



An introduction to the  
Rondine Method/1



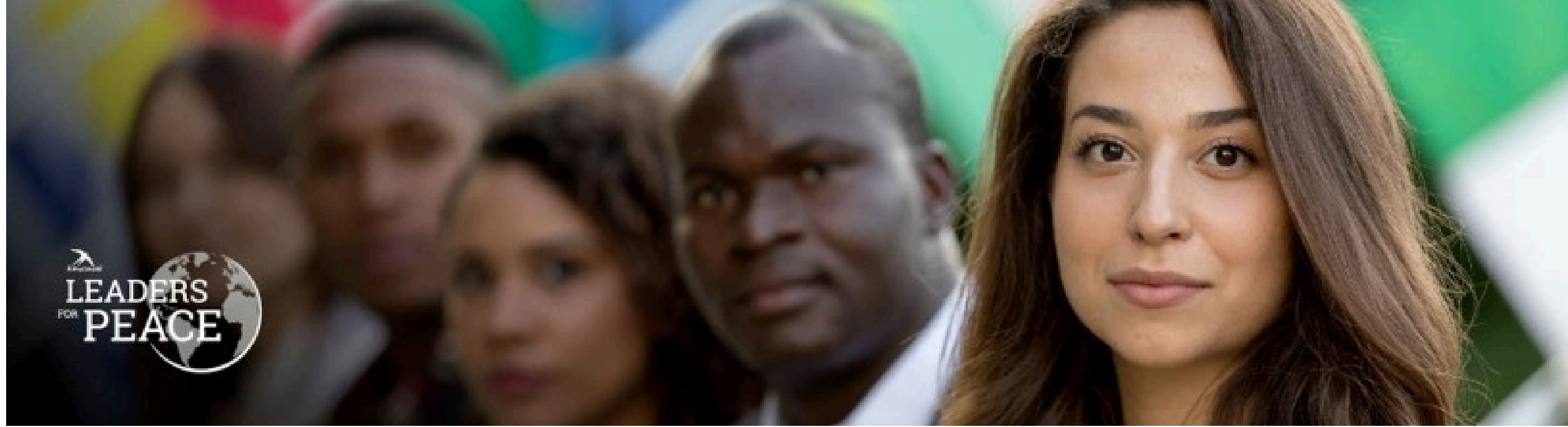
## PROGRAM OF THE SESSION

- Theoretical introduction to the concept of *Relationship* according to the Rondine Method
- The experience of the World House: Đorđe and Hamza.
- Q&A
- Exercise



# RONDINE METHOD

- Meaning of METHOD, μέθοδος = "to pursue a way"
- Inductive process = it was born by the experience
- Theoretical influences = anthropological-philosophical, social-psychological, and psycho-pedagogical approaches



## The origin of the Rondine Method

- An experience born thanks to an intuition
- 20 years of observing this concrete experience
- Different target: Quarto Anno
- Development of the Theory on Relational Approach to Conflict



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*The Theory on Relational Approach to Conflict is based on 3 pillars:*

## **Relationship - Conflict - Enemy**

*Promoting the creative transformation of conflict through the experience of young people discovering the person within their enemy*



# THE RELATIONSHIP PRECEDES THE PERSON

Everyone is  
born **thanks** to  
a relationship

- Relationship as natural state of the human being.
- We cannot live alone, without others.
- As we grow up, we think we are independent, self-sufficient, self-determined

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We evolve only through **relationships**, BUT relationships are not always easy

- The challenge in Rondine is to learn to stay in
- relationships even when they are **conflictual**
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**Relationship = Gifted space  
and time**

## 3 levels of the relations:

- Concret
- Unconscious
- Imaginative

## Management of these levels

- Psychic accommodation
- Relational shock
- Maintenance of the relationship
- WE-Relational Habitat

# RELATIONSHIP



## CONCRETE LEVEL

- It represents what we experience in the **present**
- Sharing of donated space and time, Concrete, corporeal, sensitive, direct behaviors



# UNCONSCIOUS LEVEL

It represents the **past** and contains:

- Memories and Emotions
- It emerges without awareness



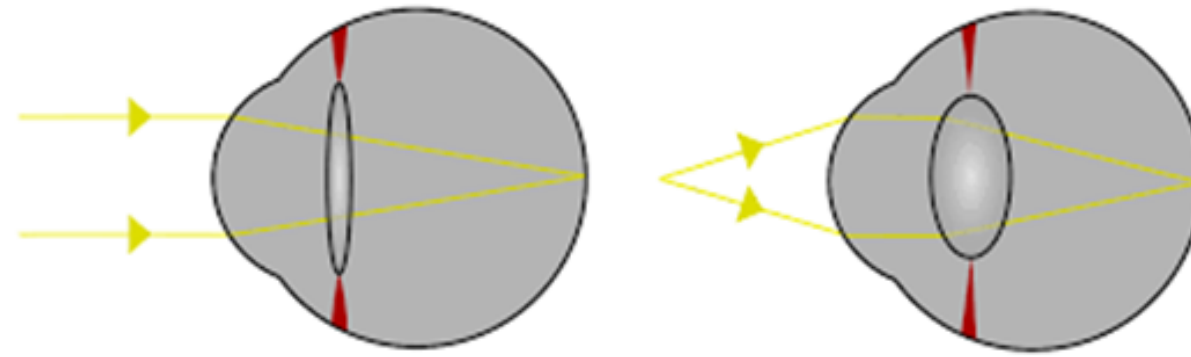
# IMAGINATIVE LEVEL

It represents a glimpse into the **future** and includes:

- Desires and Fears
- It's different from fantasy



The mechanism that regulates the 3 levels is called  
**PSYCHIC ACCOMMODATION**



CONCRETE    UNCONSCIOUS    IMAGINATIVE

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When it works, it keeps the 3 levels in **balance**.

When one level prevails over the others, a distorted view of the relationship occurs

# RELATIONAL SHOCK



- Sudden **break** in the relationship
- Unilateral or bilateral
- Caused by an external factor (event: news, phone call) triggering a reaction that damages the previously established relationship

# MAINTENANCE OF THE RELATIONSHIP



## Ordinary maintenance:

- Daily process
- Listening to each other
- Doing things together
- Sharing ideas and desires
- Sharing emotions

## Extraordinary maintenance:

- Critical moments
- Relational shocks
- Concrete relationship absent for long time

Maintaining good relationships requires the cultivation of active and empathetic listening



## Key Elements of Active Listening

- **Centering** = before listening to others, it's essential to first listen to oneself. Ask: *Am I ready to listen?*
- **Inner integrity** = maintain a clear intention to listen, understanding both the reasons for listening and the potential negative consequences of not doing so
- **Focus and awareness** = recognize when you are becoming distracted and gently bring your attention back to the conversation
- **Interaction** = demonstrate that you are actively listening by asking thoughtful questions and summarizing key points to ensure understanding

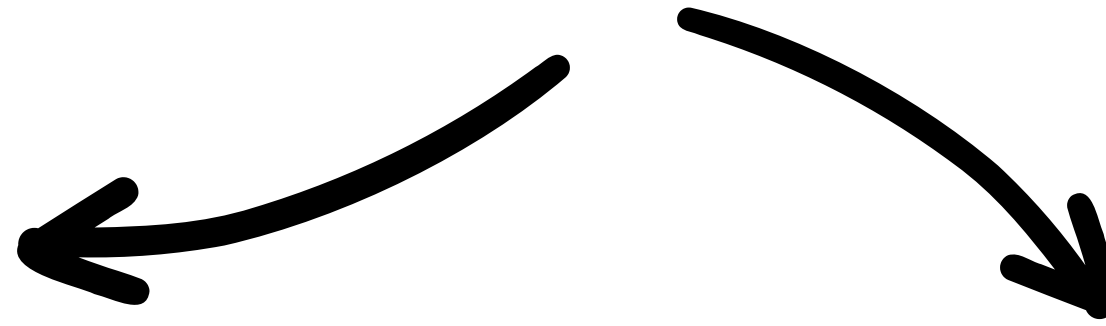
# What's the Relational Habitat?



## **WE more than ME and YOU**

Generation and regeneration of the relationship:

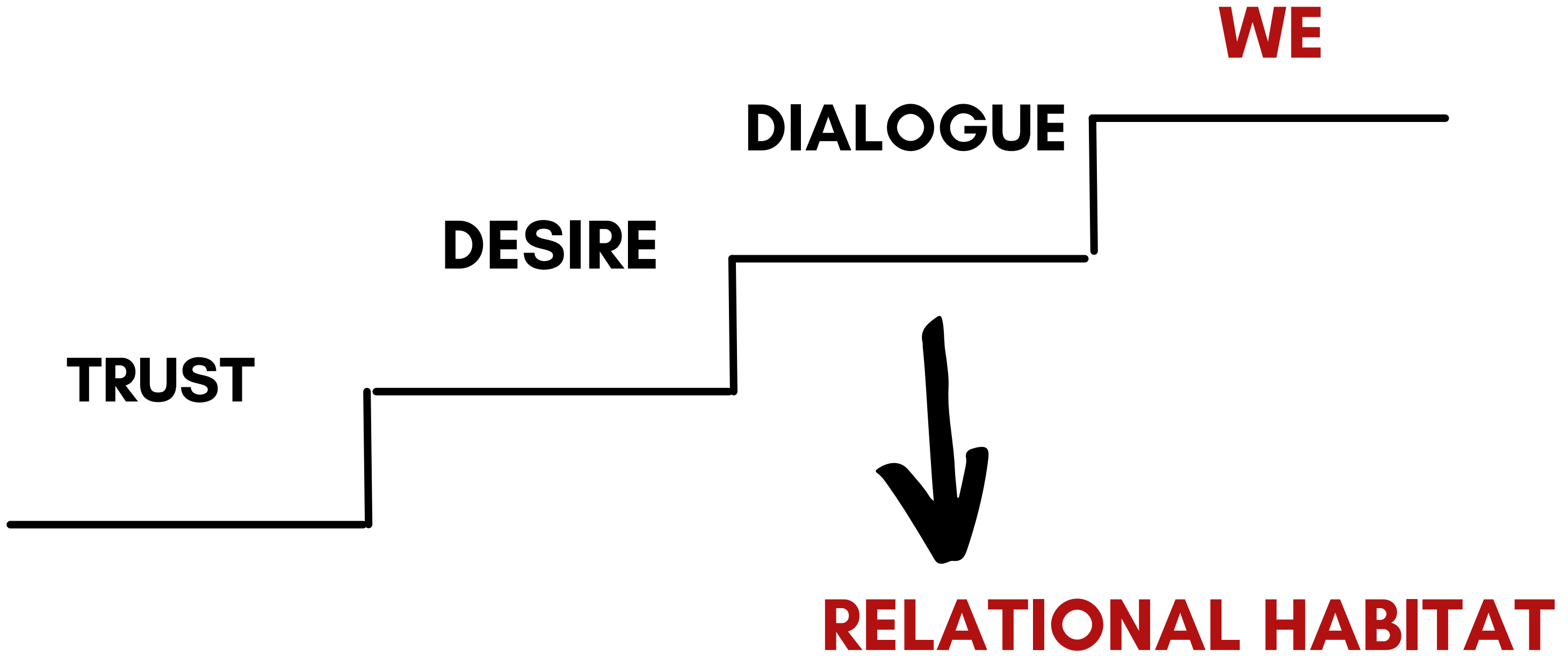
- Growth
- Change
- Maintenance



Immobility and degeneration of the relationship:

- Stagnation
- Blockage
- Abandonment

# Scale of Relationship construction



# Let's meet the World House

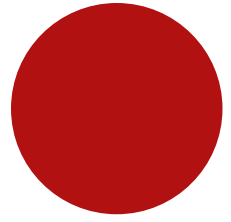


## Practice on RELATIONSHIP



- Individually, read the testimony and identify elements of the 3 levels of the relationship (concrete, unconscious, imaginative).
- In small groups, arrange an online meeting and compare your exercises.
- Reflect on it and create a shared document with your impressions.
- Upload the document to the shared folder





Thank You!

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