



“Self-esteem meeting”

Person-centred, interprofessional learning



Content

A participatory team meeting is conducted with a client, family and health care professionals (incl. special teachers).

It starts with the story of a client (e.g. behaviour in a class room).

All are asked to identify “How could we improve self-esteem?” and “What can we do?” when succeeding.

The client is present, so that instead of talking about what you identify as a profession, she/he is asked “how do you feel, what feels good?” to imply “Who am I? an important person!”.

Ideas are bounced in a dialogue and the client is asked to tell from her/his point of view, then professions add similarities.

This work allows the voice of the client and their family to be heard, by letting them share their own observations and also guiding the discussion and narrative around strengths and successes.



Learning objectives

That the client would feel more confident.

Building up the goals the professionals have in their minds.



Person-centredness

Yes, by asking the client first and relating to that from a professional view, confirming if professionals feel the same.

The assumption that the client and his/her family are competent and capable.

ICF ([WHO framework](#))

The method or approach does not directly use the ICF, but aims to bring all the rehabilitation professionals working with the client and the teacher/preschooler together at the same table and in the same discussion. By putting the client at the centre and as an active participant in the discussion. And thus become an active participant in their own lives and decision-making.

Clinical reasoning

Yes, by reasoning collaboratively on a problematic situation.

By thinking together, we can achieve results that cannot be achieved in separate sessions and without the client's own voice.

By highlighting what is already working and the client's strengths and resources, we can achieve much better results, motivation and trusting interaction with the client.

Learning principles (see [guide](#) for educators)

Practise-based, activity-based and observation-based learning



Setting

Live setting in a school, in a preschool, in the client's home / at a healthcare service institute. The method can be used in both outpatient and inpatient rehabilitation.

In this case, the method is used in outpatient rehabilitation, where rehabilitation takes place mainly in the client's own environment.

Target groups

Pupils, parents, teachers, professionals. Experience: Intermediate

Number of participants

E.g. 5 to 8

	Involved professions	E.g. Special education, medical doctor, nursing, occupational therapy, physiotherapist, speech therapist, early childhood educators, school counsellor or assistant
	Duration, frequency	2 hours (1 hour meeting, 1 hour preparation/documentation)
	Materials	<p>The meeting is recorded in the electronic system.</p> <p>The “My Goals form” can be used, where the client sets measurable goals for themselves. Try to link the goals to, for example, the school's personal learning plan, so that the goals are aligned and the rehabilitation and school support each other and the client.</p> <p>The meeting at school usually takes place in a regular classroom, where participants can choose their seats.</p> <p>If the client is a child, he/she can be accompanied by activities (such as magic sand, modelling clay, etc.) and it can be assessed together whether the child can participate the whole time (60 min).</p> <p>If the meeting takes place at home, the client and his/her family determine where the meeting will take place.</p> <p>At the reception, a room of sufficient size is chosen.</p> <p>The meeting is less likely to take place at a traditional table, but the participants will be placed in a room that is comfortable for them.</p>
	Evaluation	<p>Person’s satisfaction, activity / involvement of participants: “Yeah, I did it!” by the client, “Yes, this is the way” by the team.</p> <p>Feedback is given verbally and can be seen as the client's and family's commitment to their own rehabilitation.</p>
	Institution Details	<p>Coronaria rehabilitation and therapy services (Coronaria Contextia Ltd)</p> <p>http://www.inproproject.eu/</p>

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