

Evaluation of experiential Project in Self esteem «Excellence -Positiveness» - 8th Primary school in Kamatero, Athens



«Everything starts with a story and lots of things play their role like magic in fairytales. While school staff had prepared a poster for my speech to parents and teachers, Mrs. Adamopoulou proposed the inclusion of a yellow tulip. Without knowing, I brought her a candle in the shape of a tulip», said Dr.Simou

Program Application: Adamopoulou Aspasia, educator in 6th grade of Primary school.

Main Supervisor for tutorial material in Self esteem: Dr. Vicky Simou, scientific personnel & Professor in the University of Aegean «Counselling for Self Esteem department»

Evaluation - Report
of experiential Project in Self esteem Excellence -
Positiveness» - 8th Primary School in Kamatero, Athens

PURPOSE:

For children, through the experiential project, to discover their creativity power and to develop their potential using techniques that were applied in the Self esteem program.

Dear Aspa, a teacher CAN create miracles in children. I am grateful for being your teacher. Your wisdom, your motivation to change this world honors me, together with your vision to enlighten as many children as you can.

With love and regard,

Dr.Vicky Simou, your teacher- as your students call me

Referring to the students in class:

Thank you for your love, your gift with those valuable sparkles and the joy that you generously offered me which touched my soul. You inspired in me creativity, emotionality and gratefulness. I will never forget you! I believe in continuing the program during your adolescence. We are already discussing that with your exceptional teacher. Each sparkle you gave me was full of love. I will keep this love in my heart.

With respect to your wisdom and existence,

With love,

Dr. Vicky Simou

The support and help of the headmaster, Mr.Makris was most valuable. Thanks to him, the implementation of the Program for Self esteem was possible. He deserves to be congratulated on his modern beliefs and his sensitivity towards students' psychological needs and capabilities of the students. Mr. Makris, you are unique!

Best regards,

Dr.Vicky Simou

Techniques were also applied from «APPRECIATIVE PLANNING & IMAGINATION»- The principle of the Sunflower

Evaluation of the experiential project for Self esteem in “Excellence - Positiveness” –

8th Primary School in Kamatero

Within the framework of the self esteem program (school year 07'-08'- in sixth grade of 8th Primary school- Kamatero- teacher Mrs Adamopoulou Aspasia), Dr Simou, supervisor of the Self esteem program on behalf of the Aegean University, visited the class. The purpose of the visit was to supervise the project through which these children discover their powers-talents-abilities and visualize their future acknowledging these.

This experiential project was based on the “positiveness - excellence” technique through which people define their abilities and develop their own creative dynamic so as to be able to define their vision and to devise plans to achieve their goals.

This technique includes the 4-level model and also aims at finding and understanding those powers that advance creativity, advancement and give life. As a process and philosophy, this technique commits people to discovering and realizing the factors that make everyone’s life complete and more productive both in our lives and in the lives of others and to enhance their hopes and dreams for the future. It leads them to the discovery of “what gives life to a system, to a group that collaborates” so as to be more productive and effective.

Specifically, in a group of children, this technique helps them discover, appreciate and put their gifts, talents and powers into good use so that they can construct their vision for their future with self-confidence and positiveness.

Simultaneously, as it will be proven later in this work, it helps the students realize the significance of their collaboration and it enhances those skills which will help make the best possible use of the capabilities of their groups through sharing and using positive language.

The steps include: 1. Discovery, 2. Dream, 3. Designing 4. Existence

«4D» Cycle



1)Discovery: The dominant role of the first level is for the children to appreciate their strongest abilities at that time. They are asked to think and discover all the times that they managed to do something very well and they had positive results.

Children already knew the importance of positive language and Self esteem. The program for Self esteem that was implemented by their teacher during the school year had a positive impact on the children and instilled important moral values in them. So they anticipated Dr. Simou's visit, their readiness and acceptance of Dr. Simou played an important role in the success of the experiential project.

In the beginning, Dr. Simou asked from two children to think of what are the powers with which they were leaving primary school. Which were the qualities, the treasures that they feel they gained from school and which were the moments that they did well which will also constitute the powers that will assist them in high school.

Children were separated into four groups, in which some mothers participated, and they were asked to share important moments of success among them. Within a short period of time the groups had been transformed into centres full of enthusiasm, joy and "positive-talk" as the children often mentioned with great pride. Then on large pieces of paper they wrote the Powers, Values, Gifts, Talents that were heard in each person's stories.

The chart below presents the powers, gifts, human values and the knowhow of the four groups.

<p>Powers: Courage, strength, durability</p> <p>Human Relationships: Trust</p> <p>Knowhow: Belief in ourselves, team spirit</p> <p>Gifts/talents: Talent, bravery</p> <p>(1)</p>	<p>Powers: motivation, strength</p> <p>Human Relationships: Listen to others opinion, friendship, trust</p> <p>Knowhow: Courage, durability, bravery</p> <p>Gifts/talents: Intelligence</p> <p>Values: Mutual help</p> <p>(2)</p>
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<p>Powers: I can, motivation</p> <p>Human relationships: friendship, willingness to listen, trust</p> <p>Knowhow: Completion of things, self-confidence</p> <p>Gifts/Talents: Power to create, joy, optimism</p> <p>Boundaries: Protection</p> <p>(3)</p>	<p>Powers: Durability, Recognition of others, bravery, strong will</p> <p>Human Relationships: Friendship, trust in myself, love for parents and friends</p> <p>Knowhow: to complete what I start, self-confidence, I don't leave something without completing it</p> <p>Gifts/talents: joy, generosity</p> <p>Value: love (4)</p>
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1) Dream: In the second phase we help people visualize their desirable future. According to many people, especially children, this is the first time that they are given the opportunity to imagine big and positive thoughts for the future and to express them without shame, inhibitions or fear of failure.

What is of paramount importance is that this vision comes out as a result of redefining the past, recognizing, honoring and accepting the powers and the values we have, our shortcomings and mistakes we make, through which we have learnt interesting things, things that children don't often learn or aren't taught how to do. Through sharing each other's stories and discovering positive aspects that characterize them, people achieve to create a

collectively new and positive experience from the past and the present which commits them to visualize a more positive future (Watkins & Mohr, 2001).

At this phase, after completing the charts with their powers, children were asked to draw-create their groups' vision for the future according to the talents, gifts and powers they had already acknowledged. These specific children, participating in the program for Self esteem had already approached an image of their capabilities- powers and what they can do when they believe in themselves. As a result, the imprinting of their visions was an explosion of positiveness, optimism, full of rich, vibrant powerful words. Children started the project with great enthusiasm showing outstanding results in the end of the school year. We can see the visions of the four teams below:







VISIONS

Visions are graded to show the order of the development of human existence and the fulfillment of new foundations.

Vision number 1

One person believing in himself,

Having talent in music

Participated with confidence and power in a competition

And he won because of his bravery and his team spirit.

(TEAM 1)

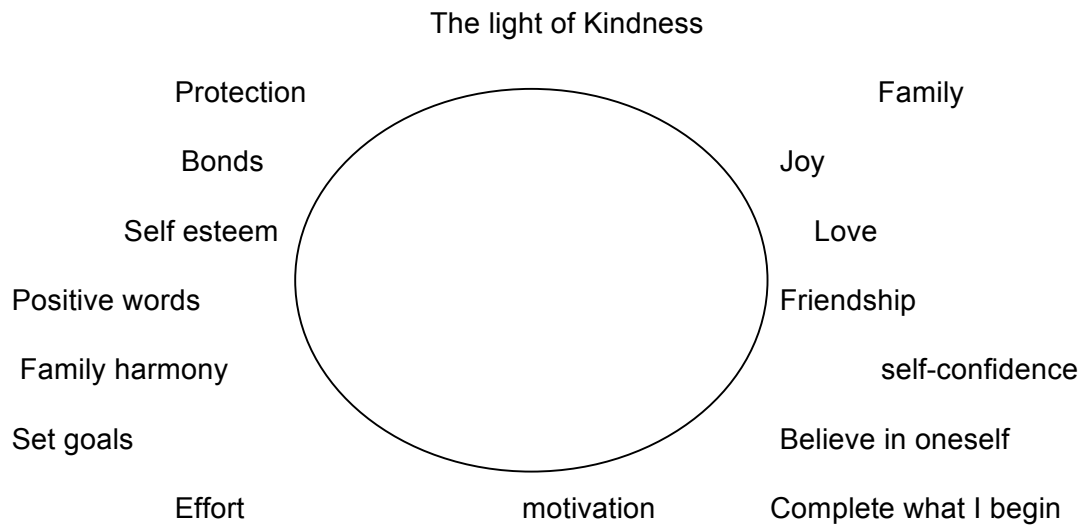
- *It appears that a person often begins alone, overestimating his talents, armed with inner power.*

"Be strong, fight..."

Vision number 2

Petals of Sunflower – Soul

Those are the petals
of our soul



Love, Friendship, dignity, belief in oneself and generosity are human values that fulfill our soul with joy.

(TEAM 2)

In continuation, it is clearly evident that the team, our connection with others is necessary because only in this way our soul opens its petals (light, values, love, joy e.t.c).

Vision number 3

Self esteem in our lives

*Wherever you go, wherever you stand, mutual aid you will need,
bravery and courage you'll seek and with strength and motivation
you'll get over the hardships.*

The sun is always in our hearts

(TEAM 3)

*We realize that "In order to have the sun in our hearts when the dark of the
life appears, we need to be in connection with the others.*

Vision number 4

I am Unique

Our teacher told us,

That "if" I really want it then I can achieve it,

That's why this night

I will go and find my power

I had no confidence

And I would hide all the time

But when Simou came

Everything turned out OK

Love, care, power, friendship,

All these a man holds dear,

He loves them as the others,
But the love for themselves is for ever

Now I stand up in the front

And speak so loudly

Now I am better off

And I joyfully choose

Power means love

Love means care

All together they're a cycle

And they go together

The power that lasts forever

I believe in it and I love it so much

My power

Is desired

Love your power

As you love yourself

Have fun, love

Life will help you forever.

(TEAM 4)

- *That's how I become unique! I love and respect myself. I've learned that everything can change and someone will always come into my life to teach me and help me. Provided that I am open to people and life.*

Visions and Creation



(vision 1: ("Me" 1st step- Lyrics to the cycle of evolution)



(Vision 2: "Together we compel the petals of the soul to open" 2nd Step-
Lyrics to the cycle of evolution)

Analysis on the visions

"A new, promising, student of mine and psychologist, helped in this analysis and also further worked this vision analysis. Her name is Protopappa Alexandra, Psychologist, student in Self esteem program.

The first vision shows that trust in yourself and our faith in our gifts and talents are the special ingredients that can help us achieve everything that we set our mind to. These ingredients lead us to little victories in daily life and to times of creation. My inner treasures, my emotions, my values, my bonds with significant others are the ingredients that consist the power to achieve.

The second vision takes us a step further, all these ingredients equalize our self image with the light, the sun all this stuff that gives us energy. Moreover the ingredients that are necessary to complete our goals are "to set goals and through boundaries, protection and bonds to complete what I start.

The third vision embraces all our values and powers, our Self esteem. With Self esteem and teamwork not only are you able to make it in different competitions but in every difficulty that will come up in your life.

The fourth vision consists of the increase in trust and uniqueness of oneself, as the children noted. This vision shows us the road to gain our strengths. We discover our powers and capabilities through the attempt to interact with our environment. Assertion and making an effort bring joy, gifts and the possibility of personal choice. Together with love, feelings and caring for others and ourselves the cycle becomes complete. The power that lasts forever is honesty, love and true faith in ourselves. According to the last line of this project it is clear that our great achievements need responsible and hard working people, "only in this way do you truly live".

It is important to mention that through this project we understand the need that we all feel as children "To have someone believe in us and teach us how to believe in ourselves". This quote comes from children phrases and the amazing result that came out having the project completed. Their talk and

expression reflected their sparkle of knowledge summing up the school year times. It was understood that everybody is valuable and has different abilities but teamwork develops efficiently each person's talents. Solidarity gives countless joy and satisfaction. The program for Self esteem, part of which the project was, made children meet the joy in discovery of their talents, their ways to relax and calm down and that of positiveness. As every child mentioned, they felt a transformation in their soul.

Following the creation of the visions, one or two children from each group presented to everyone with pride their group's vision. As a reward, ending this beautiful and creative school year, we organized a picnic in our school park. Everybody savored this moment, but especially children.

The treasures mentioned above moved us and made us proud of these children. They came from a difficult class, and each September no teacher would willingly take on the task of teaching them.







**Evaluation- Presentation in experiential seminar with title:
“Sexuality”- In the public center for People with special
needs- Volos, Athens, Greece**

In 16th of July 9:30 - 14:30

The seminar was based in Appreciative Planning & Imagination (Organizing and Managing) – Supervisor: Dr. Vicky Simou

These techniques are based on participants’ needs. The topic was about excellence-positiveness, in order to think, organize and develop their own creativity dynamic. It was expected to find solutions, to set and dream their goals and to make it happen.

The fulfilling of this specific groups’ dream needs time. Living in a continuously unsure insecure and changing world having in mind their limiting abilities, it was important for these people to find new roles.

In this certain group we worked together with their leaders- trainers and the stuff of general tasks. Their positive and voluntary participation boosted and helped the goal of the seminar.

Moreover, it was shown that they started to realize their role as trainers and service assistants. They developed great suppleness in their role organization.

The stuff shared their sensitive human wealth (that was necessary condition for this project- in these frame). The combination alone promotes a continuous self- organization.

The group of trainers showed their openness to a continuous self- organization.

That was ensured by the end of the journey “Fantasizing-imagining”. It is showed below.

Note: I must admit that I didn’t know that group’s disabilities caused due to accidents. I thought that I had to deal with genetic mental paralysis. There is quite a difference between those two states managing the sorrow of loss and how to overcome this. My experience helped a lot to orient and focus quickly to their special needs.

The experiential approach began aiming to the following 4 levels **(4Ds)**. a1. Discovery. In a group of two, bring to the surface the best of each, using ultimate positiveness and appreciation. –What is the best that we ask for according to sexuality topic? We have to find those personal keywords that will help further on.

The result of this share and the reflections of this exercise “Meeting each other- talk about what we expect from this seminar” is the following:

Topics:

Body & Sexuality- We ask for information in order to help our sexuality, express our feelings, find our personal physical boundaries. We ask about how one feels about this seminar, how every single one in the group feels that is accepted by the others as far as his/her sexuality. We also need to know how others treat these people. All these questions aim to gain knowledge and experience about my sexuality.

The main theme of the need was mutual.

Topic “Sexuality and physical boundaries”

The need for physical boundaries emerged from the trainers expressing their difficulty to deal with patients’ verbal and physical sexual expression.

a2) After the introduction of this topic it was asked to choose a favorite TV or radio commercial and share it with one group member, that hadn't collaborate before. During the presentation every group was announcing each other's commercial.

In the description of the commercials the following reflexions came up (framing their needs, desires, difficulties to face their mental and emotional structures)

Table 1

- * Luck to find a spouse
- * The spouse is also a trouble
- * Being alone you can be happy as well
- * Quit job and take care of yourself
- * Share in realationship
- * Have complete sexual affairs
- * You have to give in order to live with someone
- * Jealousy in relationships
- * Screening Beauty models
- * Woman who gives
- * Diet- appearance (models)
- * Body care

Table 2

- Excellent body
- Alcohol (free instincts)
- Horse (symbol of escape, loneliness, freedom)
- Alcohol and boundaries
- Sexual fulfillment
- Fear & Relationships
- Cleanness
- Dance and move (narcissistically)
- The sweatness of life is unlimited
- Age and sexuality

Table 3

- Male role
- Affection and mood for playing games
- Female role
- The difficulties in relationships are often solved in bed
- The woman as a housewife
- Body cleanness
- Disloyalty in relationships
- Acceptance of others uniqueness and character.

Male+Female = Marriage

This is the basic idea in order to create a healthy interpersonal relationship: If we haven't reconciliate and "marry" (merge) our male and female part we cannot develop an effective relationship with the other person.

a3) Discovery/ positive interview

- Research each one's best moment of success and the cause of that.
- Interview about his/her sources and his/her abilities.

Exercise: A situation where I felt I succeeded. The best that happened to me and its' causes. (Positive inquiry)

Dream/ Perspective

We share our powers and resources, in small groups. Symbols and words will complete the definition of the vision.

Desires, powers, requires, promises, plans are collected together to synthesize hole groups(including trainers, people in recovery and official workers) vision.

Golden rules- phrases are shared to motivate the hole group.

The team circle of excellence (powers- resources). Nick- Penelope- Theodore- Thanasis- Xenia synthesized the follow first part of the vision:

«With love, power, motivation and help from friends I MADE IT TO LIVE and to SURVIVE!!!»

The team: Sophy- Kostas- Mary- Aleka- Vasilis synthesized the second part of the vision (in a poetic manner):

"I try with all I have got, I carry like an ant, I sing like a cicada, and I love my friends. And all I know I will succeed, I won't continue slowly holding the wall, I am not afraid to fail- I listen to happiness sound."

Anna- Giorgos- Helen- Eugenia synthesized the third part of the vision:

Main title: Optimism has to be the belief of every person.

Individual titles:

- Love asks for presents, so you need a job to do that
- Without love and kiss life is worthless
- We find our powers in our job
- I am sensitive in love

«Life is independence, the beauty in the companion, the birth of a new life, the adequacy of sensing the sunset, the motivation and the realization that I do what I want. The balance to savor all the goods that life offers and the satisfaction of different results I acquire».

b) Designing the dream- I dream the place and the state that I be a year after. (The seminar was held during summertime).

Vasilis: Every day is better than the previous. I live with my fiancé. My political part is the dominant!

Mary: The next summer is beautiful and healthy with a humorous man. This is a peaceful relationship.

Kwstas: Im in a nice relationship living in Athens and I am an actor in a theater.

Thanasis: I dream myself healthy by the sea of Acapulco. I flirt with a lot of women.

Nick: I dream myself healthy, happy with money, living in Rhodes.

Evgenia: I am 20kg less, and accompanied by my friend we live in Egypt

Elena: The following year I see myself working in a kindergarden.

George: I am calm in a serene relationship.

Anna: I am more confident and I travel with my flirt.

Sophy: I have entered the high school I want and I play again in the theater.

Aleka: More vacation in Chania, near the old castle area.

Stella: I continue the dancing that I gave up, being more energetic.

Filitsa: I travel to Syros- Santorini.

Nana: I am fine! I work professionally with a computer.

Eleftheria: I have a better future and I am healthy.

Xenia: I am in Santorini “the island of the ultimate romance”. Before Santorini I was somewhere else. But now I end up there.

Theodore: Forget the old me and like my one and only self! But if I become better I will thank you!

Generally groups' expressions concluded in:

Relationships, joy, quality of life (relaxation, move- motivate, savoring), professional powers, acceptance of loss, visualization for the best that is yet to come.

The team needs another 5-hour meeting to design the actions in order to make the dreams come true (ACTION PLAN). The clues were: «who, what, when, where, why, how I achieve my dream». Activities that I will do, time, commitment, cost, important facts. Now the base has been built to create goals- dreams for 5 years ahead.

The first step has been completed, and following this path I succeed to make the vision come true!

Also to: - To elaborate metaphors for the shape and the frame of their inner world and space together with their teams'.

- For their activities
- The technique to make the history of every group bridge the past, the present and the future. Metaphors will be utilized like titles, main axis- symbols in their histories. Their histories will develop taking over all the participants.

I would like to thank the administration of the public center, the mayor, the responsible Social worker Aleka Biniwri. I am also thankful the trainers and the staff of the center for their will participation, the assistant Psychologist. Also the excellent group of participants for their significant feedback coming from the experience that offered me. Pleasantly we will complete the process in our next meeting,

Best regards,

Dr.Vicky Simou

Experiential Systemic process at Volos

Phase II

6/10/2002

In the first phase we explored the abilities and talents coming from the staff and the people in recovery.

In phase two it was programmed to explore the specific Unit.

Main goal was to understand how they interact in this unit.

The exercise that was given was:

«This unit- organization is like.....»

The symbols that were came up where multiple and many. The translation of the symbols presents the certain unit as a shelter, a center of collaboration, fluent, beautiful, alive, joyful, peaceful.

The existence of the unit was of paramount importance for Life and Health. Members experienced the staff as working people, caring and giving, productive, different. They feel that their trainers offer many motivators (flowers-fruits-seeds) that help people in recovery thriving in their emotional, mental, motivation and physical health.

The powers that are experienced in the system of this unit were:

The center nourishes everyone multiply, in order to keep the in life and recover. The staff seems to develop continuously and offers organized training, care, protection, will, positive communication, understanding and effective solutions.

The weaknesses that are experienced in the system of the unit are:

The unit seemed not to have a stable protocol of insurance. There is fear that this protocol might not exist and people in treatment feel in danger. The danger of losing their life was obvious. For this reason the public principle and the supervising team need to create a safe climate to the staff and their patients.

Collaboration of all the systems was needed and asked.

There is also a request for more physiotherapy (understandable due to motion problems). Trainers can help for example- In how mental and emotional balance, relaxation, motivation , positive and friendly communication can help in healing the body.

Moreover, there is a request for more time for games, joy, relaxation. In phase one staff will be trained understanding and take into account this requests in their program. In phase two volunteer family members will be trained how to understand and satisfy these needs. The brand new unit (after the seminars) was dream to be a space of change, evolution, care, preparation for their inclusion in society, a space to explore new topics and the desire to help in including the new members. (Table I,II,III)

Table 1

NAME	SYMBOL	CHARACTERISTICS	POWERS	WEAK POINTS	DESTINATION
Kostas	A second school	Nice school, instills life	Power, try	More physiotherapy	To improve continuously
Theodore	water	Satisfy my thirst (desert), oasis	Life# Death	Death	Important to exist
Christos	roses	Beauty, perfume, acanthus	growth	withers	Happiness, beauty, love
Vasilis	carnation	blooming	Bloom, mature	Withers without water	To become a big tree, to multiply
Thimios	A heart	Life & health	Keeps us alive	When it stops, we die	Life & health
Filio	Tree, seeds, flowers after difficult winter season, Sping	Beauty, life	Fruit, flower, beauty, shade	Denude, special treatment	Fruit, Beauty
Xenia	River, people canoeing	Attempt to make it	Mind-power to manage	Cold, dry	Try to survive, trip, new places

Table 2

NAME	SYMBOL	CHARACTERISTICS	POWERS	WEAK POINTS	DESTINATION
Stella	Garden full of flowers, sensitivity, bearing, cactus	Beautiful flowers,acanthus. Their beuty glamour you. Miracle of nature	Watering, different flower species (how much they are watered)	The difficult winter can destroy all this effort	What inspires us-change- care
Eleftheria	car	Way, joy	It transport as wherever we want	Fear for an accident	Traveling
Lakis	Group of people	Different types of people	Education	Croweded, like in a nest	Run away
Penelope	Ant nest	Diligency- coming and going	Communication with their antennas	Work, no games	Altogether bring things and share whatever is needed
Thanasis	Ant nest. The center is the nest, we are the ants	Joy, well-being, relaxation, existence, Stupid carry and clever eat	Habit, weight that is carried, food, solidarity	Division, death, quarrel	To fill the nest with food in order to become useful in society

Table 3

NAME	SYMBOL	CHARACTERISTICS	POWERS	WEAK POINTS	DESTINATION
Vicky	Lake with lotus	Beauty, peace, relaxation	Base, special beauty	Full of life	Decoration, relaxation, feeds the microorganisms
Aleka	Boat with small cloth	Wood, cloth, mean of transportation, floats	Travels	Danger	Port, traveling
Mimika	Pigeonhole	Beauty, stone, lime, nice shape	To provide protection-food	Lonely	To support life
Maria	Stave, notes - people	Music, move, change	Magic world of music	Volume-monotony	Evolution
Helen	Fountain	Stone, water	Beauty, move, serenity	Quick tarnish	Beauty
Nikos	Train	love, hope, patience	will	Slow death	To a better tomorrow

Summarizing:

Common points in unit's characteristics are: Water, beauty, nest, protection.

Powers and weak points presented contradiction. Destination brought to the surface culture data and framed the profil (Identity) of the system-unit (the unit nourishes, supports, collaborates).

It is obvious that there is need to **a)** increase the volunteer family members in order to help outdoor meetings with unit members. They will help in sharing, friendship, fun. **b)** There is need for experiential elaboration on role of people in treat, to set boundaries. This process will prevent from assigning members from personal problems. It is necessary to set boundaries in between member relationships, for searching relationships outside the unit.

After synthesizing the metaphors according to life and destination of Social work, 3 excellent were created: Group 1, group 2, group 3

GROUP 1: Kostas- Theodore-Christos- Vasilis- Thimios- Xenia- Filio

Life is a tree with many branches. In every branch flourish, health, and beauty are imprinted-painted.

With love, care, power of heart and mind, the tree grows big and remains alive!

GROUP 2: Penelope- Stella- Eleftheria- Thanasis- Lakis

Wherever is life, there is destination, euphoria, care, dreams for the future...

GROUP 3: Vicky- Aleka- Mimika- Mary- Helen- Nick

Person creates bases- spaces for him and his fellows, so with beauty and patience shape the power that protect him from life dangers aiming to the evolution of a better tomorrow.

Following, working in groups we looked for the role of sexuality in the clues above (this was the initial request and topic from the unit). Literally, miracles happened with this new synthesis.

SEX

Group 1: Xenia- Filio- Thimios- Vasilis- Kostas- Theodore- Christos

The life is blooming; Eros is in the air, without love the flower withers. I love, so I exist.

I fell in love, so I live! The man is thirsty for life; satisfy his thirst with love, Eros and touch for a worthy life. Where is our source of power? Our source comes from our weaknesses! Using our mind, our erotism, we overcome the denudation of the soul and cold relationships and emotions. What do we gain? Tasteful fruits.

Group 2: Thanasis- Penelope- Stella- Lakis- Eleftheria

Man and woman in one give birth to love that includes protection, relaxation, communication and education. Love needs care to flourish and game to breath.

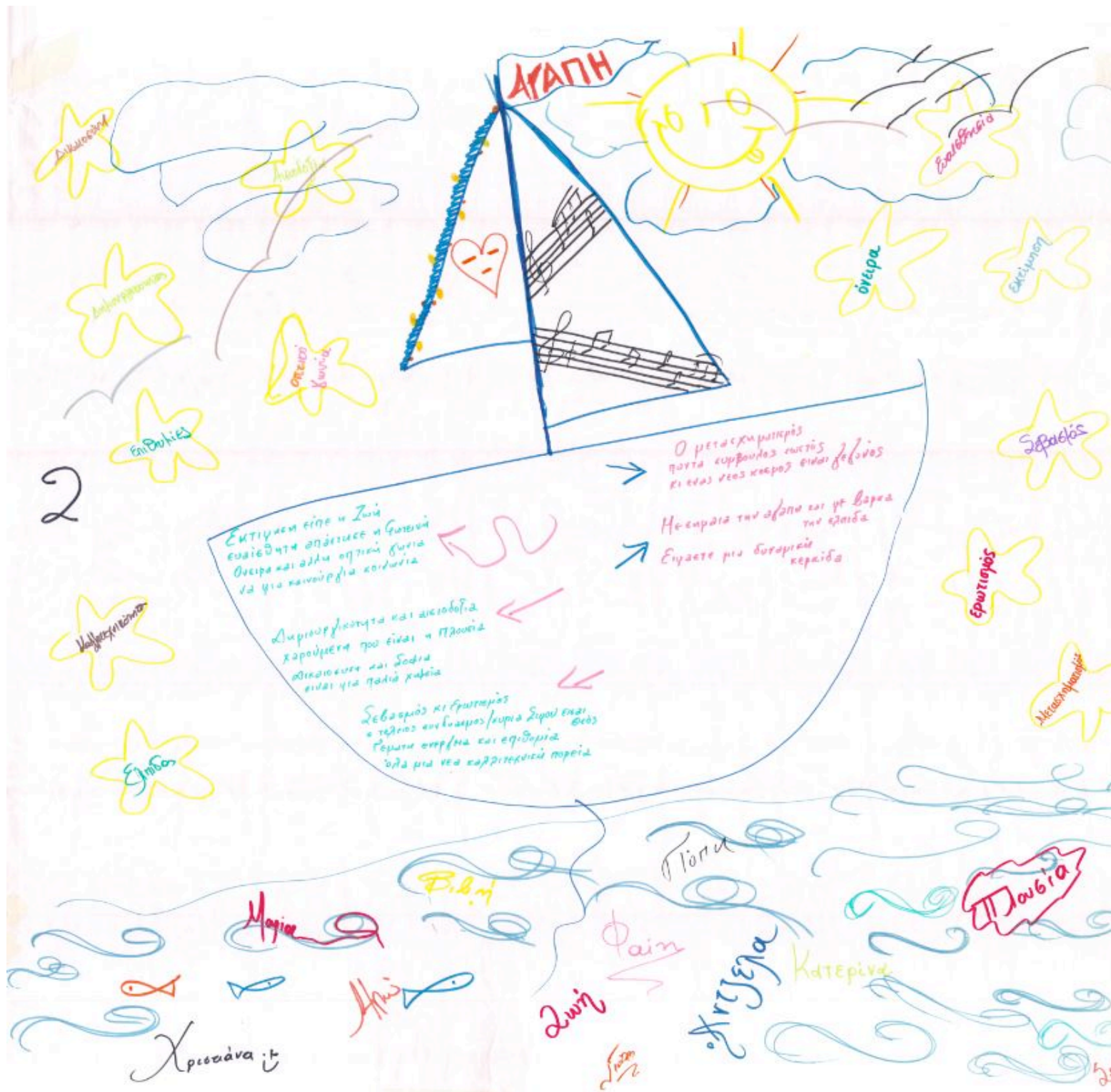
Group 3: Vicky- Aleka- Mimika- Maria- Helen- Nick- Chist- Theodore

Eros is the flow, the fantasy, the protection, the harmony, the synthesis. It gives birth to the new, it transports us to heaven or hell, but with love, hope and patience there is catharsis. We shape our powers, abilities for everyday care of relationship, we face danger of destroying in, so we can be evolved and safely prepared for a better tomorrow.

As a conclusion, in phase 1 the title was «Things that love dreams about» and in phase 2 the title was: «The 'I love you' that we found». That synthesis set Love as the most important factor for interpersonal relationships.

**Parts of Visions created by trainees in the Counseling Psychology Department
of the University of Aegean**





μικρές χαρές. αγαπ
φιλομάθεια. ενδοσκόπηση
αδιαφορία για κοινωνικά στερεότυπα
παρορμητικότητα. σεβασμός στη φύση
ιστορική σχέση και ταυτότητα
δύναμη της προσέγγισης
ζωντανά
αφήνει οφέλη και ταυτότητα
σεβασμός
αφροίμα. αναγνωρισιμότητα. δοκιμασία
Επιμονή
ερευνά την ουσία
αποφεύγει κόπωση
τα-δ. καλοσύνη-τέχνη-κανόνες
φιλανθρωπία
μαύρισμα. εμπειρίες. αξίες
μεγαλείο
ψυχής-κοινωνικό έργο
ρομαντισμός-ρομανσία-επικοινωνία-επικοινωνία
αναζήτηση
ρομαντισμός-συμπλοκή
ζωντανά
αποτελεσματικότητα
αγαθή ψυχή
ανάπτυξη-φιλομάθεια
αξίες



