

Group Facilitator Training

BaSeTaLK

Conversation activities to improve quality of life

Overview

Goals for this training:

- Learn about **conversational activities** that **support** a positive **identity**
- Introduction to the **BaSeTaLK** Webapp
- Learn how to **use BaSeTaLK**
- Build confidence in **facilitating conversations** about a person's **life, experiences** and **achievements**





Biography work

= Having conversations about a person's life story

Biography work: Aims and procedure



Aims:

1. Support a person to build **positive identity**
2. Support a person to **identify coping strategies**

How do we do this?: Conversations about the **life experiences**

Aids:

Images, questions → base 

How might biography work be helpful for people living with aphasia?

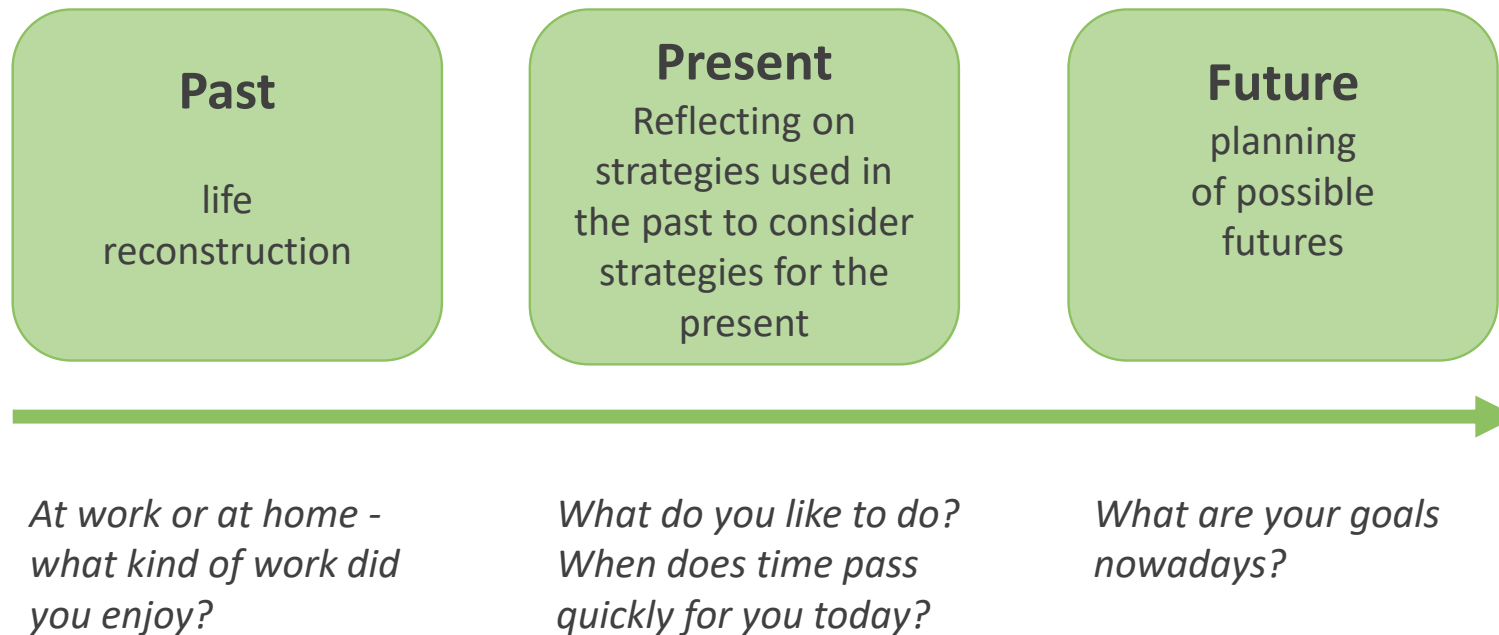
- Aphasia **affects many areas of life:**
 - Roles and responsibilities
 - Sense of purpose
 - **Everyday routines**
 - **Perspectives**
- People with aphasia can experience a **more negative self-view**
- **Biography work can help to adapt to changes in life**



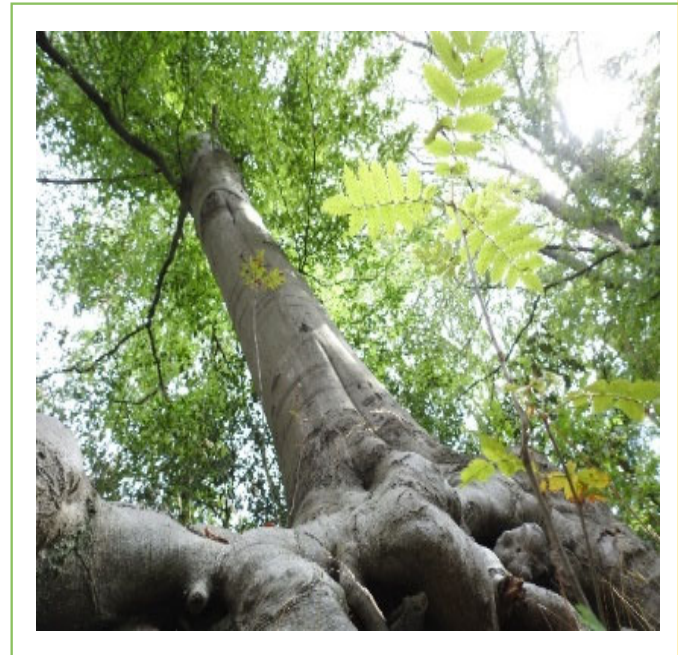
Biography work - principles

Timelines:

➤ Talking about the...



BaSeTaLK
Webapp



BaSeTaLK - Webapp



Concept

- **Virtual trips to locations** where questions about the life experiences can be found



Aim / Function

- **Stimulation** of biographic conversations
- **Tool box for facilitators**



Structure

- Collection of topics
- Linked to **12 virtual locations**



Content

- **Images**
- **Questions**



Front page & Content



12 locations:

Forest

Green Fields

River

Ocean

Countryside

Garden

Theatre

Cinema

Department store

Library

Café

Sports Field



Where do you want to travel?

[Quit app](#)



country

A beautiful morning | Live contentedly | Work before pleasure



Railroad station

Through life together | Travel and excursions | Travel and means of transport

Using the app to stimulate conversation



Choose a topic



Where do you want to travel?



Garden

Grow and Prosper | Experience from projects | Oasis of peace



Coffee shop

Dating and Friendship | Local pub and feeling of home | Go out and spend money

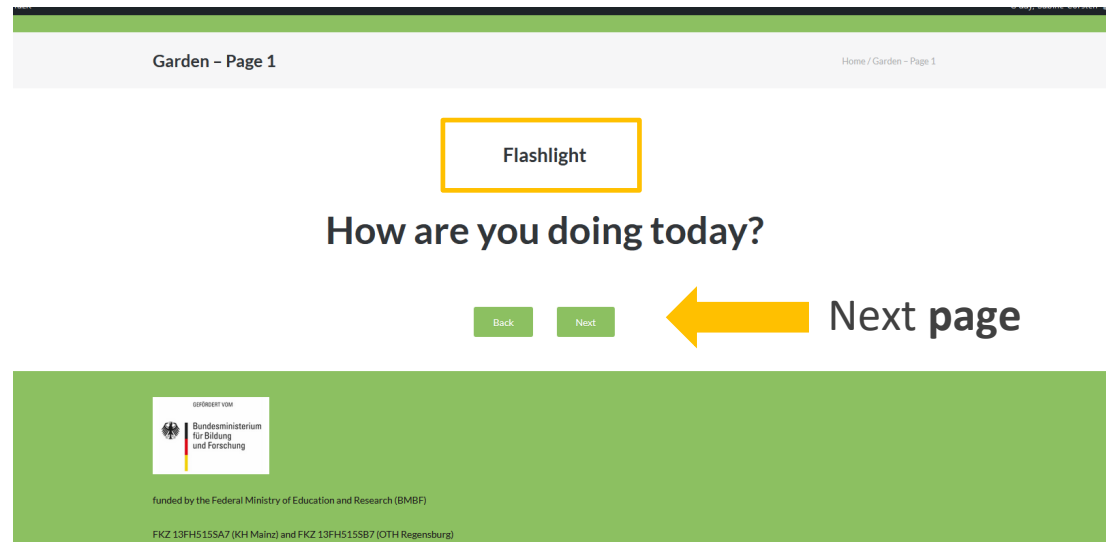


Cathedral

Houses of Prayer and Faith | Saying goodbye and dying | Religious celebrations

Using the app

It always starts with a:
Flashlight (*How are you today?*)



Using the app



What is something or someone important you have watched grow?

Audio



Next question



Next image

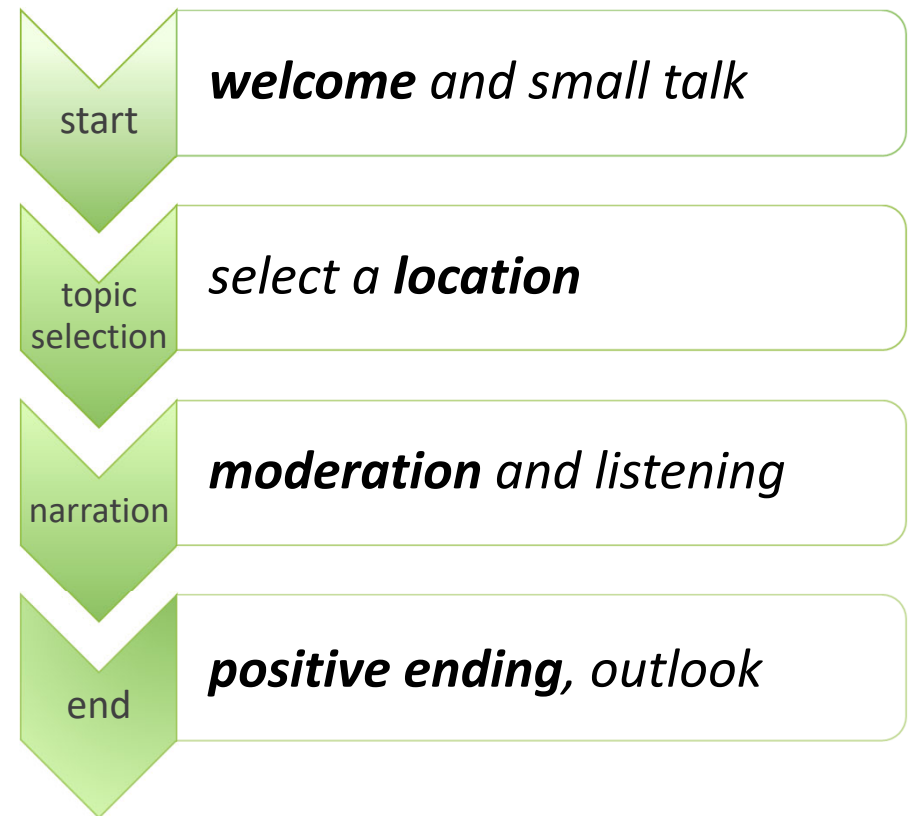
Back

Next

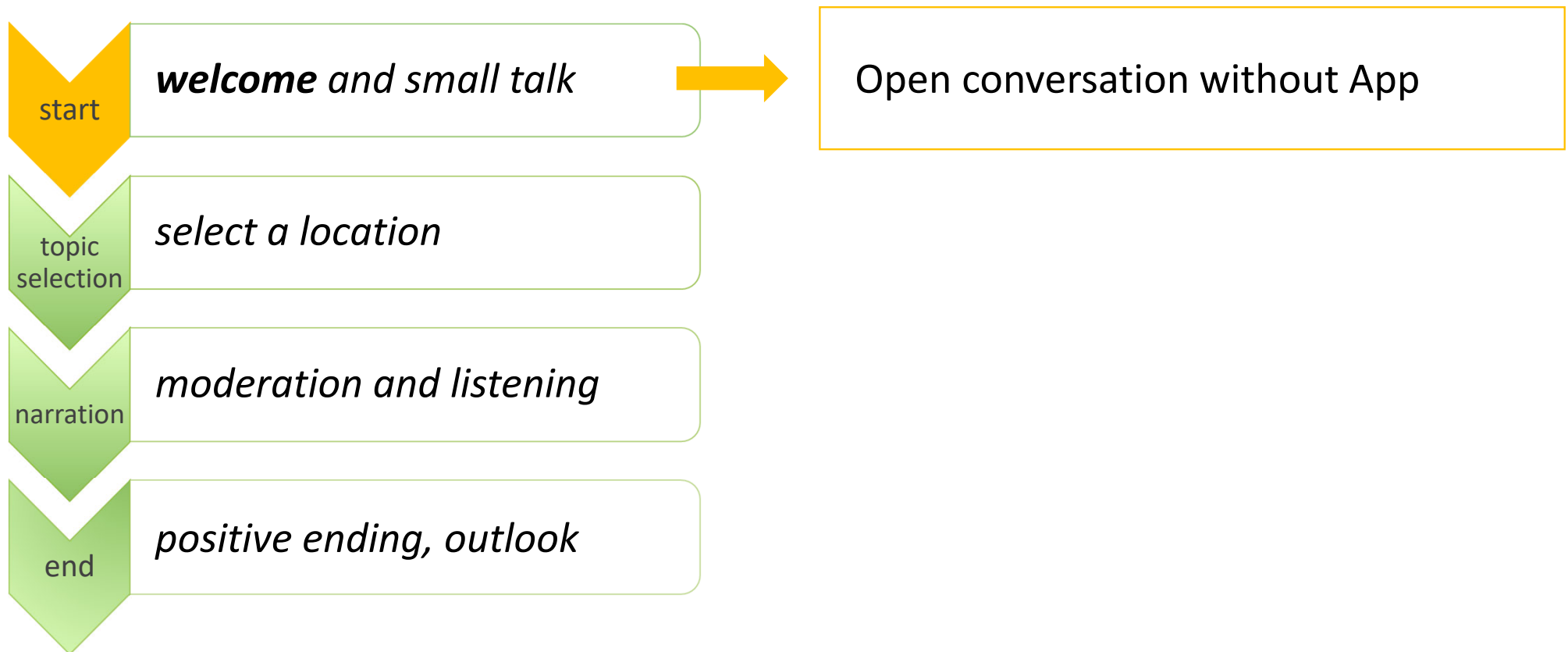
Training Activity

Explore the App regarding the location “Garden”

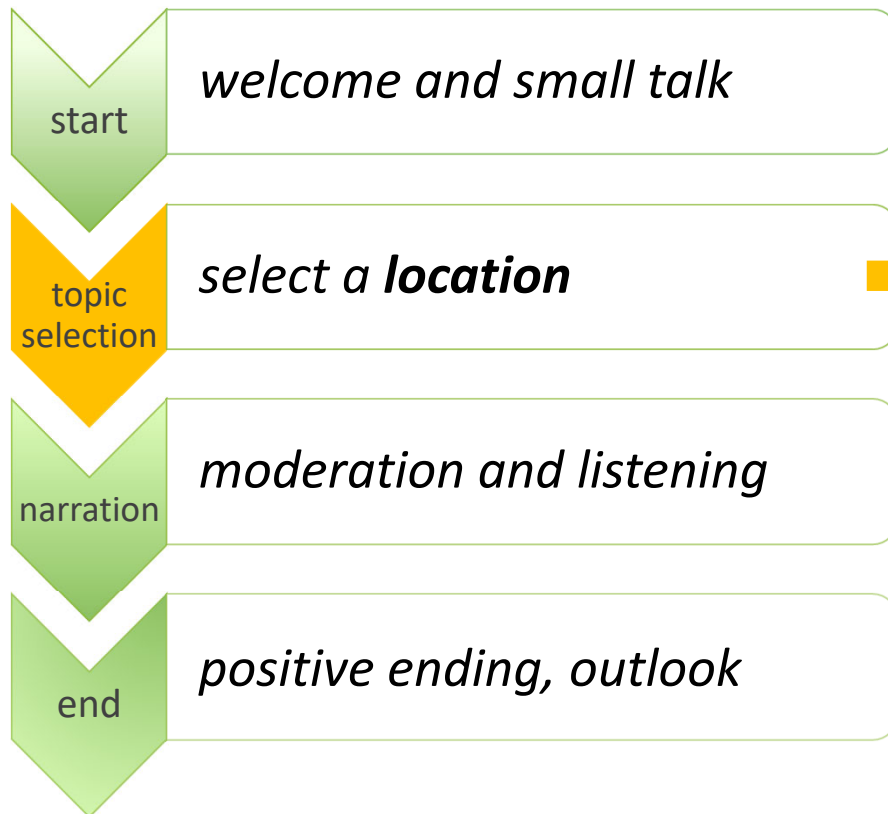
How to use BaSeTaLK as a facilitator



Start



Topic selection



Where do you want to travel?



Garden

Grow and Prosper | Experience from projects | Oasis of peace



Coffee shop

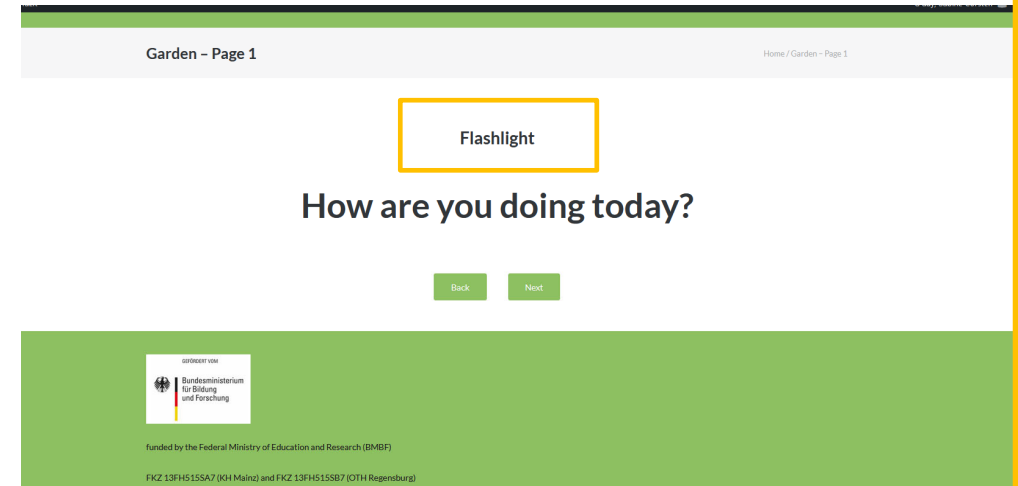
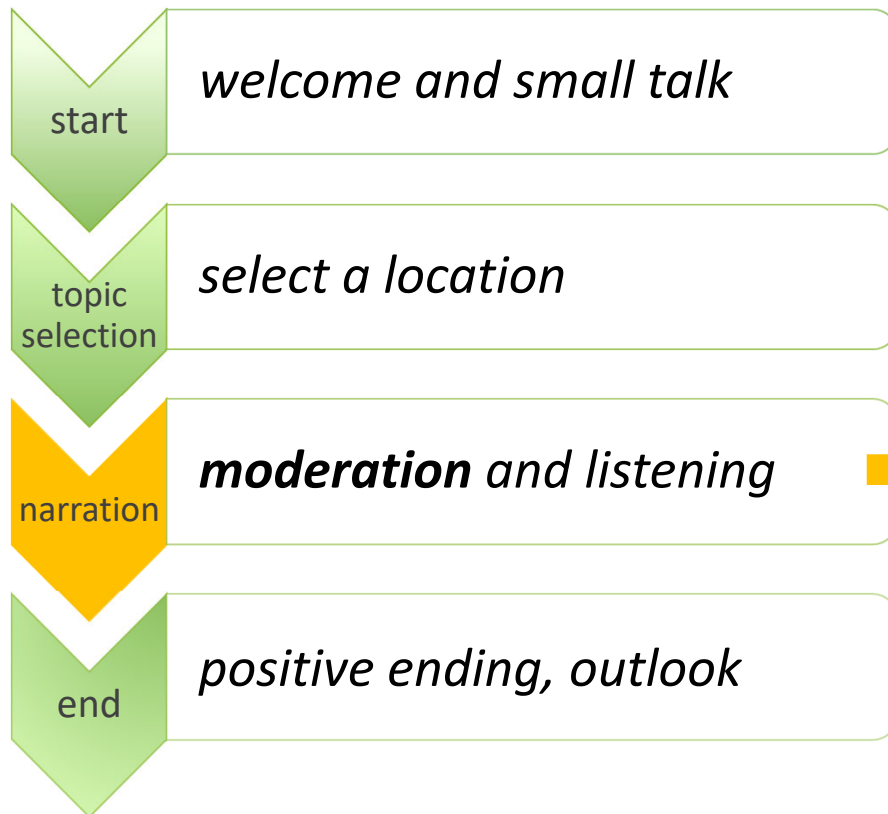
Dating and Friendship | Local pub and feeling of home | Go out and spend money



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Conversation



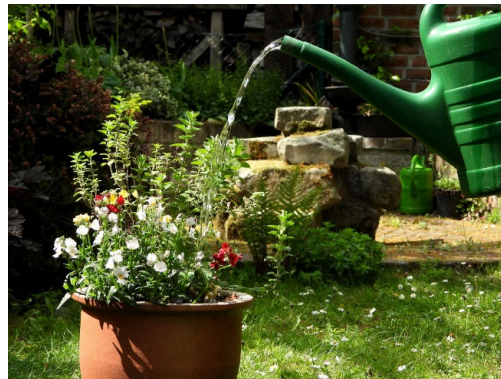
1. Flashlight (Page1)
(How are you today?)
2. Conversation about topic

Conversation about topic: Example Garden

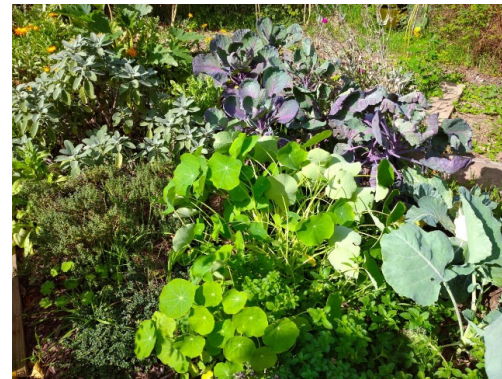
Page 2:
Initial image



Page 3:
Growing and thriving



Page 4:
Experiences from projects

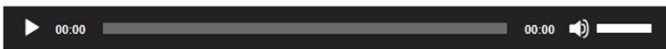


Page 5:
Oasis of calm



- 4 images per location
- initial image for free associations

Example: Growing and thriving



Questions:

- *Who or what have you watched grow?*
- *What has promoted your personal growth?*
- *What were important developments in your life? What did you have to do to achieve them?*

*You don't have to stick to the questions.
You can also ask further questions.*

- 3 questions per image
- audio file for each question

Depth of conversation

- Decide on the depth of the conversation yourself

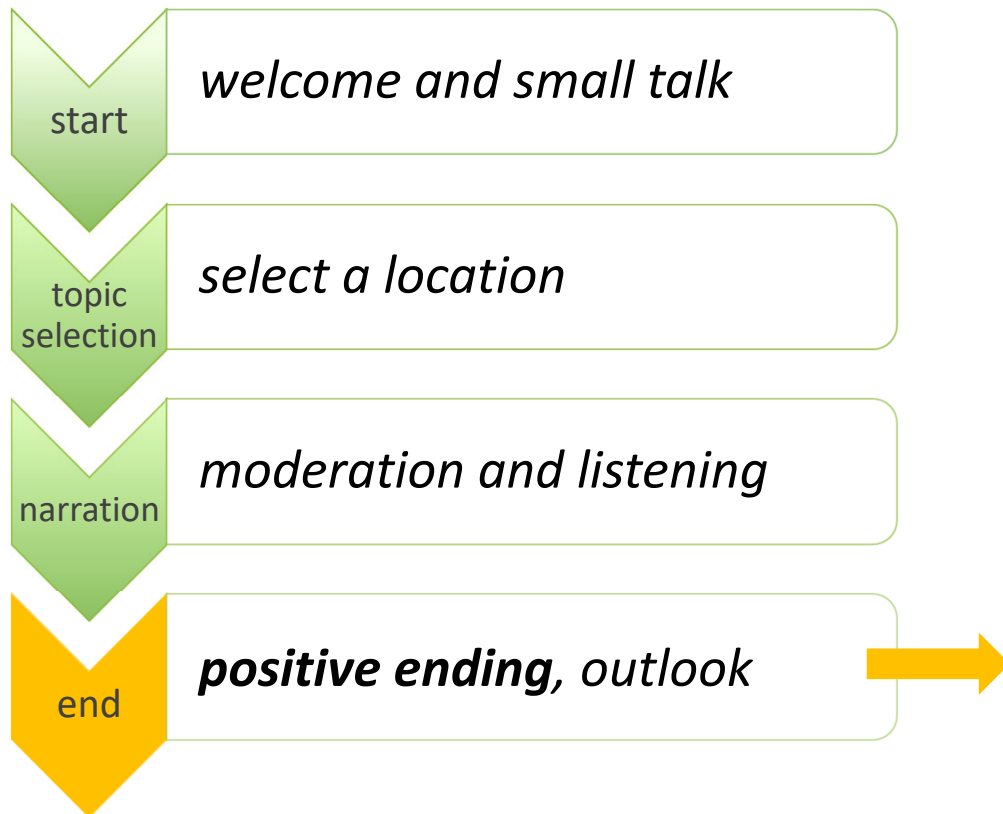
Easy	Medium	Deep
Topics on preferences, positive memories etc. (e.g., favourite start to the day or favourite flower)	Topics that deal with your own person, your career and your environment (e.g., joyful events in life)	Topics that address very personal areas (e.g., origin, relationships with people, parting)

40

Ist das noch erkennbar?

Sabine Corsten, 2024-02-02T15:22:15.514

End

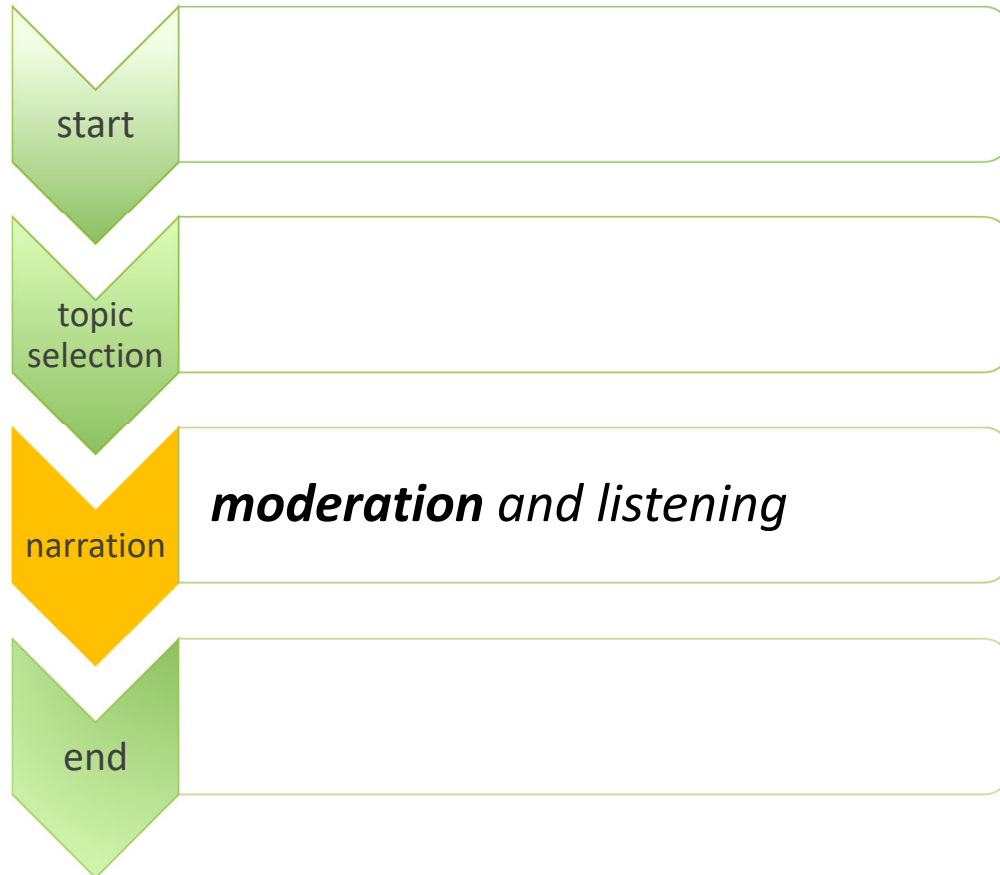


- Short summary of what was "experienced" on the trip
 - "How are you feeling now?"
 - "How did you like the topic?"

Live Demo

Using the App to have conversations about
life experiences

Conversation



Further question techniques to keep the conversation going



Strength-based questions



Story-generating questions

Strength-based questions

? Questions regarding:

- Specific **skills**, strengths

What are you good at?

- Positive **memories**

Who has made you feel happy?

- Areas of life that are associated with **pleasant feelings**

- Supportive **relationships**

What are you looking forward to next week?

- Life **wishes** and **goals**

Story-generating questions

Open-ended questions / questions that stimulate longer stories like:

*What do you like
to spend your
time doing?*

*Can you tell us
about a happy
family
experience?*

*What makes a good
start to the week?*



Activity

**Have a conversation using the app
about the “Cafe”**



Users appreciate BaSeTaLK!



Outcome

- Encourages **memories and strength**
- Improvement in **participation and quality of life**

I became more relaxed, and I think more freely.“

(Group member)

We inspired each other with new ideas and new ways of thinking.

I could never have imagined that something like that would happen.

(Facilitator)

Take home message

✓ **You can do it.**

➤ **Have fun!**