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**Causistry – Marketa**

**1 Basic information**

- 26 years old, lives with boyfriend in her own flat
- Works 14 months with FIE method
- Instruments she worked with:
  - ✓ Organization of Dots
  - ✓ Orientation in Space
  - ✓ Identifying Emotion

**2 Family anamnesis**

Marketa comes from a single-parent family. She lived with her mother and her 15 years older sister, she was not seeing her father. Her mother began to have drinking problems since Marketa was very small and they continued for the whole time they lived together. Marketa graduated business college and economics at higher vocational school. She currently works in banking sector. Since her years at the vocational school she had to take care of herself, financially as well.

**3 Self-reflection and reflection of FIE – Marketa**

I signed up for FIE with my friend. I had to take of myself alone almost my whole life. I rejoiced when I could learn some new things via pleasant meetings. At first I had no idea what to expect. A great advantage to me was not going alone into the unknown. I did not know any other members of the group which cooled my expectations a bit. Why? Because I was not sure if I could and should open myself to strangers, present my opinion or objection. Was it the fear of what they might think about me? If I would be judged based on my opinions? Will they not lecture on how things should be done? And naturally I began to downplay myself in my thoughts – what if I am bad at it, what if I cannot understand the instructions and will make a fool of myself?

Fortunately my worries were misplaced. I got on very well with others. It goes without saying I was vigilant of what I say and what I do not in the beginning but through time it went away and everything I wanted to unload I did without fear.

When I look back and ask myself what FIE gave me and keeps giving there are multiple answers to this question. During lessons we have a good time and laugh, we come up with various topics, encounter much common as well as many differences. Always when the lesson ends I already look forward to the next week, to both the girls and the next page of instrument. I never occurred to me to reach formulating boundaries of human relationships while connecting dots. What remains the most important is my development as I can already observe results it brings me. FIE has had a great impact on how I think and views I had on certain issues, which I approach previously without

thought, rashly or did not approach them at all. It is really valuable to sometimes just stop, think and look on things from another viewpoint. When one does so her or his life gets much easier – she or he leaves arguments, anger, shouting, mistakes and anything else one would regret later. Obviously one does not achieve that every time but it is important to know there is a way and it is up to us how we take a stand. FIE sessions teaches me to tolerate other views even when I do not agree with them. Another huge asset for me is the perception of orientation. I who was never able to orientate well suddenly perceive so many hints and symbols that help me orientate myself not only in space but in life as well.

I am very grateful to have had FIE enter my life and became its part. Thanks to the mediation of my teacher is FIE a huge influence on me. I am glad she chose me into her team and gives her time in order to show me something new. I appreciate it very much and I am happy to develop myself further and intake more information, situations and opinions.

#### **4 Teacher's perspective**

##### **4.1 Group characteristics**

- 5 women of various ages
- Various stages of education reached: university – 2 (1 Bachelor, 1 Master), higher vocational – 1, high school graduate – 1, vocational certificate – 1
- Various field of labour

##### **4.2 Marketa's personality**

Marketa is open to confide to us and speak openly of her life. She mentions her private life quite often and reflects on her development in both thought and behaviour – controlling her emotions, being able to solve tasks calmly and thoughtfully. More than others she speaks of the impact of FIE on her personality, how she is conscious of the impact, which both are apparent.