Things
Cat No. 7350
Price: \$25.00

Little Box of Big Things
- Teacher's Edition
Cat No. 7349
Price: \$25.00

ABC of Strengths
Poster
Cat No. Poster2501
Price: \$30.00

Workshops and Conferences

Tools of the trade still trading!

Innovative Resources has run its interactive, conversation-building 'Tools Workshops' for appreciative and enthusiastic audiences for over 20 years. Yes, our presenters may have aged, but they are still going strong!

For colleagues and friends in Perth, be warned that Russell Deal will be in town from **17-29 March**. He still has a couple of free days between three pre-planned workshops for local organisations. So take this opportunity to book him for a workshop or consultation while you can. It's not every day that Perth hosts our resident pirate!

For enquiries regarding this special opportunity and other training events, contact Russell at russell@innovativeresources.org or email Innovative Resources via our website.

Did you also hear about our Team Building Mini Workshops?

We love visitors to Innovative Resources so much that any small group or team who comes to visit is offered a free workshop—together with generous refreshments!

Over the years many groups have used this invitation to arrange a team-building day. Come to Bendigo together, browse the IR shop, participate in a short workshop... and then dine at one of the fine restaurants or cafes nearby. Time permitting, some groups go on to visit the Chinese Museum or ride the Talking Tram!

To book your group's workshop and morning tea, simply contact us at info@innovativeresources.org

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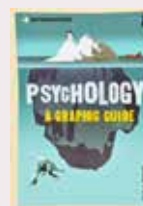


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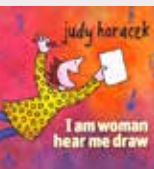
AND BE READY FOR SURPRISES IN STORE!!



Introducing Psychology:
A Graphic Guide

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\$14.95 inc. GST



I Am Woman,
Hear Me Draw

Product Code: 6773

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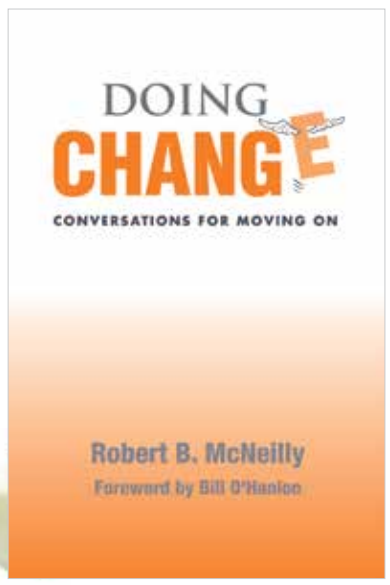
Book

Review Available from our Bookshop

Doing Change

Everybody loves a glowing review! Small sighs of satisfaction wafted through the offices at Innovative Resources when the Milton H Erickson Foundation published this terrific review of *Doing Change*.

Rob McNeilly's classic book explores the way our emotions, our words and our body influence each other. And with a few surprisingly simple strategies and suggestions, he shows us how we can be proactive change-agents for ourselves and for others. So get ready for 2014—nab your copy of *Doing Change* and turn those new year resolutions into action!



Robert McNeilly has written a jewel of a book. I am not sure he even realises how valuable and creative his work is, because he doesn't call attention to his creativity, rather he treats his innovative interventions as almost commonplace. They are not. Bill O'Hanlon, who wrote the foreword, recognises the creative and comprehensive changes McNeilly is inviting us to make, and, in so many words, O'Hanlon lets you know. McNeilly is too humble to suggest anything of the sort, even though he offers a clear new way to think about inducing trance without induction or even acknowledging that there has been a hypnotic intervention. It is nothing short of genius.

This book is a reprint of *Healing the Whole Person: A Solution-Focused Approach to Language, Emotion, and Action in Therapy* (Wiley, 2000). Since learning of McNeilly's story of healing a woman with bulimia, I have used it on numerous occasions to teach the profoundness of a couple of sentences. When you read the story it's clear the woman isn't going to purge anymore, and readers now have a schema for helping others. Throughout the book, over and over, McNeilly gives tools that will revolutionise a therapist's work.

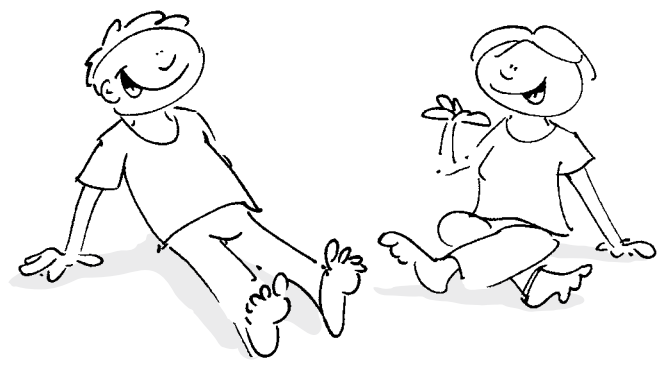
Yes, he is building on the work of other therapists such as Erickson, O'Hanlon, and de Shazer, but he is doing it with a hypnotic understanding that advances the way we can offer brief interventions. The work he has done that he gleaned from Milton H. Erickson is evident, as he smoothly weaves words that combine constructionist thinking with solution-focused approaches—an approach delivered by a master hypnotist. Many of the interventions are similar to those of Milton Erickson—teaching indirectly and directly at the same time. Readers may or may not see how many different layers there are to his work because he makes it look simple, and it is for him. But this is like saying painting was easy for Picasso.

Throughout the book, over and over, McNeilly gives tools that will revolutionise a therapist's work.

The book includes seven chapters and covers language, emotions in counseling, emotional and body interventions, strategies, declaration as pathways to solutions, and the evolution of ethics. In each chapter McNeilly offers useful tools with explicit instructions for how to initiate genuine change. In addition, blocks strewn throughout the book offer questions and bits of wisdoms which are quite helpful. Every point is punctuated by client stories of profound change that happened in moments. If you were reading the book only for those stories it would be worth it. McNeilly's way of thinking about words, interventions, and solutions is a unique synthesis. But the instruction is even more valuable than the stories because it teaches you how to fish, instead of just giving you a fish.

While reading this book I was so inspired I found myself commenting to colleagues about the book, and how useful it is. McNeilly's well written, clear and straightforward book also has such depth that both beginner and experienced therapist can read the same book and get some of the same ideas, but understand completely different concepts.

John D. Lentz D. Min
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DOING CHANGE

Innovative Resources
Softcover, 208 pages.

Product Code: 8014 \$31.95 inc. GST