Self-Determination through Finding Our Voice and Community Building

By Daniel Fisher

National Empowerment Center & CNMHC

www.power2u.org

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Overall Goal of Training

Each participant to become a better trainer by becoming more comfortable with their own Voice through learning the skills of dialogue to help others individually and as a group develop their Voice and dialogue skills
Module 1: Introduction to the Training

The training is based on four sets of principles:

1. Principles of Empowerment and Recovery:
   • Twelve Ps of Empowerment (Resource A1),
   • New Freedom Commission Report (Resource A2),
   • SAMHSA’s 10 components of Recovery (Resource A3)
   • Empowerment Model of Recovery and Development (Resource A4)

2. Principles of dialogue (resource B1, B2)
   • Shared monologues: where group members get used to talking to each other.
   • Skillful discussion: where people are learning the skills of dialogue
   • Generative dialogue where people are learning the skills of dialogue
   • Strategic dialogue: where people use the skills of dialogue to carry out group problem solving through thinking together

3. Principles of Ubuntu as vehicle of mutual respect (Resource C)

4. Community building through dialogue (resource D, G1,G2,G3)
How the 12 P’s of Empowerment Lead to Recovery and Transformation

- Personal
- Peer Support

- Principles of Recovery
- Positive future

- Passion from Anger

- Purpose Meaning

- Planning Goals Objectives

- Politics Presence
- Presenting Persistence
- Persuasion Partnership
Module III

2:15-2:30 PM Passion from anger and fear (see Resource E: Anger to Passion) (Dan will introduce this)

1. Work out some of the intensity of anger with peers before attending the meeting with non-peers. Support groups are often very useful for this working through.

2. If you have worked through some of the intensity of anger, you cannot only watch the anger in yourself, but you can also watch your reaction on the other members of the committee.

3. Have at least one close ally on the committee. Ideally this would be another c/s/x but that is not always possible. This ally can help you in developing a strategy. They can also help you gauge the impact of your presence.

4. Having allies in the audience can assist in the transformation of anger into passion. At the opening public meeting for the Commission, Dan had encouraged a dozens of supporters to attend.
I HAVE LEARNT THROUGH BITTER EXPERIENCE THE ONE SUPREME LESSON: TO CONSERVE MY ANGER, AND AS HEAT CONSERVED IS TRANSMUTED INTO ENERGY EVEN SO OUR ANGER CONTROLLED CAN BE TRANSMUTED INTO A POWER WHICH CAN MOVE THE WORLD.

Mohandas Gandhi
Module V

A. Compare Dialogue and Discussion: (see resource B1)

<table>
<thead>
<tr>
<th>Dialogue</th>
<th>Discussion</th>
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</thead>
<tbody>
<tr>
<td>Starts with listening</td>
<td>Starts with speaking</td>
</tr>
<tr>
<td>Is about speaking with</td>
<td>Is about speaking to</td>
</tr>
<tr>
<td>Focuses on insights</td>
<td>Focuses on differences</td>
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<tr>
<td>Is collaborative</td>
<td>Is adversarial</td>
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<tr>
<td>Generates ideas</td>
<td>Generates conflicts</td>
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<tr>
<td>Encourages reflection</td>
<td>Encourages quick thinking</td>
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<tr>
<td>Encourages emergence</td>
<td>Encourages lock-in</td>
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</tbody>
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Module V (cont.)
Ground rules for dialogue

1. Listening together
“Listening is usually considered a singular activity. But in dialogue, one discovers a further dimension of listening: the ability not only to listen, but to listen together as part of a larger whole.”

2. Respecting the person as a whole being
A: Respecting the other. “To be able to see a person as a whole being, we must learn another central element in the practice of dialogue: respect. When we respect someone, we accept that they have things to teach us.”

B: Respecting differences.
In dialogue, one learns that agreement on a mission or action rarely requires total agreement of perspectives, values and worldviews.
Module V (cont.)
Ground rules for dialogue

3. Suspending certainty about our view. We can learn to suspend our opinion and the certainty that lies behind it. We simply acknowledge and observe our thoughts and feelings as they arise without being compelled to act on them.

4. Authentic Voicing
Finding your voice in dialogue means learning to ask a simple question: What needs to be expressed now? This is true in part because our authentic voice is not a rehash of others’ words. So we are unlikely to find someone else speaking what we ourselves need to say. […]
Community Building
Through Personal connecting

Individuals
In monologue
+
Individuals
In monologue

through discussion of principles and values of respect, self-determination, passion, purpose

Connected Cohesive Group

engage in generative dialogue
Community Building
“community spirit”

Cohesive Group through generative Dialogue builds community

Community building
“Taking Action”

Through Strategic Dialogue Develops a strategic plan and implements it
Dialogue

Community

Dyads

Isolated

Interpersonal

Development of Self-determination

Monologue

Discussion

either/or thinking

paranoia

Intrapsychic

Self-determining