

What is Mirai-iku?

Mirai-iku is an educational method that fosters positive thinking by feeling "I'm OK!!"
We aim to develop each person's ability to develop the future to create a really happy future for one.

What is important is the acceptance and sharing of "self-affirmation", "other affirmations" and "diversity".

Achieving a happy and sustainable society that starts with affirmation is the goal of Mirai-iku.

About workshop "Look at me"

Mirai-iku is one form of Art Therapy method created by Satomi Yagi.

The participants will be given a blank booklet, where they are instructed to draw pictures which represent a metaphoric view of themselves.

They are given color pencils to do this work.

During this process, as the students write one picture, they are asked to write in script what this picture means to them.

This helps the participant to objectively view where they are in a non-confrontative way.

Students are then asked to walk around the room to give written feedback to other members.

This entire process not only helps the participant to look deeply into themselves, and allows them to visualize their ultimate goals and visions.

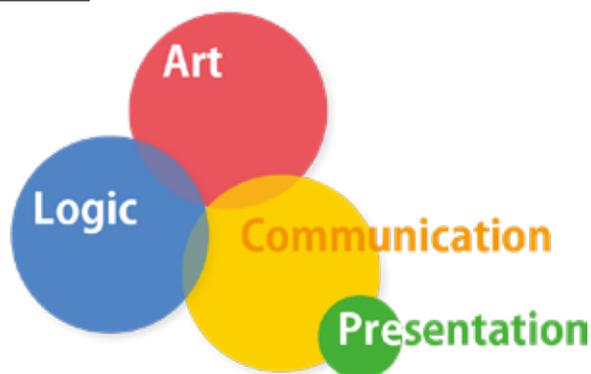
By sharing the pictures with others, a deep sharing of their most inner-self can be actualized.

By receiving feedback from others, they can become aware of their own possibilities.

and They can become a picture book writer.



4 factors



[Art / Picture]
Self-disclosure by mental landscape

[Logic / Sentence]
Self-disclosure by story

[Communication]
Exchange with pictures and stories

[Presentation]
Self disclosure by presentation

Some specifics about "Look at me"

"Look at me" is a focusing-oriented art therapy where participants can view themselves as a plant and a circle of life.

The participants will look deeply into their own self, look deeply into other people's pictures, and receive deep attention back on their own pictures from other members.

This will help them nurture a sense of bonding within a group, self-affirmation, and self-effectiveness.

