

Short Individualized Assessment Form for Levels of Actual Capacities and Psychosocial Skills

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Short Individualized Assessment Form of Positum MGS Session was created and based on:

1. "WIPPF Inventory", found in:
PESECHKIAN, N. (1987). *Positive Psychotherapy: Theory and Practice of a New Method*. Springer-Verlag Berlin Heidelberg, Germany.
2. "Follow-up tool of the children's psycho-social abilities", found in:
MEUWLY, M. (2011). *Working with children and their environment: Manual of psychosocial skills*. Terre des hommes Foundation. Available at: <https://childhub.org/en/child-protection-online-library/working-children-and-their-environment>

Please mark the observed level of actual capacity and psychosocial skill on a scale from 1 to 4:
1 – not at all; 2 – rarely; 3 – often; 4 – always. The assessment is done after the observation of the Positum MGS session, and is advised to be conducted in the beginning (first session), middle and end (last session) of the therapeutic process lasting from 12 to 50 sessions in a year.

Participant's name/surname: Age: Gender:
Profession/level of education:

LOVE / AFFECTION: The participant expresses a positive and warm attitude towards others, and has a sense of reciprocation of the positive/warm attitude from the rest of the group. The participant is able to bestow warm and positive feelings on others and accepts them from others.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

UNITY: The participant co-operates with other group members, knows how to play within a team to achieve the desired goal of the social role, helps other group members, shows solidarity.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

TRUST: The participant is well integrated into the group, is at ease with other group members.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

SAFETY: The person feels calm during games and feedback, is able to quickly regulate fear and anxiety during sessions, plays and behaves in a responsible way that doesn't scare others.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

OPENNESS: The participant is open to the solutions and opinions of the other group members during games and group feedback. S/he accepts the search for a solution in a conversation.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

PATIENCE: The participant is able to wait for his/her turn to play or speak, give time to others.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
ACCEPTANCE: The participant feels accepted in the group, welcomes and accepts others.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
CONTACT: The participant feels comfortable by the physical contact of the others. S/he is able to establish respectful physical touch with the other members in the group.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
SELF-CONFIDENCE: The participant thinks well of himself or herself. S/he expresses the ideas to the group members without fear of rejection. S/he inspires courage and willpower in others.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
HOPE: The participant believes in the possibility of achieving the goals of the game and life. The participant sees his/her life as meaningful, shows positive attitude towards the future.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
EMPATHY: The participant understands and respects group's members feelings and needs.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
HONESTY: The participant freely shares solutions, thoughts, feelings & emotions.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4
POLITENESS: The participant respects other group members and is not verbally or physically abusive during games or feedback. S/he expresses opinions with consideration for the feelings of other.		
Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

OBEDIENCE: The participant respects the rules of the game and plays fairly. When others break the rules, the participant expresses appropriate levels of frustration.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

JUSTICE: The participant speaks openly in defense of someone in the group who is hurt or disrespected during the game/feedback. S/he expresses appropriate levels of anger when being wronged by group members.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

KEY CONFLICT: The level of resolution of the Key Conflict between HONESTY – POLITENESS. The participant gives/transmits information to others in a courteous manner, according to his/her thoughts and feelings. The capacities HONESTY – POLITENESS remain in balance.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

ACTUAL CONFLICT: Level of conflict resolution between capacities ACCEPTANCE – OPENNESS. The participant openly expresses his/her opinion, solutions, feels accepted, while accepting and respecting the opinions of others. Capacities ACCEPTANCE – OPENNESS remain in balance.

Session number:	Date:	Actual Capacity/Psycho-social Skill <u>level</u> :
.....	1.....2.....3.....4
.....	1.....2.....3.....4
.....	1.....2.....3.....4

Final remarks and comments on key development elements from the first to the last session:

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Actual Capacities that still need focus in group and individual work after the process ended:

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