



## IDEAS BANK

# Reflexions

Meet the card set that keeps on surprising. *Reflexions* first appeared in 2001. Now another generation of young people is discovering how to see themselves differently with these contemporary street-style cards.

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### Picturing Community Aspirations

Discover how CSIRO's Rachel Williams used the *Picture This* cards to capture community views on coal seam gas development.



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### Mad May Sticker Sale

We've come seriously unstuck. In fact, we're peeling off the page! The Mad May Sticker Sale is back!



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### Works in Progress

Is 'stuckness' the opposite of 'progression'? Russell Deal muses on alternative publishing, subversion and being a work in progress.



Page 4

# Reflexions— ways of seeing ourselves differently

The *Reflexions* cards are designed for young people who are in the process of creating their own identities as they grow towards independence. Becoming an independent individual can be a difficult journey in our society.

*Reflexions* can work as a mirror to help young people see themselves from different angles, and to reflect on how others—like parents, teachers and friends—see them.

These cards can be used to challenge the ‘images’ or ‘stories’ young people have developed about themselves. *Reflexions* can also be a reminder of how we actively create our own identities. We are not just the passive recipients of identities imposed on us by others; we can constantly make choices about how we want our life to be.

## Working with individuals

Spread the cards out on a table or on the floor so that choosing and sorting can be done while scanning the entire set. Here are some questions you might ask:

- Which of these cards show feelings/thoughts you do well?
- Which of these cards are feelings/thoughts that you feel you are in control of?
- Which ones push you around?
- Which ones would your parents (friends, grandparents, etc) say that you do well?
- Do any feelings or thoughts particularly bother you?
- What help or extra resources might assist with these?
- Is there a particular thought or feeling you'd like to work on?

## Scripting and scenarios

*Reflexions* has been successfully used by teachers to help school students develop a ‘feelings’ vocabulary and explore issues of personal responsibility.

- Invite students to use the cards to define the personalities and strengths of characters in a role play or dramatic script. How does the character demonstrate the word on the card? Why does the character demonstrate that particular thought/feeling?
- How might particular thoughts or feelings influence a character's actions? What will the consequences be?
- What card represents a thought/feeling that could affect the outcome for the better—or make the situation worse?
- How will your character choose which feelings/thoughts/strengths to rely on? Would you make the same choices or different ones?

*Reflexions* can also be a reminder of how we actively create our own identities.



## Working with families

The *Reflexions* cards can be used to explore a range of difficulties that families may be experiencing. Start by inviting family members to scan the cards and pick out those that seem most relevant.

- Looking at the cards, how do you as a family deal with these feelings/thoughts?
- Do you handle each of them constructively?
- Are there any which create confusion and upset?
- How do different family members enact each feelings/thought?
- What are the similarities and differences?
- When one family member is enacting one of these feelings/thoughts, how do other members react?
- Which of the cards would you as a family like to work on?
- What strengths do you have that you can use to work through these?
- Do you need extra help or resources?

## Building peer support

Teachers, youth workers and others who work with young people can use *Reflexions* to structure discussions about peer support and responsibility.

- What feelings and thoughts does each group member think they may handle well or least well?
- How can friends help each other when someone is struggling with these feelings and thoughts?
- Do you feel under pressure from family, friends, peers or workmates to hide any of these feelings or thoughts?
- How might some of these feelings and thoughts lead to dangerous or self-destructive behaviour?
- How can this group encourage honest talk and feedback about these things?
- How can this group make sure that everyone in the group is heard and welcome to be themselves?



## REFLEXIONS

32 laminated, full-colour cards, 210 x 148mm, polypropylene box, 24-page booklet.

ISBN: 9 780 957823 112

Booklet author: Russell Deal

Designer & photographer: Tim Lane

Product Code: 3200 \$49.50 inc. GST

## In the Spotlight

# Picturing Community Aspirations in the Western Downs, QLD

What does a community affected by coal seam gas development want their community to be like in the future? With a set of *Picture This* in hand, this is the challenging question that Rachel Williams set out to explore in her work as a social scientist in CSIRO's Division of Ecosystem Sciences.

My research into 'Understanding Community Aspirations' is one of several projects exploring the social and economic aspects of coal seam gas development for rural communities in the Western Downs of Southern Queensland. These projects sit within a larger research program that is supported by GISERA, the Gas Industry Social and Environmental Research Alliance.

From the outset, we were intending to use some form of visual method such as Photo Voice in our research, as a means of eliciting the perspectives of community members and to facilitate constructive discussions between individuals and groups who may have different views. We were also interested in the potential of images to assist the communication of community members' perspectives in a way that would be readily understood by others who have influence over the future development of the region.

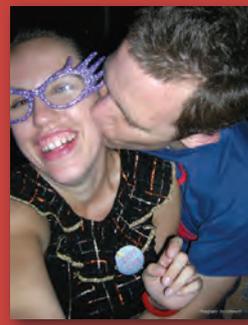
I was already familiar with the use of images or objects as elicitation tools and had heard about the *Picture This* cards during a Qualitative Research Methods course run by the Australian Consortium for Social and Political Research Incorporated (ACSPRI).

We used *Picture This* with several focus groups in the Western Down's rural community, including a local craft group, a Landcare group, social service providers and a group of young people. We also supplemented the cards with some images compiled from an existing Community Development Plan.

To introduce the cards, we invited people to imagine themselves in a future 10-15 years from now in which they were content with the way things had turned out. We spread the cards out on the table and asked people to select two or three cards that captured a sense of that future. Then we invited participants to take turns talking about the images they had selected and what the pictures represented.



People were pretty comfortable with the exercise and seemed to enjoy the process of finding the images that they wanted. Perhaps not surprisingly, many of the selected images captured aspects of life that are important to them now, such as a rural way of life where farming persists, incorporating community spirit, family, recreation and a healthy environment. Economic stability was also important and there was acknowledgement that an influx of new families and cultures brought benefits to the area.



"[We want our community] to be wealthy enough so you have the time to take time out for your mental health and wellbeing, to go and enjoy an awesome healthy environment."

"You'd like to think that there's something left in town for the young ones. Down the track there might not be the big wages. I'd like to hope that the young ones are still going to be here."



Many of the cards selected were fairly literal representations of what people chose to talk about. But there were a few used more as metaphors too. For example, the image of the overlapping umbrellas was used to talk about the need for an overarching structure, representing a desire for development efforts in the region to be interconnected in order to provide stability.

In a second exercise, we asked people to pick a card that surprised or challenged them. Then we asked them to use their image to imagine a legacy that the coal seam gas industry had brought to the region in 10-15 years from now. We wanted to encourage people to go beyond the familiar. For this activity, though, the request to use an image to convey that legacy proved too awkward. While people were certainly able to come up with potential legacies for the region, I decided that trying to use images didn't really contribute to the outcome.

The findings of this work and other research being conducted by my CSIRO colleagues have been presented at a local forum where we invited discussion and feedback on what we'd presented. We have also presented the work to a forum of coal seam gas company representatives and other CSIRO researchers working on GISERA projects. Currently I'm preparing a more extensive collation of the images, organised into themes, with quotes illustrating what the images represented for the people who selected them. This will be published on the GISERA website after going through CSIRO's peer-review process.

# Works in Progress

I once discovered a little card in a little card set called *Affirmation Cards for the Bored Cynic*. This particular card read: 'I am a work in progress. I hope I don't get bored and stop.'

I like the sentiment greatly because we are all works in progress but sometimes we do stop, or we get tempted to stop, or we become complacent, or we get stuck in a rut. And sometimes where we stop is in an uncomfortable place. Sometimes we want to make progress, but the way ahead is murky or our energy is depleted or we simply get bored with ourselves, with our partners or with life itself.

Is stuckness the opposite of progression?

If it is, what are the antidotes to help resume our 'work in progress'?

I found my *Affirmation Cards for the Bored Cynic* in a little subterranean shop in Melbourne. The set cost me \$10.

The shop is the Sticky Institute and it can be found in the Campbell Arcade of the Degraeves Subway, running under Flinders Street from the station towards Flinders Lane.

The Sticky Institute is a gem, a little hidden largely unknown icon. (Is that an oxymoron?)

[The Sticky Institute](#) is run by, and for, self publishers who want to create or craft their own publications — books, comics, zines or card sets. It is a little shop full of creativity and stories, some humorous, some poignant, some crass, many edgy.

It is not for the fainthearted but is certainly for anyone brave enough to want to sculpt their story in a way that can be made and sold cheaply or, indeed, given away.



The shop itself is a work in progress as, perhaps, are all those who use its photocopiers, staplers and art materials to publish their own work in numbers, one and up.

This is alternative publishing for those who are just happy to get their original work out there, without relying on mainstream publishers or the expense of offset printing or even print-on-demand. It is for those who love little books that can be touched and held rather than just read on a screen.

Perhaps all writers and 'creatives' are works in progress, able to see the evolution of their creativity.

But like writers, we are all susceptible to writers' block when progress fails us.

What do we do to avoid boredom and entropy when stuckness enters our everyday lives?

For some people stuckness can have disastrous consequences—domestic violence, child abuse, addictions, self harm and so on.

Counsellors, therapists, social workers, psychologists and all human service practitioners need a repertoire of skills and resources to work as catalysts to counter such stuckness.

Innovative Resources' hands-on tools provide a range of simple conversation-building materials, which, combined with respectful, future oriented, solution focused questions, have helped countless folk to stay a work in progress.

Russell Deal, OAM

Creative Director, Innovative Resources



"Ladies and gentleman, it's time once again for..."

## Innovative Resources' MAD MAY STICKER SALE

**50%  
OFF ALL  
Stickers**

This month get 50% off all our sticker packs—including the Bundle and Kids' Bundle of Stickers.

### **Strengths in Teams Stickers**

- Create family trees by identifying a strength for each member of the family.

### **Mates Traits Stickers**

- Inspire young children to practise the strengths of friendship.

### **Wonderful You Stickers**

- Teach children the value of praise by letting them choose a sticker for another student.

### **Cars 'R' Us Stickers**

- Forget scales of 1-10! Use these stickers to illustrate an evaluation activity.

Teachers, parents and counsellors: refresh your sticky stockpiles and get ready to say it with gum!



# Workshops and Training Facilitation Daze

## The practice of strength-based, solution focused facilitation

- Are you new to training and facilitation?
- Have you been training and facilitating for a while and want to be invigorated?
- Do you want to explore participant-centred interactive group work activities?

FACILITATION DAZE is a day of sharing skills and experiences of group facilitation and engagement. It is a day of trying out ideas that have grown out of St Luke's Strength Approach as well as those inspired by Paul Z Jackson. This 1-day workshop is designed for facilitators, group worker and culture builders, and is jointly hosted by the Russell Deal, Andrew Shirres and Gillian Ryan from St Luke's Anglicare and Innovative Resources. Some of the techniques explored will include:

- Handling Ragged Starts
- Using Sparkling Moments in Introductions
- Setting Ground-rules
- Stretch Listing
- Energising
- 'Yes and...' (making people look good)
- Alternative Feedback
- Reflective Learning
- The Stone Game
- Noticing



**FACILITATION DAZE**

**DATE:** Wednesday 13 May, 2015

**TIME:** 9.00am - 4.30pm

**LOCATION:** St Luke's Beehive Training Room, 22 Pall Mall, Bendigo, Victoria.

**COST:** \$217.80 (inclusive of GST)

Register by calling (03) 5444 8138 or emailing [trainingcoordinator@stlukes.org.au](mailto:trainingcoordinator@stlukes.org.au).

## Strengths Approach Training – 3 days

- DATE:** May 4-5 and June 16
- VENUE:** 22 Pall Mall, Bendigo, Victoria
- COST:** \$385.00

Everyone has strengths. Our qualities, capacities, relationships, values, stories, experiences, skills and material resources can all be strengths. But sometimes, 'The Problem' can be all-consuming, keeping us stuck and creating barriers to change. Strengths-based practice keeps the focus squarely on identifying, mobilising and celebrating strengths.

The principles and skills of strengths-based practice include the following:

- Values and beliefs of the strengths approach
- How 'Power Over' can occur and working towards 'Power With'
- Creating conditions for change
- Using the 5-column approach to implement plans
- Key strength approach skills such as externalising, scaling, reframing and normalising

## Also coming up...

### Strengths Approach to Supervision

- Date:** Monday 20 and Tuesday 21, July 2015
- Venue:** 22 Pall Mall, Bendigo, Victoria
- Cost:** \$385.00

### Adventures in Girltopia

- Date:** Wednesday 22 July 2015
- Venue:** Academic Centre, University College, 40 College Crescent, Parkville, Victoria
- Cost:** \$260.70 (includes one set of *Girltopia* cards)

Visit the **Innovative Resources' website** to find out more and to register.

**THE BEARS APP**

**AU\$1.29 (Apple)**

**AU\$1.99 (Android)**

## The absolute classic for talking about feelings—now available as a simple App for your mobile device!

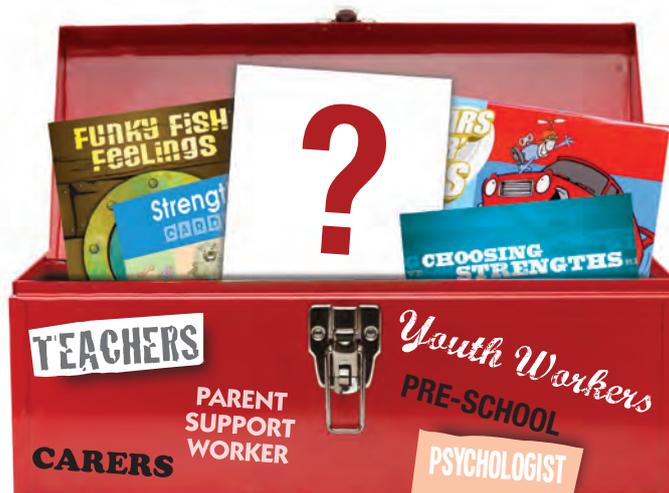
*The Bears* have a worldwide reputation for their ability to invite people from all cultures to identify, talk about and constructively harness their feelings. Now you can download all 48 Bears onto your mobile device—and let them to do the talking!

*The Bears App* gives practitioners, clients, children and adults simple and fun ways of giving immediate feedback, encouragement, reminders and messages about feelings using a much-loved metaphor. Keeps your bears about you, on the road and in your pocket!

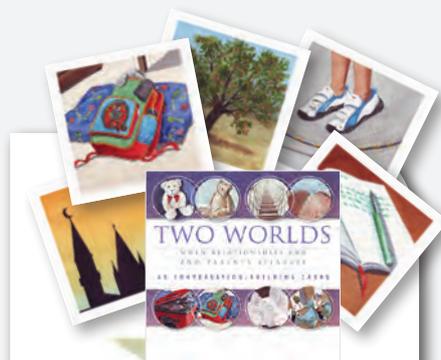
# WHAT'S MISSING

FROM YOUR

# TOOLBOX?



SENSITIVE NEW-AGE CAVEPERSONS



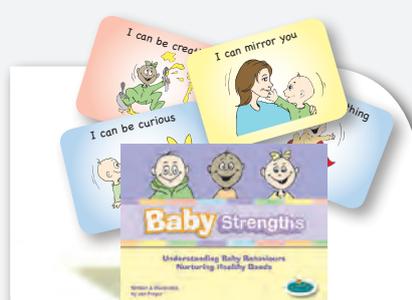
TWO WORLDS



TALKING PICTURES



GROWING WELL



BABY STRENGTHS



WONDERFUL YOU

