

The logo for Abeona features a blue and white abstract shape on the left. The word "Abeona" is written in a bold, yellow, sans-serif font. The letter 'o' is replaced by a circle of small blue dots.

**Abeona**

AN EFFECTIVE RESPONSE  
TO CARE LEAVERS' PROFESSIONAL INTEGRATION



# Animation tool from Familias Alternativas Spain

Subconscious processing through  
dance, coaching and family  
constelations

The logo for Abeona features the word "Abeona" in a bold, yellow, sans-serif font. The letter "o" is replaced by a blue circle containing white dots, resembling a globe or a network. The logo is set against a white background with a blue curved shape on the left side.

Abeona

AN EFFECTIVE RESPONSE  
TO CARE LEAVERS' PROFESSIONAL INTEGRATION



# Materials

- Open space
- Relax music
- Sportswear
- Playmobil figures
- A6 colored cards



# Time needed

1 hour/week for each part



# How many people

- From 2 (individual attention) to 10 (dance groups)



# Objectives/competences

- Consciousness of personal/familiar/cultural locks and/or hidden loyalties
- Training body language as vehicle to express emotional feelings, thoughts and personal/familiar/cultural locks
- Assuming one's own responsibility in the own whole process



# How to animate

1. Contemporary dance
2. Hero's journey
3. Familiar constellations



# Contemporary dance

1. Warming up based on silence, consciousness and respect for all the families and their visualisations
2. 4 minutes to represent how they feel about work (job interview, work in general...)
3. Share their feelings with the group
4. Look for solutions to change and improve the feelings
5. Understanding the meaning to be confident in front of those who are interviewing us when we apply for a job
6. Introduction of "Hero's journey"



**VIDEO:** Contemporary dance for young care leavers







# Hero's journey

1. Explanation of the activity and objectives in the laboral itinerary
2. Description of the meaning of each card color (departure, objective, allies, enemies, "passport", "coin" ...) and choice of cards, as much as he/she needs for their whole itinerary
3. Discover personal/familiar/cultural allies and strengths and enemies or resistences/dificulties that could appear during the journey
4. Setting short-term objectives and evaluation after the time fixed for that
5. Restart with new objectives





# Decalogue for the journey

1. The map is not the territory
2. Flexibility
3. No-communication doesn't exist
4. The objective is the result
5. There is no failure
6. Everything happens for something
7. We all have all the resources directly or indirectly
8. Every behavior has a positive intention
9. We all take the best decision at the moment we choose it
10. Responsibility with what we do and what it happens to us



**VIDEO : Hero's Journey**





## VIDEO: Hero's Journey 2





# Familiar constellations

1. Warming up: sitting down in circle, closing eyes, silence, respect and visualisation of the parents and familiar systems of the group
2. Choose representatives individuals for the situation to animate (“work” and “young”)
3. Position the figures in the marked area
4. Develop the work situation, for which we have no expectations (systemic phenomenology)
5. Consciousness of the obstacles (if there are) and resolution and liberation of the situation



**VIDEO:** Family constelations





THANKS A LOT



