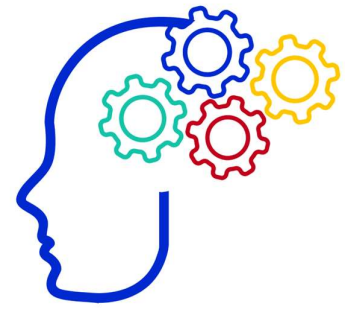


THE MINDSETTER



Discover, reflect and evolve.

The power of solution focused and game- based learning.

The Mindsetter Game® is an innovative **Solution Focused intervention**.

This versatile tool was developed to apply the SF approach in therapy or coaching and teach it in workshops and SF training. In therapy and coaching it has proven to be effective to set the stage for new ideas and first steps towards the outcome a client is hoping for. The Mindsetter Game is literally **holding space** for clients and their desired future. In teaching The Mindsetter facilitates an active and collaborative knowledge acquisition through game-based learning. It invites students and practitioners to reflect on their way of working through an SF lens.

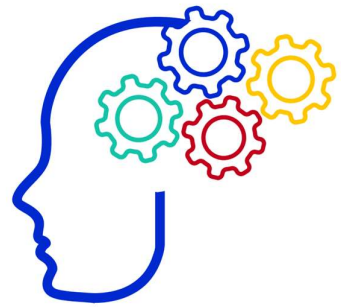


The game is suitable **for a wide variety of settings** and can be used with clients of different ages and socio-economic backgrounds. Being applicable in group therapy as well as with individual clients it is an excellent addition to your professional toolkit.

The Mindsetter Game® creates **a safe space** where new ideas, hope and self-confidence



can flourish. In a group setting it stimulates collaboration and peer-support. **The players** focus on their personal goal and at the same time **witness each other's process and progress** and receive encouragement from the group. The four quadrants help clients to set goals, (re-)discover their resources and move towards their desired future. During the game players are encouraged to look at their goal and resources from different angles, gaining new perspectives. Even more so by answering out loud, sharing with and listening to each other.



What makes the Mindsetter special?

◇ **Co-created by experts:** The game was developed by an experienced occupational therapist with extensive knowledge of solution-focused therapy. The process of design thinking and game development was supervised by an expert in Serious Gaming. Over the past three years, the game has been tested by clients and professionals from different countries, with and without training in SF. Their feedback has been incorporated in the game.

◇ **Accessibility:** The Mindsetter provides professionals (with or without training of SF) with a versatile tool that enables them to apply solution-focused questions effectively in their field of work.

◇ **The power of gamebased learning and SF:** The gamification aspect promotes a positive, collaborative and safe atmosphere. This facilitates participation and openness. At the same time the specific SF questions within the four quadrants provide depth and invite self-reflection.

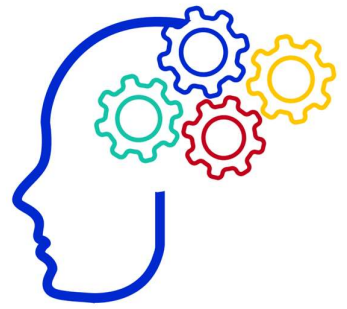
◇ **Interaction and peer support:** The interactive elements of the game make it fun and engaging for clients of all ages, increasing motivation and engagement. By listening to each other's answers, players witness each other's process and progress. As a Reflecting Team, they provide each other with positive feedback and encouragement.

◇ **Strengthening the relationship between client and professional:** Playing the game together supports a collaborative and supportive rapport between therapist and client, which is favourable to successful treatment.

◇ **Hygiene and sustainability:** The game board is printed on vinyl, the cards are laminated, which makes both cleanable and more sustainable. The game can be played on the table or on the floor.

Whether you are an experienced practitioner aiming to enrich your practice or a trainer looking to enhance the knowledge of your students, the Mindsetter is a valuable addition to your toolbox.





Version 1: For therapy and coaching:

In this version of the game the questions of the four quadrants invite players to define a goal and...

...imagine their preferred future (Quadrant 1: Best hopes),

What will achieving their best hopes look like in everyday life? What difference will that make?

...become aware of what's already working (Quadrant 2: "If something works, do more of it.")

What are the first small signs of positive change? What tells the client that the desired future is possible? What is already so good that it should stay just that way? What coping skills and exceptions are already present?

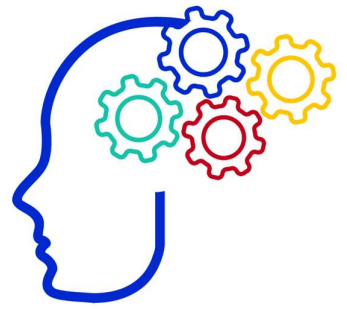
...re-tune (Quadrant 3: "If something doesn't work, do something different").

What (behavioural) changes do the players want to make? What skills can they develop? What do they want to experiment with?

...identify helpers and resources (Quadrant 4).

Which people, skills, hobbies, personal strengths, strategies or other factors are supportive and helpful? And what else?





Version 2: For training and supervision:

This version facilitates an active knowledge acquisition of students or practitioners learning SF or in team supervision. Participants are invited to reflect on four of the basic tenets of this approach and discuss the implications of these tenets in the context of their professional environment. They do this in an SF manner:

While moving through the four quadrants in small groups they are invited to:

...share and discuss what's already working (Green quadrant: „If something works, do more of it.")

Which interventions do they like using and what makes them so valuable?
What are supportive factors at work and how are they useful?

... experiment. What would they like to see or do differently and what difference would that make? (Red quadrant: "If something doesn't work, do something different").

What (behavioural) changes do the players want to make? What skills can they develop?
What do they want to experiment with?

... reflect on the process of co-creation (Blue quadrant: Leading from one step behind)

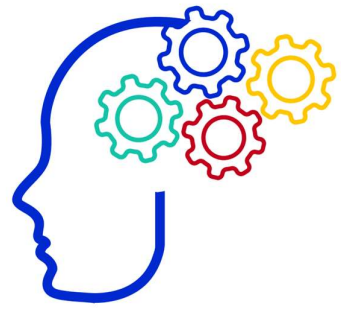
If the client is the expert, what is their role?

... And what to do if something isn't even broken but they feel like they ought to be fixing it anyway? (Yellow quadrant: If something isn't broken, don't fix it).

What good reasons might clients have not to set a goal? How many good reasons for "I don't know" can they think of?



Testimonials on the Therapy version:



My team was already very enthusiastic about The Mindsetter last month and today I finally tried it out as part of therapy. I played it in two groups and adapted it slightly for each group. The Mindsetter was really rewarding, and my highlight was the smile from a patient after the feedback from the reflecting team. I will definitely be using the game regularly and wanted to thank you again for this valuable therapy material! **Mona Heinrich, Berlin**



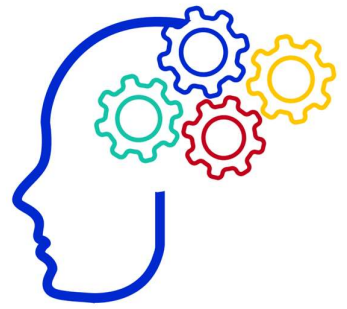
I took the Mindsetter game to Antarctica to introduce 88 Women in STEMM to Solution Focus. They loved it!! What I like about the game is you can help people understand the difference it makes when we ask solution focus questions. A lot of the women who played it are scientists so naturally go to want to problem solve. The game helped them experience the principles of solution focus without having to share much information before they played. Since being back in Australia I have continued to use the game in workshops I run. And still I receive positive feedback on how much participants love it! I highly recommend The Mindsetter game for many contexts.

Annette Gray (Sydney Australia)



Really great game that encourages people to look at their life and goals in a holistic way. In the classroom and meetings it is a great way to be inclusive and aware of people's needs and help them (as experts of themselves) to empower themselves to achieve their goals). Life changing and I love using it! **Sakina Goraine (Business Management Lecturer)**





#Gamification in therapy and counselling - fun not only for clients!

Gesa Döringer thank you for today's virtual exchange about the #mindsetter game you developed, for your enthusiasm, creativity and professionalism. A great tool for therapy and counselling, coaching and training. Consistently implemented in a solution- and resource-focused way and it can be used in a variety of ways.

Claudia Feuz Sartori, (Switzerland)



Rings and circles emerge. You move in spirals around your own goal and observe it from different perspectives."

"It facilitates the exploration of your own recovery universe (and that of others)."

"The here and now takes shape. (The game) strengthens self-exploration, self-reflection and intuition."

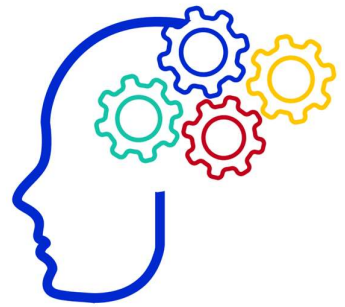
"Open exchange in an intimate group. Consolidation of a topic and focus on it.

Staying with it and being heard. Discussing something in a group gives my goal a different kind of importance." **Dennis Stratman and colleagues (Berlin, Germany)**



"We experimented with the Mindsetter Game and found it to be very useful for helping clients achieve their goals, even as the coach facilitated the process in a Solution Focused way. There were many sparkling moments and surprises, allowing us to take the coaching process in different ways; it affords us the flexibility to introduce our own 'out of the box' ideas, using our own set of cards, photos, or even exploring what's in front of us to expand our creativity in coaching.. The Questions set provided were stimulating, requiring the players to draw on emotions, even acting out their aspirations, and engaging with others while building their solutions. What a brilliant way to demonstrate SF coaching! We could also use the Mindsetter to illustrate the distinction between team coaching and group coaching and integrate the language of coaching into the game with Coaching A to Z." **Simon Lee (Singapore)**

Testimonials on the Training version



"The game is a refreshingly interactive and engaging experience that blends the principles of solution-focused therapy with gamification, resulting in an innovative and powerful tool that could be used in a range of ways – for personal reflection, as a learning experience, and for personal/professional development." Volkert, A. (2023). *The Mindsetter Game by Gesa Döringer*. *Journal of Solution Focused Practices*, 7(1). <https://doi.org/10.59874/0010.89677>



Gesa, the game is brilliant! We had our second day of training for new staff yesterday and they were excited to be the first group to try it. They loved it! The questions are wonderful, and prompted some fantastic discussions. Everyone left feeling energized, supported, and excited to take their new knowledge and mindset to apply in their work. Thank you so very much! I can't wait to play it again and again! Congratulations, and thank you again. *Abi Flanagan, (London, Ontario)*

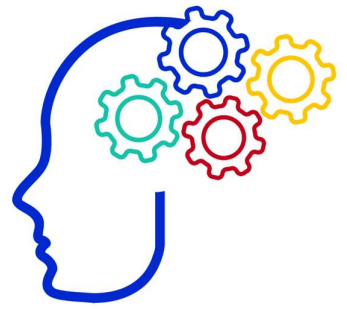


"We tried the game with the students – it provided a firework of reflection. Thank you! They had a blast and were so impressed how beautiful reflection and sharing can be." *María Kohlhuber (Schönbrunn, Germany)*



"I played the game last weekend in Vienna at the SOLworld conference. The game is super SF and immediately leads to useful special conversations. And because you stand and move you have more feeling and emotion and less ratio." *Marianne Geurts*





The author:

Gesa is an **experienced SF therapist and occupational therapist**.

Trained at the NIK in Bremen and Berlin she had the luck to be trained by between others Insoo Kim Berg and Yvonne Dolan. For the past 15 years she has been working as a jobcoach at the department for the treatment of adolescents with early onset psychosis of Amsterdam UMC, combining her two professions with passion. She respectfully witnesses the resilience and solutions of her clients and admires how they dust themselves off after experiencing psychosis and how they dare to focus on their goals and next steps ahead.

Experiential learning and game elements are her secret ingredients to hold space for her clients and encourage them to gain new insights and flexible perspective taking. For the past 10 years she has worked as an author and SF Trainer in Germany and the Netherlands, teaching SF and, more recently ACT. In 2020, she published a first book on SF for OTs in Germany for which Yvonne Dolan wrote the introduction.

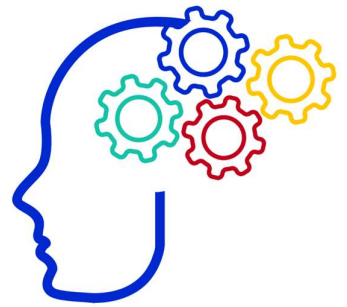


Acknowledgements

I learned in the past three years that design thinking naturally turns into design doing and is a very dynamic process. And that process continues! This game is just the beginning. The development has been a fruitful co-creation with **Harriët van Asperen** from the Serious Gaming Academy in Almere, the NL. With her generosity and knowledge, she has supported me during the process of design thinking (and design doing)! **Swantje Kampe** skilfully designed the Mindsetter logo. **Ben Knelange** from mijndrukker.nl created the fantastic cards. Clients and colleagues have further improved the game with their enthusiasm and feedback. Among others **Pamela Proper King** (Solutionplay) and **Ayse Adil** (Family Based Solutions) have been incredibly supportive. **Rayya Ghul** and **Peter Szabo** have been supportive listeners. To all these people: Many thanks!



And now: Let's play!



Content: A firework of reflection

The Mindsetter Game® is currently available in two versions (Therapy & Training) and three gameboard sizes, each in 3 languages (English, German or Dutch). Each version consists of a gameboard carrying tube containing...

- **96 playing cards** with SF questions.
- **A game board made of PVC (vinyl)** which is durable, water resistant and easy to clean. This makes the game suitable for playing on the table as well as on the floor.
- **4 game pieces** in matching sizes.
- **1 or 4 dice** (depending on the game version) in a suitable size.
- **The game instructions**



Price List:

- **60 cm² (23,6inch²) Gameboard Size M**
Recommended for desk-based gaming
250 Euro, excl. shipping costs.
- **120 cm² (47,2 inch²) Gameboard Size L**
Recommended for stand-up gaming
350 Euro, excl. shipping costs.
- **180 cm² (70,8 inch²) Gameboard Size XL**
Recommended for stand-up gaming
500 Euro, excl. shipping costs.