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## BIBLIODRAMA AS A METHOD IN THE CONTEXT OF COACHING

In diesem Beitrag zeigt Auni Kaipia, dass Bibliodrama und Coaching sich verbinden lassen. Im Mittelpunkt steht die Frage danach, wie ein individueller Weg des Arbeitens in einer modernen Kirche aussehen kann. In Coaching-Sitzungen für kirchliche Mitarbeiter bietet es sich deshalb an, mit biblischen Texten zu arbeiten. In ihnen können sich Mitarbeitende verschiedentlich identifizieren und eigene Anteile entdecken. Damit trifft der Coaching-Prozess nicht nur das „professionelle Selbst“, sondern die ganze Person. So können Mitarbeitende die Bedeutung und Relevanz biblischer Texte neu entdecken.

I am a bibliodrama leader and a few years ago I studied to become a coach in the Finnish Lutheran church. I noticed that there are many connections between bibliodrama and coaching. The basic method in coaching is discussion. A person in guidance brings in a subject that he wants to discuss and a coach helps him to see it more clearly and to find a new and better way to behave in his profession. Nowadays many coaches use many kinds of functional methods in their practice, too. In bibliodrama you read the text, but the text reads you and speaks to you, too. A text is also a scene in which you can experience significant emotions and discover new perspectives also as a person of your own. Many times participants in bibliodrama get answers to their personal life and questions. In my studies in coaching I wanted to try out using bibliodrama as a method in my coaching with a person or a group about the questions they have in their work or even better about the question how they work, what their personal way to behave in their work is. I made two practices. In both of them the participants have never entered a bibliodrama workshop. For that reason the participants entered the text from the point of view of their working-ego. That seemed to happen very easily. First I made an experience with a woman who works with small children. I worked with the text Mark 10:13-16. That was very familiar to her. We made four roles of the text with chairs: Jesus, they = mothers, disciples and children. The woman created the roles while I was interviewing her. Then she chose to examine the roles of mothers and disciples more. First she sat down on the chair of the role disciples and said: „We have been walking a long way. We are tired. It’s time to rest. Jesus, too, is tired and needs to rest. There appear mothers with their children. They are noisy. They disturb our rest and peace even though they surely notice that we are having an hour of rest under the trees. We say to them to take their children away to play somewhere else. Jesus needs to sleep. But Jesus says that they don’t have to go anywhere. I am very irritated how he can always go on!“ The second role was the role of mothers: „My baby is just a few months old. He is my first child. I am very happy about him, but also excited about how I can take care about him and I am worried about that anything bad could happen to him. I have heard that Jesus is so good and somehow devine. I wanted to ask Jesus to bless my baby. I have not seen Jesus before but as soon as I saw the group of men I knew which one of them is Jesus. Jesus just hold my child on his arms, and he did that very well and said a blessing.



My baby seemed to be satisfied and peaceful. Also I felt good." The person stepped out of roles and she told me what meaningful experiences she made as a person working in church with children and what she learned. „I noticed that there are the roles of mothers and disciples at the same time within me. As a person who works with children I am sometimes as not confident as a young mother. I have a lot to learn. It was good to see that the eagerness of adults influences children. A child knows all the feelings of adults. That is a bad thing, too. I feel miserable because of that I have been so often sick and tired. How do the children in my club feel about that? As disciples I am so tired. I hope that my club and my work would end and that no one of the parents would like to talk to me after the club even though

I really like co-working with parents and find it very important. I understand why disciples did as they did. A person does not always have the strength to do what he should do. I hope I don't give to parents such an impression as disciples gave to mothers even if I am tired! Which roles of the text do you wish to grow in yourself? „I wish that the role of Jesus would grow in my work. I want to become more calm and willing to do my tasks also when I'm tired. I want to learn to approve of all people and tolerate dissimilarities. I want to be a grown-up adult to children, parents and my co-workers. From children I'd like to take some of the enthusiasm and courage to start working when I'm imperfect and know I can't know or control everything."

The second experience I made with a group of musicians of the church. I took Psalm 150 for our work. After warming up we read text many times. Everyone chose a word from the text. Everyone sought a clapping rhythm to her word. We listened to their rhythms one by one and then all together. Participants moved saying their word and clapping their rhythm. They found a voice to their words. We listened to words one by one and then all together.

#### What did you experience and learn?

- The musician of the Psalm was very talented with many instruments.
- You can praise the Lord with music and instruments.
- You can make music easily without being some special musician.
- It was hard to give a voice because you have to be so perfect in your work usually. I felt stressed.
- In Finnish hymns the tone is very often in minor, here there was major tune and real joy.
- You can work widely also in church, use all your talents and many instruments.
- You may have joy also in church and do your work in many ways.

As a coach in our church I want to help other workers to find their personal way to work in today's church. It also means that workers have to deal with their faith and conceptions of being a Christian person. The person who works with children finds from the roles of Bible story many new and useful aspects to her way to work. The Bible story was a safe scene where she could watch, try and feel different roles which also where her inner roles, as she noticed. Persons who work in the church live with many myths, believes and traditions. Workers feel that many of these are not relevant any more. They should find out their own way to work in the modern church. Especially all those who work in divine services, e. g. musicians, often meet opinions that they should not do anything in a new way. In our experience the musicians find out that our basic book, the Bible, allows them more freedom and variety than they usually have. It helped them to seek their own personal way to work in our church.



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