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FABIAN WICHMANN

EXIT-DEUTSCHLAND

# RAN PRACTIONER'S EXCHANGE PROGRAMME



RAN Practioners Exchange Report  
Kare Ry & Exit Finland  
January 2023

# INFORMATIONS AND OUTCOMES OF THE EXCHANGE

My practitioner exchange took place in Finland. Of the 5 days, I spent 3 days in Lapland to learn about deradicalisation, exit work and specific techniques of art therapy and life coaching in an extreme environment. The town Muonio is located in far northern Finland above the Arctic Circle on the country's western border, within the area of the former Lappi (Lapland) province.

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*I learned a lot and experienced much more.*

The Arctic environment was part of the implementation of the individual lessons, as some practical exercises took place in the rough Lapland nature. The content was about possible transfers of these practices into the exit work, as well as the exploration of whether these approaches could also be implemented for clients as an experiential space, in the sense of an intervention.

Of particular interest were specific techniques and approaches that can be incorporated into everyday case work. The exchange was accompanied by practical exercises, so that it was not just a matter of imparting knowledge, but of experiencing and trying out the specific methods.

Kare Ry is NGO that offers training and qualifications for practitioners in the field of P/CVE. The offer is not only aimed at practitioners but also at people who actively want to make a change in their lives, for example support offers for people who leave extremist movements and at risk youth..





The second part of the exchange was implemented with the colleagues from Exit Finland in Helsinki. This gave me an intensive insight into the approach and work of Exit Finland. Together with the team of Exit Finland, questions of targeting as well as different prerequisites and practices were discussed.

Exit Finland of the Deaconess Foundation is a nationwide program to support disengagement from violent extremism and to assist individuals who want to disengage from violent radicalisation and violent extremist groups.

Through the intensive discussions with the team, impulses for the design of practical case work in the accompaniment of clients could be gained, and existing approaches could be qualified. Despite the different preconditions, related to the manifestation of radicalisation in Germany and Finland and the different requirements with regard to the target group, it was nevertheless impressive to see that there are clear similarities in the practical implementation of the work.

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**EXIT**

*An alternative to hate*

Exit Finland



# KEY FINDINGS



## Discussing extreme issues in extreme environment

The first part of the practitioners' exchange was dominated by introductions to different thematically related topics, tools and practices relevant to exit work. The successful mixture of information transfer and practical implementation, for example in the snowy forests of Lapland, made these lessons a special experience. In the following, some selected key findings are briefly summarised and an overview of the

topics discussed is provided.

From the perspective of exit work, the question arose as to whether and in what form such a form of intervention can be part of exit work. Especially for clients who need a specific form of time-out and reflection due to the psychological stress in the process of exiting.

The methods, approaches and the environment in which the intervention takes place are very well suited to promote or to initiate corresponding reflection processes in the clients. The accompaniment by the primary exit facilitator seems to be important. The interventions offered by Kare Ry are then a useful addition.





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*It's easy to learn something but more  
important to experience what to learn.*

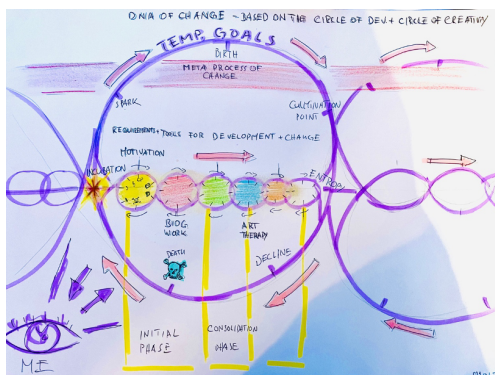
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# ART THERAPY & EXIT WORK

Art therapy is a mental health profession in which an art therapist facilitates the client's use of art media and the creative process to reach a number of treatment goals or personal goals such as exploring feelings, reconciling conflicts, improving self awareness, behaviour management, social skills.

Art therapy is focuses primarily on the process rather than the end product. Everyone can be successful at art therapy because it's not about artistic skill. It's about healthy expression through all art materials. In exit work, this approach can be used particularly productively in opening up communication processes and also for verbalising and communicating content that is not obvious or difficult for the person concerned to formulate. For example, if the person concerned has a perception of the problem but cannot express this to him/herself or others. It is also a low-threshold technique to develop trust between client and counsellor. It involves developing a safe environment and the process of coming to terms with the material and, through it, with an issue.

The process of creating art is itself a communication process that gives insight into the person's condition through the selection and handling of the material and at the same time offers the opportunity to enter into conversation and build a relationship. In addition to selecting the appropriate material, it is important for the practitioner to understand that there are different creative phases with regard to the client's creativity. The so-called circle of creativity is a helpful orientation. Particularly exciting was that individual phases of this circle can also be related in part to phases in the exit process, thus enabling a better understanding of the exit ambit. The exit process should be understood as a fundamentally progressive, but not necessarily linear process.





# PRACTICAL SESSION



In a practical session, the principles of art therapy were not only taught but also made tangible.



The results are very different. But art therapy is not about the end product, it is about the journey.

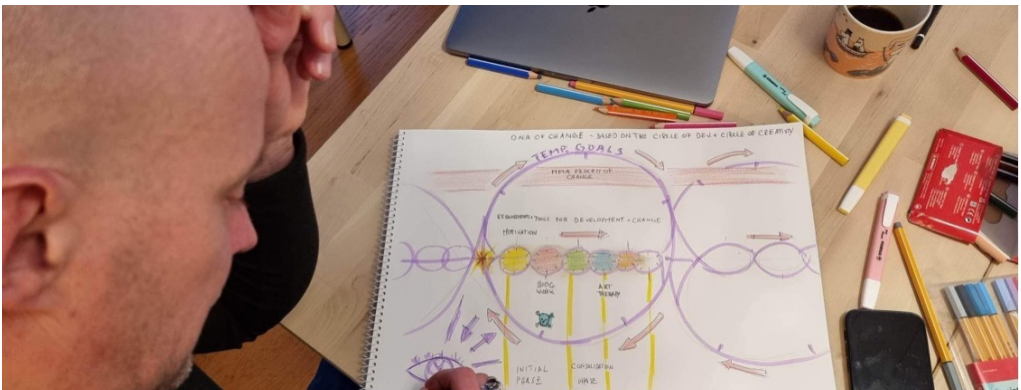
# PRINCIPLES OF ART THERAPY

The type of therapy should be guided by the following basic principles:

- **Autonomy:** Art therapists respect clients' right to make their own choices regarding life direction, treatment goals, and options. Art therapists assist clients by helping them to make informed choices, which further their life goals and affirm others rights to autonomy, as well.
- **Nonmaleficence:** Art therapists strive to conduct themselves and their practice in such a way as to cause no harm to individuals, families, groups and communities.
- **Beneficence:** Art therapists promote wellbeing by helping individuals, families, groups and communities to improve their circumstances. Art therapists enhance welfare by identifying practices that actively benefit others.
- **Fidelity:** Art therapists accept their role and responsibility to act with integrity towards clients, colleagues and members of their community. Art therapists maintain honesty in their dealings, accuracy in their relationships, faithfulness to their promises and truthfulness in their work.
- **Justice:** Art therapists commit to treating all persons with fairness. Art therapists ensure that clients have equal access to services.
- **Creativity:** Art therapists cultivate imagination for furthering understanding of self, others and the world. Art therapists support creative processes for decision-making and problem solving, as well as, meaning-making and healing.

It should also be noted that this method can make challenges visible for the person concerned, but should not - especially in cases of trauma or psychological problems - be understood as a stand-alone measure.

It can, however, be the impulse for confrontation and further processing as well as professional accompaniment by specialised professions in the field of trauma therapy or psychology in order to deal with deeper-lying problems.





# LIFE COACHING & EXIT WORK

Life coaching also like exit work has to focus on solutions by which a client seeks to achieve their desired results. It is not therapy like Art therapy. Therapy in general is focuses primarily on a person's past; trying to look for the causes of the failures and trauma that have placed them in their current

them in their current situation and primary goal is to support the person in their well being, to feel better. Coaching focuses more on the present and future. Its goal is to come into partnership with the person, taking them from where they are now (the present) to where they want to be (future).

- **Build trust** – for LC and also exit work it is imperative that you provide a trusting and non-judgemental atmosphere where it also involves mutual respect and open communication. Without a certain degree of trust, these interventions will be not successful.
- **Active Listening** – Active listening allows people to express themselves and explore their options, expectations and also needs.
- **Motivation** - Motivation is the main driver for change in LC as in exit work. Without a certain degree of motivation there will be change.
- **Encouragement** - Little motivation must be accompanied and encouraged. This means that positive developments as well as the desire to reach the goal must be encouraged.
- **Safe space** - Coaching as exit work need to have a safe and comfortable space for clients.
- **Flexibility** - Flexibility means simply you are doing what's needed for the individual to ensure they are moving closer to their goals. So it should be always also solution oriented.
- **Goals and Action Plans** – Establishing the goal and actions to be achieved is key to the coaching process.
- **Provide Feedback** – Providing feedback to your clients is essential.
- **Exploring solutions** – Your role as a life coach is to ensure that your clients come up with specific alternatives to the existing challenges and not create broad solutions.
- **Support** – How do you offer support to your clients? You do so by just being there for them; making yourself available, while also setting the necessary boundaries.
- **Accountability** – This is probably the most important aspect of what coaching provides as well as what is needed to ensure a successful coaching experience for everyone involved. Accountability drives accomplishments; it acknowledges all efforts and progress made by the client.

The basic principles of the LC are very similar to the exit work, which makes it clear that specific principles and standards are already applied in the work and methods of the LC can be easily implemented in the practical work. This is especially true when it comes to developing a level of trust or agreeing on goals in the process. The focus is not on solving acute problems, but on developing the person towards a defined goal.

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*Life coaching is focusing on the present and future, not the past.*

Thus, LC can complement the different levels of exit work or is already a fundamental part of practical implementation without the LC being named.

All in all, there are many methods used in the LC that can be transferred to exit work. Especially when it comes to tapping individual resources, promoting strengths and developing problem-solving strategies together with the client.

In addition, there are tools such as the Wheel Of Life, which in an adapted form can be a valuable instrument in exit work.

## LEVELS OF EXIT WORK

In the discussion of LC in the context of exit work, different levels of intervention were identified. The accompaniment of people who want to leave usually takes place at different levels of intervention and according to the needs of the person concerned. If one subdivides the levels, it is about:



LIFE COACHING



COUNSELLING



REFLECTION



## LEVELS OF EXIT WORK

1. Life coaching - this level concerns all long-term development goals of the person in the process of quitting and is activating / guiding in its approach.
2. Counselling - this level describes concrete and pragmatic solutions to problems in connection with the exit and is a more guiding/advising intervention.
3. Reflection - this level describes the discussion of ideological, personal and ideological questions in the exit. In implementation, this level is primarily an orienting intervention.



Get to know and experience life coaching techniques first hand.

# GENERAL FEEDBACK

It was particularly impressive and sustainably important for my practice to experience how methods and techniques from other disciplines can be applied in exit work and furthermore qualify exit work. Besides these practical interventions by Kare Ry, it was also impressive to discuss with the staff of Exit Finland about their approach, the challenges they are facing and about potential further possibilities for future cooperation. The exchange helped to qualify a deeper understanding of transferability of techniques and tools in the field of exit work. Furthermore, it was an important experience to

understand the differences in terms of development, approach, target group and structural requirements for the implementation of Exit Finland. The mutual exchange of experiences could help in the further development of both approaches and contribute to a consolidation of the cooperation. Furthermore the very extreme and impressive environment made this exchange a unforgettable moment. So I can say: I learned a lot and experienced much more. And in general it's easy to learn but more important to experience what to learn. Thanks for this incredible experience.

Meeting Exit Finland

