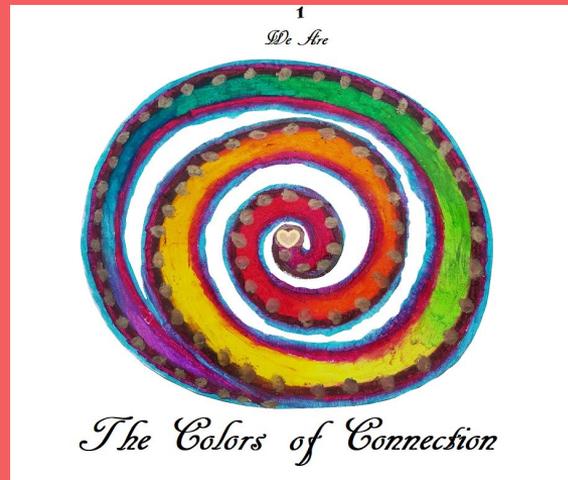


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Pre-process for  
Improve care reception and assistance.  
for, among others, the social work team and experiences in care provision.  
By means of  
the Back to your core method.



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# Target audiences

## SOCIALWORKERS

and the counselor of these clients. and organizations so that they can take better account of clients through the training courses.

clients for whom it is not clear what the neighborhood team or caregiver can mean, (who do not want to register as a result of this, or who have registered but have not been helped properly and as a result have failed)

clients who like to be inspired by what they can do themselves, so that the help is then immediately in line.

clients turning in a circle with themselves. or get stuck.

clients who do not want to cooperate in the help offered or whose counselor notices resistance. (by incomprehension)

(as a result of which a great deal of time is lost on incomprehension and related stagnating conflicts, visa versa during working hours, leaving little or no time for the request for help)

clients who, based on advice from the care provider, may be inspired by what they can do themselves, so that the help is then immediately in good contact.

(so that people understand each other better and the client knows what the care provider offers and what the client can do themselves, and the care provider knows that the client understands this and can take the client into account)

## Pre-guidance for personal guidance for more effective care reception.

Since 2007, I have been working with official associations and voluntarily for women and children, through organizing activities and personal coaching.

From that time I noticed more and more how assistance can stagnate, because the client (s) expect too much from the care provider (s) and have too little faith in their own abilities.

In other words, that one takes a wait and see attitude.

After I attended a lecture from an aid organization for people of African descent, and I heard my findings back to them, the idea arose based on an earlier method I developed: "Going back to your core."

I am convinced that when the waiting time for the requested care, specific attention is paid in advance to the person himself, the care that is subsequently offered can be used much more effectively.

With this, clients (including parents at schools) who now expect too much from the caregiver / teacher, can first be made more aware of their own share, what they could do themselves and how they can take responsibility themselves.

At present, the current method of providing assistance with the long waiting lists costs a lot of money, time and energy for both care providers and clients.

We believe that money, time and energy can be saved, so that the pressure is reduced for both clients and care providers and better results can be achieved.

**If too little personal coaching is deployed in advance at the start of the help, it can happen that the client collapses because he / she feels impersonal contact with the help. The client then starts to distrust and blocks.**

An example of this is a mother whose daughter was temporarily placed with me as an emergency shelter. Mother has been supervised for over 2 years and the situation was hopeless. I noticed that she was completely closed. The counselors indicated that it did not look good and that she could lose her children.

In just 1 open conversation with her from heart to heart, a change has been set in motion, I got back from the emergency services that "mother suddenly woke up". And that this was so special because in 2 years this had not been possible during the home counseling.

What have I actually done here?

A small personal conversation. Sincerely sympathized with her on certain points. and given some tips and advice from myself.

And all in 1 hour in which we sat in the playground with the kids who were playing and who also asked for attention ..

*If this small contribution ensures that someone, suddenly after two years of outpatient help, can open up better to self-development and from there help, then that is very valuable.*

## Current situation.

Most of the time is spent in the process of explaining what the help entails. This can already cause mutual frustration from misunderstanding or feeling unseen.

The result is often that the aid does not even reach the front door threshold.

Professionals who work under high pressure, and clients who do not use the empowerment in themselves to actually proceed with self-development. They think that the caregiver can solve their problems.

It also happens that the client wants to change, but the counselor takes over the initiative of the client with the best of intentions due to misunderstanding and lack of preliminary research. This is counterproductive and can lead to very uncomfortable and painful situations,

The consequences can be even more drastic if there are children involved who are the victims of this process.

It goes without saying that the current approach can cause a lot of extra burden and has long-term consequences for both client and care provider.

For the counselor, working with someone who does not know how to use his empowerment is something that takes a lot of energy.

As a result, actual assistance does not get underway, and the social worker and client continue to communicate from the well-known drama triangle of dependence. A debilitating process of which I can imagine that this leads to unnecessary sick leave, no matter how good you are at work.

If the counselor knows how to use the empowerment of the client, it ensures that both the client and the counselor work better together on an equal basis.

When the client goes through the preliminary process in which he / she is made aware of his or her strengths, it also immediately becomes clear what the neighborhood team or ambulatory aid organization can mean for the client.

You could even rearrange the waiting lists if you know which clients are capable of reflection and which are not.

This saves a lot of time and money and energy for both sides.

Clients who see or want to learn to see how they can get started with their "problems" can then be helped on a different waiting list. the approach is shorter and more powerful.

And in this way, more time remains available for clients who need a somewhat longer process.

After I attended a lecture by an aid organization for people of African descent, where my experiences and findings were confirmed, I came up with an idea based on an earlier method I developed: "personal guidance by going back to your core".

I return to this method in the presentation.

I am convinced that if during the waiting time for requested care, specific attention is paid in advance to what the client could already do, which means that the care that is offered afterwards will turn out to be much more effective.

## "" Pre-trajectory social work and other care: ""

Via the "Back to your core Method" and Reminder Mirror coaching, together with the client we look at: "Who am I?", "What do I want to achieve?" and "what are my qualities?"

If the client does not know this, jointly we look back at success periods in which the client was firmly in his / her shoes.

The activities and talents that are discussed in this way are actually practiced and performed in a group with registered clients.

The person who likes to do sports, go out for sports, or draw, or sing, etc. This way various activities can be started, in which one can participate as part of the preliminary phase.

**(this process is even further thought out by the people who want to set this up, from a team of professionals and experience experts and as " Back to the core method ")**

in this way the positive sides and empowerment of someone are aroused and someone can focus on this. Thus people will experience for themselves that a great deal can be achieved from their own strength and positive energy.

These positive experiences can then be linked to the help they ask for, which makes them realize that they themselves can actively get started with their own help request to change things.

Self-knowledge and self-respect are prerequisites for wanting to work on that change through, among other things, self-reflection.

This training can also be used with parents at school, especially in neighborhoods where parents expect schools to raise their children.

Stimulating the qualities, hobbies and possibilities of people can also enrich the community centers.

In exchange for the guidance, people who, for example, have no money, can give something back to something that has their own passion.