

Creative Activity:

You will need one large (70 X 55 cm or 28 X 22 inches) poster paper, old magazines, personally meaningful objects, any other art supplies, such as coloured pens or pencils, glitter glue, ribbon, etc.

1. Individual: To begin this activity, think back to the Metaphoric Reflection you completed on your own. Consider the following questions and write answers in your journal:
 - What was your experience of the Metaphoric Reflection activity?
 - What was the central message from your metaphor to yourself (review your image, letter and poem)?
 - How does awareness of yourself through metaphoric images, letters, and poems inform who you are as a practitioner/professional and how you are in professional and/or therapeutic relationships with persons in your care?
 - Have you considered your metaphor in your practice? If so, how did you use it? And if not, how could you use metaphors (metaphoric images or symbolic images) to augment your professional practice?

2. Individual: Gather your art supplies and take a few minutes to reflect on the work of first two sessions – definition and stories of being cared for/caring for, metaphor, letter, poem ... also look at the personally significant objects you gathered. How are they meaningful to you?

3. Individual: Create a collage (chosen items arranged on the large poster paper) that demonstrates a person-centred care environment in your professional context. Place yourself in that environment (with images, words, personal artefacts, etc). Take all the time you need until the collage feels complete for you.

4. Individual/Pairs/Circle: Take a break and return to your collage with your journal or with another person, or in a group, to share your collage; consider the following reflective dialogue prompts —
 - What environment did you place yourself in?
 - What does it mean for you to be person-centred?
 - How does the environment affect your ability to practice person-centred care/to be person-centred?
 - Identify the factors in the environment that facilitate person-centred care/practice.

- Identify the factors in the environment that are a barrier to person-centred care
- How would the environment need to be changed in order for you to practice person-centred care?
- How does this relate to your current environment?

5. Circle: What have you learned about yourself, PCC, and your practice?

Keep journaling!