

Experiential Workshop

Title	Raccoon circles – the power of groups	
Goals	1) Discover the meaning and impact of the circles in Nature and in our lives 2) Explore the methodology of Raccoon Circles as an enhancer of the individual through the group	
Description	<p>The circle is often suggested as a symbol of unity, community, and connectedness, and it forms the basis for many activities of self-development and cohesion. The simple instruction “connect hands in a small circle” at the end of an activity shows the connection becomes a circle of influence for the individual, in the same way that other groups are important in growth and development. Groups may induce and then reduce powerful feelings. The Raccoon circles methodology was created by Tom Smith from Raccoon Institute in the ninety’s.</p> <p>We believe that special rituals and ceremonies can be very powerful additions to the challenge/ adventure sequence. They can stimulate special awareness and guide our clients to significant understanding of self, others, environment. They can help our clients find personal meaning from our experiential challenge/ adventure programs. Ritual, symbol and ceremony can be important in teaching and confirming cultural, community, and reference group values and behavioral expectancies. Experiential and adventure-based educators can benefit by using rituals when working with groups, contributing for the achievement the program goals.</p>	
Number of participants	Minimum	7
	Maximum	20
About the facilitator...	Name	Kátia Almeida & Susana Bernardo
	Background	<p>Kátia Almeida is Master in Sport Psychology; postgraduate in Psychosocial intervention with children, youth and families; specialized in therapeutic crisis intervention by Reclaiming Youth International and the Life Space Crisis Intervention Institute. Has extensive experience in the development and implementation of skills program for children, youth and families; as a trainer/supervisor in many different contexts and with different audiences mainly in the areas of therapeutic intervention in crisis, teaching/ learning skills, experiential learning and adventure therapy.</p> <p>Susana Bernardo is a Sport psychologist and Master in Psychosocial intervention with children, youth and families. Has experience in the development and implementation of life skills programs for children and youth, since 2001. As a trainer in many different contexts (youth programs; families programs) with a base of experiential learning.</p>

