

for CurrMentEd: An educational programme under the Erasmus+ Strategic Partnerships funding (2019-1-DE01-KA203-004968)

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## **Module 6: Case-related reflection**

### **1. preparation**

- a. Envisioning: Beforehand, visualise a pedagogical situation (e.g. from an internship, a sideline, as a youth leader, etc. ) that has remained open for you and/or that still gives you food for thought and/or that you have experienced as not yet sufficiently understood.**
- b. Description: Please formulate this situation in writing as if you were describing it to another person as vividly as possible (i.e. no scientifically analysing writing style) approx. 1 to max. 1 ½ pages of pure description, no interpretation!**
- c. Sending description: Send your description to this distribution list as an attachment at least two days before the meeting**
- d. Interpretation: Write down your interpretation and feelings about the situation on about ½-1 page. Please do not send this part in advance, but bring it printed out for everybody.**

### **2. implementation**

- a. Opening question: How do you arrive today? (Models the attitude):  
Flash round**
- b. Presenter reads out the interpretation part and then reflects on it based on what he/she heard from the group**
- c. First round of content:  
Urgent comprehension questions to the presenter, he/she may answer directly (keep short).  
Open question: What do you spontaneously/associatively mentalize about what you have just heard?  
What mental states/feelings do you and the protagonists possibly associate with the description?  
Where was mentalizing little or no longer possible, where did it come to downright collapses? How can this be understood?  
What different perspectives can you see/assume in the case?**
- d. Presenter reads out the interpretation part and then reflects on it based on what he/she heard from the group.**

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**e. 2nd content round: Group and presenter develop a mentalisation-based understanding of the case.**

**What actions and interventions result from the group mentalisations?**

**f. Closing question: What do you leave here and what do you take away?**

### **3. follow-up**

**a. A protocol of the session is written by the presenter. The mentalizing thoughts and interventions can be briefly discussed.**

**b. An intermediate mentalizing attitude can be formulated, which is best to adopt in the case and with the people involved.**