

THE COPING TREE

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RESOURCES: freely adapted from [Education for the prevention of violence in schools, 2011/2012 \(VIO\)](#) (Pestalozzi units) / L'ARBRE RESSOURCES

EXPECTED LEARNING OUTCOMES:

Participants will:

- co-construct the tree of resources of the group;
- develop self-knowledge;
- explore strategies of strength and resiliency in the difficult times of personal or collective life.

RELEVANT TASKs:

- *Attitudes:* Willingness to identify and accept my own and other people's strengths and weaknesses ; Readiness to learn from challenges
- *Skills:* Capacity to face the challenge of doubt and uncertainties ; Changing and adapting own way of thinking according to the situation or context; Aptitude to cope with complex issues and to avoid one-dimensional answers
- *Knowledge:* Self-knowledge and introspection ; Knowledge about the relationship of self and group

TIME: 20 minutes

MATERIALS NEEDED:

Papers "When I feel... I need..." (See appendix)

Cards game

Sticky notes

A poster of a tree that is meaningful to you

(Nikki de St Phalles' 'Tree of Life' is a good picture of what resiliency can be in a life story)

STEPS:

1. INDIVIDUALLY

- Distribution of paper sheets " When I feel, ... I need... "
- Fast personal reflection with awareness of the personal coping strategies in cases of difficulties.
- " You may guide participants: "Please, fill the board as sincerely as possible; it is not essential that all the lines are completed. Remain authentic and spontaneous. You have 3mn to lead this reflection "

2. IN PAIRS

- Distribution of the pairs of cards
- " You will work by pair with the person whose card has the same number as yours. Try to find your partner quickly and without speaking "
- " When you found your partner, compare your boards and your answers of resiliency and resources"
- " Write all answers on post-it papers which will be fruits of the coping tree of our group. Go to stick them on the tree "

3. WITH THE WHOLE GROUP

What are our resources? Review and discussion about all the fruits of our coping tree. You may reorganise the tree and gather resources that sustain each other or are somehow related. The discussion is what is most important.

4. DEBRIEFING QUESTIONS:

- How do you feel you at the end of this exercise?
- What were the perceived goals for you?
- Have you ever experienced burn out?
- Do you think it is a useful exercise?
- What did you learn? about yourself? about others?
- Debriefing about how learners feel is very important.
- Explore towards positive feelings.

5. POSSIBLE FOLLOW UP:

This exercise can be a good introduction for becoming conscious of our personal strategies of resiliency but also to discover some new coping strategies that the other ones are using.

- It can be followed by an explication of the coping model of [BASIC-PH](#) by Mooli Lahad (2012):
 - B is for Beliefs (all about religion, moral, ethic, deontology...)
 - A is for Affects (all about emotional and affective sharing)
 - S is for Social (all about social interactions)
 - I is for Imagination (all about creativity)
 - C is for Cognition (all about rationality)
 - Ph is for Physic (all physical activity, from sleeping to shouting, to exercising, or...)
- It can be followed by different types of exercises like role playing.

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- Tips for trainers and persons in positions of leadership: It can be very useful to refer to this
- “class coping tree” each time the group is facing a difficult situation (conflict, bad feelings or any other kind of difficulties)
- It is a very useful resource to keep the tree in the staff room of an organisation to remind members that they have these resources and that they can share them and support each other.

WHEN I FEEL...	...I NEED
Worried	
Angry	
Sad	
Nervous	
Isolated	
Disappointed	
Confused	
Anxious	
Frustrated	
Rejected	