

"The Power of Positive Feedback"

-Working with children with leukemia & cancer and their family.



Brief Family Therapy Center
Solution Center, Korea

PRESENTERS

YUNJOO KIM / INSOOK CHOI



Ice-Breaker

Please draw a house.



Ice-Breaker

Where did you start to draw your house?

Ice-Breaker

I was shocked to see the drawing of an old carpenter because the drawing order was completely different.

Usually, the peoples draw the roof first when drawing a house, but he drew the headstone first and then the pillar, the beam, the angle, and he drew the roof the last.

He drew in accordance with the order of building a house.

It was a house builder's drawing.

By Young-bok Shin





The Healing Road for children with Leukemia and their family



Management

Korean Association for Children
with Leukemia & Cancer



Trip

Travelus Map (Social Enterprise)



Counseling

Solution Center, Korea



The Healing Road

for children with Leukemia and their family

- Participants: 4 families each cohort
- Duration: 2 nights and 3 days
- Location: Jeju Island

- 5 cohorts during Nov.2011~Dec.2012
- Includes
 - Trip in the afternoon
 - Counseling in the evening



The Healing Road

for children with Leukemia and their family

We had following questions

- Will they want to do any counseling at night during this trip?
- Which could be the most effective form of counseling?
- What could we do differently to maintain their positive change?



Shadow Counseling

~Shadow does not exist on its own,
but only exists when following something~

- We knew before the trip that each families endured hardships. So, we believed that they have strengths in them.
- Shadow Counseling observes the interaction in the family without immediate commentations and uses the observation as the base of the feedback.

I TRULY LOVE YOU MORE THAN I HAVE EVER LOVED ANYONE.

수민, 지
수민이
넌야
아빠가
지라는
수민이랑
많은
것을
알았어
좋은
게요



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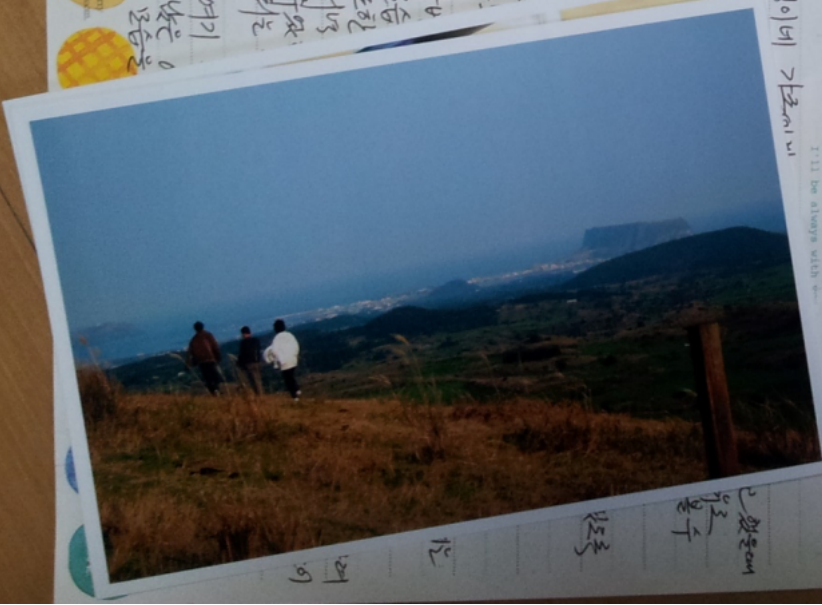
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수민이, 지, 수민이, 아빠가

여기
넌야
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지라는
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많은
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알았어
좋은
게요

I'll be always with you

I TRULY LOVE YOU MORE THAN I HAVE EVER LOVED ANYONE.

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수민이, 지, 수민이, 아빠가

I TRULY LOVE YOU MORE THAN I HAVE EVER LOVED ANYONE.



Feedback Example

- 클로버가족에게

앞이 세 개인 클로버는 “행복”을 의미합니다.
예진이와 유진이 그리고 엄마가 함께하는 생활에
는 행복이 있습니다.

그 행복은 항상 잘 될 것이라는 긍정적인 생각으
로 두 딸을 위해 노력 해 오신 어머니와 아픈 시
간을 견디고 밝게 웃으며 생활하는 예진이, 그리
고 활발하게 무엇이든 열심히 하는 유진이가 함
께 만들어 왔습니다.

아주 작은 클로버는 빠르게 번져 나가 들판을 가
득 메웁니다.

- To Clover Family

Three-leaf clovers represent “happiness.” Yejin, Yujin,
and the mother, we see happiness in your life even
without the father.

You all created this happiness through Yejin's bright
smile despite the illness, Yujin's energizing hard-
working nature, and the mother's positive attitude
towards the two daughters.



Feedback Example

항상 가족이 잘 될거라고 믿고 웃으면서 지내는
엄마, 탁구선수가 되겠다는 꿈을 가지고 동생도
잘 보살펴 주는 예진, 아픈데도 웃음을 잃지 않고
가족에게 고마워하는 유진.

이런 가족의 모습은 다른 사람에게도 행복한 느
낌을 빠르게 전달합니다. 그래서 이 가족은 클로
버를 닮았습니다.

클로버가족에게 또 한명의 가족이 함께 지내게
되었습니다. 클로버 가족을 지지하고 친구 같이
지내는 이모입니다.

세잎 클로버 밖에 네잎 클로버가 생겼습니다.

네잎 클로버는 '행운' 을 의미합니다.

그림자 상담팀

The things that family has showed us on the trip this follows: the mother is always hopeful that her family is going to be well. Older sister Yejin works hard to become a professional table tennis player, and takes a good care of her ill younger sister. Yujin despite her illness does not lose her smile and always appreciate her mother and sister.

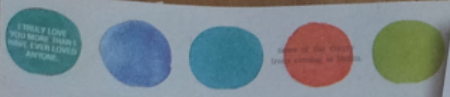
The sight of this family spreads the feeling of happiness to other people quickly. So, this family resembles clover. A tiny clover grows and spreads quickly in the field as the happiness spread to other families during the trip.

The clover family now has an additional member. She supports the clover family and has been like a friend to the entire family. She is the mother's younger sister. The fourth leaf joined the field of three-leaf clovers. Four-leaf clovers represent "good luck."

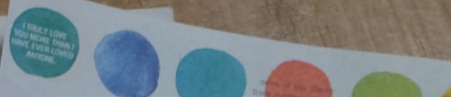
With love, Shadow Counseling Team



영미 그리고 부모님께
 영미 아버께서 용음이 모음을 둘까?
 영미와 엄마를 만나서 "영미가
 전보다 3배나 깊은 것과 같다"
 모습이 매우 인상적이었습니다.
 아빠는 물러가 되었고, 영미는 가
 도와 주신 것이, 영미에게 많은
 것을 알 수 있었습니다.
 영미가 수석에 대항에 입학하
 겠으면 영미는 상인으로서 대학생
 지능과는 다른 도움이 필요할지도
 유익 연습도 필요 할지도
 영미가 어떤 것을 하면
 알 수 있을까요?



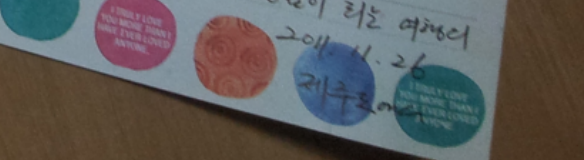
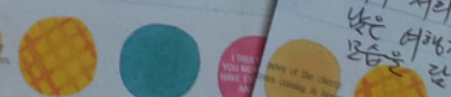
준영이와 도영이 그리고 부모님께!
 놀라운 가족이었습니다! 가족이 이렇게
 역할은 잘 해내시는지요?
 부모님이 준영이와 도영이에게 그때 그
 나누고, 들리주고, 함께 노는 모습은 너무
 도영이는 적극적으로 의사포서를 하면서
 스스로 알아서 하는 의젓한 4학년이면
 입에 건물을 남겨주는 사람도 많은
 준영이가 자신을 소개하는 특이한
 자신감이 있는 아이인지 그리고 아버지가
 잘 알고 있는 세심한 아이인지도 알
 4개의 바퀴가 서로 잘 맞춰 돌려
 흡사나 앞으로 있을 비탈길, 오르막길
 맞춰 나가실지도 기대합니다.



수민, 지훈 그리고 영아 아바에게
 수민이 아버께서 여행을 신청하시면서 가족에게
 보여 주셨습니다.
 아버지가 선사한 여행 선물을 가족들과 함께 이
 저러는 가족들이 용음이 많을 때 그 첫 사랑
 수민이를 걱정해서 중간에 다기를 중단했는데
 많은 즐거움을 가진 지훈이와 영아가 정말
 그것을 보고 가족들이 서로 의견을 존중하고
 알았습니다.
 좋은 사랑을 하신 수민이 가족이 남은
 해를 잘 기뻐합니다.



현영이에게 가족에게
 준영이와 현영이가 가족을 위해 여행은 신청한적이 없었는데
 준영이는 신청사전에 마음이 갔습니다. 그런 이유로
 현영이에게 가족이 채우기로 와서 여행하는 모습을 볼 수
 있어서 기쁩니다.
 현영이가 신청한 이번 여행이 가족여행이 될 수 있도록
 한 것은 아버님의 역할이었다고 생각합니다.
 사춘기 자녀를 둔 부모로서 자녀들에게 필요한
 부모역할 하는 것은 쉬운 일이 아닐 겁니다.
 아버지로써 아들과 딸에게 친절하게 대하려고 노력하는
 모습에서 아버지의 마음은 볼 수 있었습니다.
 또한 재벌이냐 승랑에서 가족의 감을 알아준 것
 저녁식사 시간의 동생이 밥을 다 먹을 때 자리 기러기
 주웠던 것... 이 모두가 이번 여행이 가족에게 도움이
 되는 좋은 경험이 될 수 있을 것을 보여 주셨습니다.
 여기 저희가 준비한 카메라를 빌려 드립니다.
 많은 여행기간 동안 가족에게 좋은 경험이 되도록
 모습을 잘 지켜주세요.
 2014. 11. 26
 리쿠로이





How did Shadow Counseling benefit you?

<Children's responses>

* Before, I was uncomfortable with and worried about counseling, but now I am relieved.

* I hated other counselings, but Shadow Counseling was helpful to me.

<Parents' responses>

* I was unfamiliar with Shadow Counseling, and skeptical about how much it can help my family. I was sure that you would ask about my problems, but you did not. So, I am surprised and even happy.

* Thank you for just observing my family without making any comments. At first, I was a little uncomfortable, but I got much comfortable. It was completely different counseling. It was much easier. I had a great experience.



How did Shadow Counseling benefit you?

- * After my child read the feedback, he said “mom, I feel very happy. After I read the feedback, I much healthier and I feel like I can do more than before. Also, now I know that I am cool, too!!”
- * These feedbacks were very helpful for my child to return to his daily life.
- * After I read feedback, I was able to recognize more good aspects of my family that I could not see before.
- * Even after the trip, my family read the feedbacks together multiple times in hard times, and we were able to gain positive energy from it.



Shadow Counseling Role-Playing

- Make a group of 4 people.
- Two people will have free conversations (i.e. about what happened last week, how you liked the lunch, what you do for living, what you are currently most interested in, etc.) for 6 minutes.
- Reverse the role.
- You will write a feedback for one person in your group.
- Give the feedback to your person.

"You have to watch the grass growing."
- Insoo Kim Berg



Shadow Counseling Role-Playing

- Read the feedback and rate in scale of 1 to 10, 10 being the best feedback you have heard and 1 being the worst.
- Explain the reasoning behind your score.
Why did you give the score you gave?

"You have to watch the grass growing."
- Insoo Kim Berg



Thank you so much!!



One more thing!!