



A collaboration of:  
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## SA-OS method, “Simultaneous Action-Observer Strategy”

Working in direct dialogue to find new answers in (conflicting) relationships together

SA-OS, a structured way of improving relationships. A method to bring clarity in the chaos and complexity of a conflict. Those involved will gain a better understanding of themselves and the other person, leading up to finding new ways of interacting with each other.

The background of this method is the principle of thesis-antithesis-synthesis (Hegel). This dialogue happens within the individual as well as in the relationship. The SA-OS method helps people to widen their perspective, and increases understanding and appreciation between people.

### Conflicts in motion.

Conflicts can run deep and sometimes are about something completely different than what the conflict seems to be about. Accusations like: "you never do ...", "you always do ..." fly back and forth. The other is reduced to the "enemy".

Untangling the conflict can be difficult for a counselor. People in conflict often only feel their own pain and find it difficult to see the other person with his or her pain. By using the SA-OS method, conflicts can be untangled and people become visible again as human beings, both in their beauty and in their shortcomings. A method that, also online, brings movement in deep conflicts by using a clear structure.

### Background description:

SA-OS stands for Simultaneous Action-Observer Strategy a well founded theoretical strategy in which two people (protagonists), based on a thema, engage in a dialogue together. This strategy consists of 5 phases. Going through these 5 phases leads to broader insights and increases mutual understanding and appreciation (Verhofstadt, 2020 \*).

The SA-OS strategy was developed by L. Verhofstadt-Denève and is theoretically underpinned by her Femenological-Dialectical Person Model (Fe-Di-P model).

\* Note: Evidence Based Practice: At the moment there are still scientific studies on the effects of this strategy. The results will be published shortly. Research .. (Verhofstadt, 2021).

### General information:

In this training you will become familiar with:

- the SA-OS model and the underlying theory;
- the ability to apply this model with 2 protagonists
- the attitude associated with this (safety, confidentiality, neutrality, openness),
- the ability to bring about encounters and to reduce the "enemy image"

**Target group:** Professionals who work with people in conflict (such as: Mediators, Coaches, Teachers, Psychodramatists, Lawyers, Relationship- and System Therapists).

Participants will be trained in the application of basic techniques belonging to this model.

**Meetings:** This is an ONLINE training consisting of 3 sessions of 3 hours.

With sufficient participants, the next module will start.

**Dates:** 18<sup>th</sup> and 25<sup>th</sup> of February, 4<sup>th</sup> of March 2021

**Time:** 10.00 hours – 13.00 hours

**Trainers:** Ina Hogenboom (TEP), Hannah Salomé (TEP) Jacomien Ilbrink (CP & PAT)

**Costs:** € 250.00 (VAT free)

**Register mail to:** [ina@psychodramaq.nl](mailto:ina@psychodramaq.nl)

After registration you will receive an email confirming your participation.