



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

Workshops with Professionals in Hungary

1. **Headline and background:**

- Name of the partner organization: Holdkő Foundation
- Name of the practitioner(s): Gabriella Lukács (Veronika Raffay, Bora Reinhardt)

| Date of session | Theme / topic of session | Number of participants |
|-----------------|---|------------------------|
| 16.11.2024 | Tools: storytelling and drama | 6 |
| 30.11.2024 | Tools: symbolwork | 5 |
| 11.01.2025 | Tools: storytelling, drama and symbolwork | 7 |
| 25.01.2025 | Supporting young parents | 9 |
| 22.02.2025 | Tools for professionals and volunteers | 16 |

2. **Hosting and organization:** (Any relevant information regarding organization of the workshops, eg. partner organization, space, etc.)

The first two workshops were held for the same group, so the participating professionals received 8 hours of training. This allowed us to work in more depth, and to take several exercises from each of our three methods. The participants came from Pest county, organised by the Parents' Forum Association of Százhalombatta.

The third workshop was held in Budapest, but our advertisement attracted professionals not only from the capital, but also from the countryside (mainly from the agglomeration, but also from Debrecen). This was the first time that we addressed professionals directly, rather than through a partner organisation. The fourth workshop was organised in Tapolca. Kikötő Tapolca was the venue and the MUM Park Association was the cooperating partner organisation. The participants came mainly from Veszprém county, but some travelled from Budapest to attend the workshop. The last workshop was held in Budapest, for the members and self-employed of the Home Help Foundation. Most of them were volunteer coordinators.

3. **Participants:** (Please provide a short description of the profile of the participants)



Co-funded by the
Erasmus+ Programme
of the European Union

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

The participating professionals came from a wide range of backgrounds. They included coaches, psychologists, educators, doulas, mental health professionals, social workers, teachers, psychodrama specialists and youth workers. Some of them work individually with their clients, but most of them work with groups. They use different tools in their daily work.

4. **Summary of the process:** (about 5-10 lines)

Based on our professional experience and knowledge, we believe that the most effective way to pass on methods is to try them out by experience. Therefore, an important element of the workshops was that the participating professionals participated in a first-hand training. An important part of each workshop was to build trust among the group members. To do this, in addition to introductions, we did deeper familiarisation exercises. Once they felt comfortable with each other, the main exercises of the workshop followed. Each one focused on a slightly different topic, but we used a variety of methods to choose from. One of the main objectives was always to give the professionals a new toolbox for their work, but also to increase their self-awareness, self-expression and communication skills.

5. **Detailed description of the process** (including the names of methods and practices used, and any changes towards plans if it was needed)

For each group, we started with the Introduction with Symbols exercise. They chose a personal symbol and a symbol to represent their professional life. Several times we asked questions to reflect on parental preferences, to which they responded by positioning themselves in the space (e.g., scale about what they would do, what they think, how they would react in a given situation). Short storytelling exercises generally followed, to reinforce familiarity.

The main theme was slightly different each time. Several times the participants did the exercises Water and Glasses, Parent Types, Parent Survival Kit. They drew maps of several types and worked on clarifying the concept of a good enough parent.

Each group was introduced to some of the practices of all three of our methods: we always used storytelling, drama and symbolwork tools.

First workshop, Szülők Fóruma Egyesület, Százhalombatta:

- Opening circle and Introduction round with symbols
- Warm up
- Storytelling Exercises (Story of My name, Thread of Life, Parent Survival Kit)
- Coffee break
- Drama Exercises (Intense Moments of Parenting, Parent Types)
- Closing circle
- Professional overview



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

Second workshop, Szülők Fóruma Egyesület, Százhalombatta:

- Opening circle
- Warm up
- Symbolwork exercises (Water and Glass, Basic Cleaning, Mandala)
- Evaluation of the 2 occasions
- Professional overview
- Closing

Third workshop, Forrás Stúdió, Budapest:

- Opening circle and Introduction round with symbols
- Warm up
- Water and Glasses
- Parental Survival Kits (list and map)
- Coffee break
- Drama exercises (Intense Moments of Parenthood, Parental Types)
- Evaluation and closing

Fourth workshop, Kikötő, Tapolca:

- Introduction and warm up – by symbolwork and storytelling
- Symbolwork exercises (Water and Glass, Basic Cleaning)
- Coffee break
- Types of Parents – drama
- Parental Survival Kit – list and map
- Professional overview
- Evaluation and closing

Fifth workshop, Otthon Segítünk Alapítvány, Budapest:

- Opening circle and Introduction round with symbols
- Warm up
- Water and Glasses
- Advice for parents on good time management
- Coffee break
- Drama: Parental Types
- The Enough Good Parent and Parental Survival Kit (lists)
- Evaluation and closing



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

6. Main topics, issues that turned up (without names, only a summary)

Among the participants were two professionals who are going through a major change in their professional lives. The two of them did not attend the same workshop, yet they experienced the training in very similar ways. For both of them, the symbol work exercises were the most helpful in clarifying their goals and clarifying their next steps. One of them also highlighted the role of drama in processing emotions during the workshop.

7. Reflection of one's own role as a practitioner (what did you learn during the process, what was hard, what were the highlights, about 5-10 lines)

As a trainer, I felt it was very important to pay attention to the emotional safety of the participants and to maintain a safe space throughout. This was achieved in all workshops. The feedback was very open and honest in the communication between the professionals involved. The other important goal I had was to expose the professionals to as many tools as possible that they were not familiar with or had not used before because they were afraid of them for some reason. I thought that symbolic work is the least known method in Hungary today and most professionals are averse to drama. Both ideas were confirmed by the participants, who on the one hand were happy about the new tools for symbol work, and on the other hand several of them indicated that they would use drama tools in their work.

8. Evaluation of the participants: (what sources for participants evaluation you used, how people evaluated the process)

For the evaluation of the two-day workshop, we used the Mandala exercise by having the participants place symbols, coloured papers and Dixit cards on the Mandala surface. The aim was to evaluate the workshop ("What did it mean to you to participate in this process?").

In the shorter workshops, we asked for verbal evaluation and follow-up feedback by email. Some thoughts from the emails:

Thank you very much for the experience I had, as I was able to gain personal experience and expand my toolbox. It has given me a lot both personally and professionally. It was a good feeling, not to sit in the role of moderator, but to enjoy and learn.:) That's why I would like to see more sessions in the future where we can connect in groups (even online), be it on a specific topic or "just" supervision sessions/events.

The training on Saturday was a very interesting and good initiative. During the self-awareness block I felt like an outsider because of my age and the age of my children. I felt like I was in grandparent status, which I am not yet. This made it



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

difficult for me to approach the group members. It was definitely interesting to have professionals from so many different professions. It would have been interesting to hear not only the personal experiences but also the perspectives of the professions. But there was very little time. The material sent in was very good. If I look at the day and the technical briefs sent as a whole, it was a very useful day. Thank you for the invitation!

The programme was very meaningful: we liked the fact that we made the most of our time to learn more practical, tangible tools. These are simple but very effective exercises that I will be able to use in my work. The atmosphere was good too, it was great!

Thank you very much for the materials and the Saturday!

I had a great time, it was a really thought-provoking event. Symbol work was a completely unknown technique for me, but each game brought new insights for me. It was particularly exciting to see how a glass of whiskey can be both a thought-provoking and self-awareness tool.

9. Pictures (if participants agreed):



Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.



Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791





Project Title: Becoming parents - Supporting the parental role with symbols and drama

Project number: 2023-2-HU01-KA210-ADU-000174791

