



# Imagine a preferred future

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EBTA – Helsinki 2009


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# Yvonne Dolan: 3 levels of integration

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- learning and using the SFBT tools and techniques
- Growing into a SFBT attitude
- Living in an SFA way as a lifestyle

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- According to the huge impact of social influence, even in minimalist settings (Snyder 1984, Snyder & Stukas 1999):
  - on what you emphasize is what you make exist to you and the person you work with
  - especially in the very first contact (which induces the following ones)
  - A decision to focus on resources

# *Working assumptions about Professionals / Teachers ... and colleagues*

(Ferdinand Wolf inspired by Insoo Kim Berg)

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- Professionals / Teachers maybe basically want to:
- Be proud of the efforts of their clients / pupils
- Have a positive influence on their clients / pupils
- Give their clients / pupils a good service / education and a good chance for the future (however they define it)
- Help and support their clients / pupils in the learning and socializing process at life / organisation / school
- Have a good relationship with their clients / pupils and the relatives
- Work out their client's / pupil's abilities and strengths
- Be hopeful about their clients / pupils
- Cooperate with other professionals, if they are respected as experts in their context
- Feel, that they are good professionals / teachers

# My imagined future for SFBT/SFA

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- That the « SFBT/SBA - virus » gets spread widely
- As a small change which could lead professionals, regardless of the theoretic approach they learned, or the field in which they work
- To decide to feed the part in them which can keep an eye on resources
- In clients, in other professionals, in colleagues, in themselves



# Question

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- To what are we the most attracted to?
- problems?
- solutions?
- both?

# Answer trial

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- To what are we the most attracted to?
- problems: our reptilian brain and our amygdala is (the emergency answer of the alarm system)
- solutions: maybe as long as we can choose, reflect, try and feel (ask our body)
- both: could it depend on “balanced exposure”?

# A little story ...

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- One day, a teacher asked her pupils to take a sheet of paper and put the names of all the other pupils on it while leaving some space after each name.
- Then, she asked the pupils to reflect on what they could say the most kind on each person of which they put the name on their paper.
- This took a whole hour until the last one finished. Before leaving the classroom, the children gave their paper to the teacher. During the week end, the teacher wrote each pupil's name on a sheet of paper and put on it all the kind remarks of everyone.
- On Monday, she gave every child his list. Not long after this, all were smiling. « Oh » did one hear whispering ... « I didn't know that I count so much for someone! » and « I didn't know that others do appreciate me that much », were the comments.
- After this, nobody came back to those lists. The teacher didn't know if the pupils did speak about it, or if they had talked about to their parents. But this didn't matter. The main goal was achieved. The pupils felt good about themselves and with the others.

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- Some years later, one of the former pupils died in Vietnam. The teacher went to the funeral. The church was full of friends.
  - One after the other, all those who loved the young man, passed near the coffin to give him a last honour.
  - The teacher was the last one. While she was praying, one of the soldiers who carried the coffin asked: « Were you Marks mathematic professor ? » She agreed « Yes ». He said : « Mark spoke very often of you. »
  - After the funeral, most of Marks former school friends stood together. Marks parents were there also and wanted to talk to the teacher.
  - « We would like to show you something » said the father and took a purse out of his pocket. « This has been found on Mark after his death. We thought that you would recognize it. » He took out a very used sheet of paper, apparently stuck, folded and unfolded many times.

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- The teacher knew without looking closer that this was one of the papers which mentioned the positive things the school mates had written about Mark.
  - « We would like to thank you very much, to have done this » said the mother. « As you see, Mark did appreciate a lot. » All the other former pupils were around the teacher.
  - Charly smiled and said : « Me too, I still have my list. It's in the upper drawer of my desk. »
  - Chuck's wife said : « Chuck asked me to stick the list in our wedding album. » « Me too, I still have mine, » said Marylin « It's in my diary. »
  - Then Vicky, another former pupil, took out her calendar by showing her list in tatters: « I always take it with me » did she say and added : « I believe that we all have kept our lists. »