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BECOMING THROUGH BELONGING: REFLEXIVE EXERCISES TO GET OVER IMPASSE

WE KNOW THAT WE DON'T KNOW

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Can be in impasse:

- Students that do not learn
- The therapeutic process when it gets stuck
- The political social situation in front of migrants
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Why impasse is inevitable?

Mistakes are useful, moments
of impasses are inevitable

Impasse is inevitable because
we are ignorant and blind by
constitution

WE KNOW THAT WE DON'T KNOW

We are ignorant and this is inevitable since we deal with systems that are in principle undeterminable and questions that are in principle undecidable.

We don't know the answers, we can "dance" with the others, dare some hypothesis and act only according to feedbacks

WE DON'T KNOW THAT WE DON'T KNOW

We also have blind spots that don't
allow us to realize that we don't
know. This makes it inevitable to
collude with systems and tend to
participate to their dance, risking
to become doctor Homeostat

MANY KINDS OF IMPASSE

- Normative interventions and suggestions
- Collusion
- Following mainstream
- Entering into resonance, loosing distance
- Becoming defensive
- The sense of not going anywhere
- Risk of iatrogenic risk, therefore symptoms not due to the IP but to the process
- Chronicity
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HOW DO WE REALIZE WE ARE STUCK

- ❖ Fear, boredom, not knowing what to do next, sense of heaviness, desire to be elsewhere
- ❖ Loss of complexity and of curiosity
- ❖ Stickiness, collusion, fatigue
- ❖ Feeling the situation is too serious to to intervene
- ❖ Having a strong rigid idea
- ❖ Not understanding
- ❖ The problem worsens
- ❖ Other problems in the system emerge
- ❖



WHICH EMOTIONS DO YOU FEEL IN IMPASSE??

Every professional has it's own
emotional grammar

Which is your emotional grammar?



ACTIONS TO OVERCOME IMPASSE

- ❖ How could you read in different modalities what has been happening
- ❖ Represent and give voice to the third
- ❖ Change positioning
- ❖ Do something different: act together, give rituals and homework
- ❖ Question the client/student
- ❖ Use irreverence , displacement
- ❖ Ask for supervision

OTHER “TRICKS” TO GET OUT OF IMPASSE

- ❖ Self representative techniques:
 - write down the history of the process as an I message to yourself
 - use postcards or other devices to represent what is happening
- ❖ Look for resonances
- ❖ Change the type of relational dialogue (non verbal, moving in the space,)
- ❖ Enhance the voices within the relationship
- ❖ Use the theater of the oppressed (Boals)
- ❖

QUESTIONS TO DISCLOSE IMPASSE

- ❖ Which emotions/themes are emerging
- ❖ Which are the systems involved
- ❖ Are there some organizational “problems”
- ❖ Which is the repetitive pattern transversal to all system
- ❖ Which is the coherence of the problem within the system
- ❖ Which are the resources of the system/context
- ❖ Which positioning did you take and did they give you
- ❖ Which prejudices can you recognize operating
- ❖ What are you not considering
- ❖ To whom you did not allow a voice
- ❖ Which are taboo topics
- ❖ Which intuitions you did not follow
- ❖ Are you colluding with some aspects or points of view (even concerning the setting and the organization)

WE HOPE WE HAVE PASSED ACROSS THAT OUR
“FANTASTIC” WORK IMPLIES A LOT OF
CREATIVITY

