

MAKING WELL

A Field Guide



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A Field guide

These cards are designed as a guide for practitioners setting up new Making Well courses and for those wanting to reflect upon and deepen their practice.

1. Reflections on Practitioner Experience links to our Good Practice Guide
 2. Reflections on Participant Experience links to our Ethnography of Making Well
 3. Shaping a 'Making Well' course describes the practical elements for creating a safely-held space
 4. Examples of Practice offers brief guidance on some of the foundational Making Well practices
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*For further reading, please see
www.fathomtrust.com*



REFLECTIONS ON PRACTITIONER EXPERIENCE

Sharing from Embodied Presence



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REFLECTIONS ON PRACTITIONER EXPERIENCE

Sharing from Embodied Presence

Do I feel present in my body? What is arising in me? How is this helping me actively listen?

How am I offering different 'ways in' to presence for others?

How am I helping people focus on process over outcome?

How am I normalising the emotions that arise in response?

How am I supporting people to draw on the web of resources that surrounds us?



REFLECTIONS ON PRACTITIONER EXPERIENCE

Industrious focus



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REFLECTIONS ON PRACTITIONER EXPERIENCE

Industrious focus

How am I bringing everyone along as I share?

How am I drawing on the holding of the space
to support us?

Are people moving into quiet absorption?

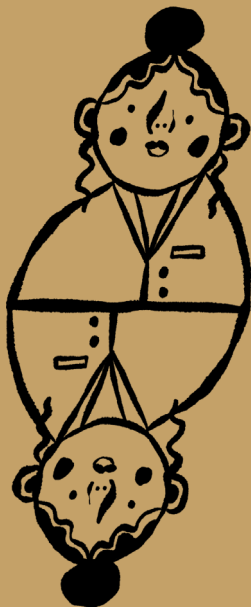
How am I balancing one-to-one support with
group focus?

How does it feel to leave space and silence for
moments of flow to expand?



REFLECTIONS ON PRACTITIONER EXPERIENCE

Uncertainty as a resource



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REFLECTIONS ON PRACTITIONER EXPERIENCE

Uncertainty as a resource

How do I experience my own feelings
of uncertainty?

How does this feel in my body and how do I
respond to them?

Do I have to respond or is listening enough?

How am I allowing space for individual choice
and experience?

How can I find lessons in unfolding experience
and in nature that speak to the group?



REFLECTIONS ON PRACTITIONER EXPERIENCE

Initiating sharing



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REFLECTIONS ON PRACTITIONER EXPERIENCE

Initiating sharing

How am I creating spaces to share, formally or informally?

When is it useful to share my own experience and when is this best held within the team?

When do I need to step in to guide conversation and when can I allow it to take its course?

Am I listening to what feels good or uncomfortable in my body before responding?

How am I receiving the sharing of others with understanding and acceptance?



REFLECTIONS ON PRACTITIONER EXPERIENCE

Modelling reciprocity



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REFLECTIONS ON PRACTITIONER EXPERIENCE

Modelling reciprocity

How are we laying the foundations of this as
a team?

How are we checking in with ourselves, with
each other, with the space before each day.

How is it to be here today?

How are we turning into the space as a
resource? How does it hold us in our work?

Am I allowing myself to support and be
supported by the team, so that I may offer
support to participants?

How are we building hope by relating in and
through emotional difficulty?



REFLECTIONS ON PARTICIPANT EXPERIENCE

Grounding



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REFLECTIONS ON PARTICIPANT EXPERIENCE

Grounding

How does the change in atmosphere feel as participants pause and sense?

Can I offer space for participants to describe their experience of grounding? What does this tell me?

How does the group and the environment support each grounding?

Can I support those who are struggling by offering alternatives, such as moving meditations or observations of the scenery?

How can I support participants to experience grounding in their daily lives?



REFLECTIONS ON PARTICIPANT EXPERIENCE

Embodied awareness



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REFLECTIONS ON PARTICIPANT EXPERIENCE

Embodied awareness

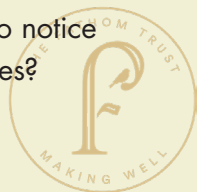
What changes do I notice in participants as they engage their bodies with natural material and the natural world?

Can I offer space for participants describe how they experience a craft in their bodies? What does this tell me?

How am I supporting participants to focus on process over outcome?

How do my crafting instructions support or mirror broader life lessons and ways of thinking?

How can I support participants to notice their bodies in their daily lives?



REFLECTIONS ON PARTICIPANT EXPERIENCE

Flow



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REFLECTIONS ON PARTICIPANT EXPERIENCE

Flow

How does the atmosphere feel as participants become absorbed in an activity? What else does this allow for?

Can I offer space for participants to describe their experience of flow? What does this tell me?

How does the shape of the whole day allow participants to move seamlessly between sessions?

How can I support participants to find ways into flow in their daily lives?



REFLECTIONS ON PARTICIPANT EXPERIENCE

Sharing



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REFLECTIONS ON PARTICIPANT EXPERIENCE

Sharing

How does sharing begin both formally and informally here?

How does the group support each other to share?

How does sharing create a sense of kinship for participants?

How can I support participants to find safe spaces to share outside of Making Well?

Do I need to signpost anyone to more intensive one to one support or safeguarding?



REFLECTIONS ON PARTICIPANT EXPERIENCE

Doing hard things



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REFLECTIONS ON PARTICIPANT EXPERIENCE

Doing hard things

How do participants approach doing something new or difficult?

What changes for participants having done a difficult task?

How do participants work together to achieve something difficult?

How can I support participants to engage in tasks they might find more socially or physically difficult?

Can we create tasks that are rewarding and accessible for everyone?



SHAPING OF A MAKING WELL

Transitions



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SHAPING OF A MAKING WELL

Transitions

How am I supporting participants to arrive at a Making Well?

How am I supporting participants to remain engaged in Making Well between sessions?

How am I helping participants to transition between quieter and more active tasks?

How do I feel transitioning between quieter and more active tasks?

How does allowing more space to move between sessions support transition?



SHAPING OF A MAKING WELL

Inclusivity



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SHAPING OF A MAKING WELL

Inclusivity

How are we reaching out to a broad spectrum of potential participants?

How am I supporting participants who struggle to engage to feel safe to be in the group?

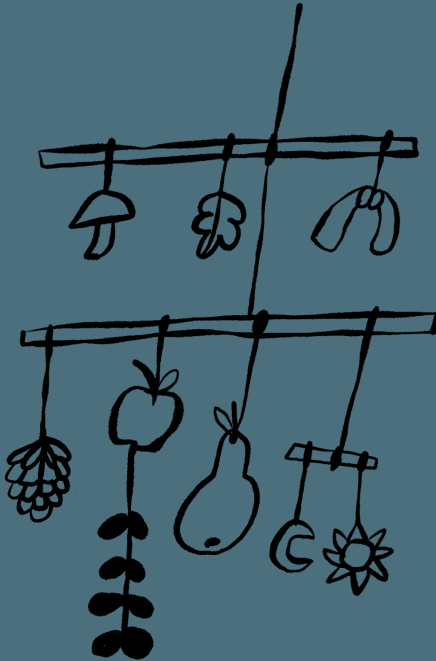
How am I working with issues of inclusion as they arise? Do I need to educate myself or ask for support or training?

How am I shaping each Making Well day to offer alternatives for those with differing physical and social needs?



SHAPING OF A MAKING WELL

Seasonality



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SHAPING OF A MAKING WELL

Seasonality

How am I supported by the changing seasons
in sharing Making Well?

What materials and activities resonate with
this season?

How am I supporting participants to come into
conversation with the change that is always
happening?

How can I support participants to bring more
of themselves in through their experience
of seasonality?



SHAPING OF A MAKING WELL

Food



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SHAPING OF A MAKING WELL

Food

How does the food we share with participants shape the day?

What values go into the sourcing, preparing, and sharing of food?

What changes do we see in participants as they share lunch and tea breaks together?

How might participants bring their own love of food into a Making Well?



EXAMPLES OF PRACTICE

Group agreements



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EXAMPLES OF PRACTICE

Group agreements

Co-creating group agreements with the team and participants acts as an anchor for what is encouraged in the group as we go forward.

As a team we first offer what we are able to hold within the space, clarifying our intentions and offerings.

Participants are invited to share their suggestions for what they need to make the space feel more safe. Perhaps that's a space to be themselves/explore boundaries/honesty.

As a group we decide if what has been agreed is acceptable to one another.

Agreements are then written out and held within the space, to be evolved or returned to as and when is needed.



EXAMPLES OF PRACTICE

Sit Spot



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EXAMPLES OF PRACTICE

Sit Spot

Sit spot is a practice of nature observation that helps to bring a person into closer contact with their immediate surroundings and with themselves. Participants are invited to:

Find somewhere they feel drawn to, perhaps that's a feeling of being welcomed, or a sense of warmth, comfort, and safety.

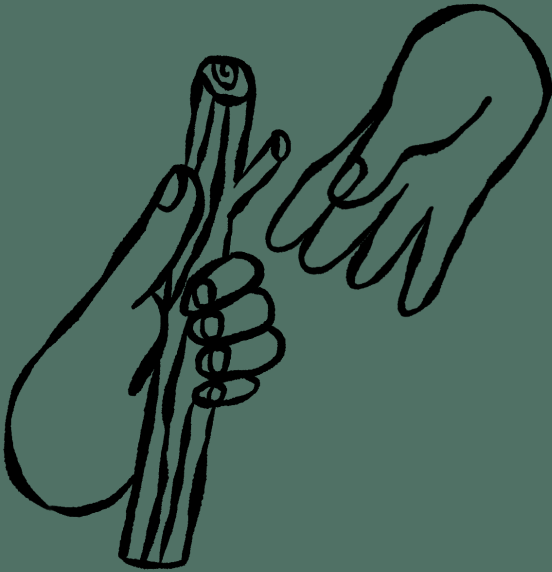
Be safe, be aware of falling branches and debris etc. and don't stray far from their own limits of safety.

Walking, without disturbing others, is welcome if they are finding stillness challenging.



EXAMPLES OF PRACTICE

Talking stick



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EXAMPLES OF PRACTICE

Talking stick

A gift of offering one another our full attention, a space to listen with our ears, eyes and heart. The talking stick is created as a group and becomes integral to each sharing circle.

A stick from the land we are working in is whittled and adorned by each member of the group.

Talking stick agreements are made: The only person speaking is the one holding the stick, awareness of time held by the whole group so everyone gets the chance to share. Sharing is encouraged from present moment experience, or from the activities of the day, rather than bringing in past or future story.

There should never be any pressure to share. Silence & gesture are valued the same as words.

The stick is always placed in the middle of the group and then passed around the circle. Give space for the group first and trust that someone will initiate.



EXAMPLES OF PRACTICE

Grounding



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EXAMPLES OF PRACTICE

Grounding

Grounding is a way of coming back to our foundation of being, and staying there in stillness, in nature, attentive and fully alive whatever 'weather' we are experiencing within ourselves. It is worth naming how difficult the act of stillness can feel early on but also how often it gives meaning, shape and purpose to our experience.

Grounding typically lasts 10 minutes and is opened by the practitioner with:

A purposeful pause and a deepening of breath.

A settling into breath and body.

Witnessing what is present in the body, then extending to 'outer landscape'.

Noticing and 'being with' what is present.

Closing the practice.

