

Social Educators Change Lives

KRAP - As a basis for understanding, development and learning

by licensed Psychologist & author Lene Metner and educational consultant and VISO specialist Sanne Hansen

No one can do everything,
everyone can do something -
together we can do a lot!

PSYKOLOGCENTRET | SKIVE/VIBORG | TEL. 86601171 | INFO@KRAP.COM | KRAP.COM

1

Welcome – What are we going to do today?

- Short presentation
- What is KRAP and how is KRAP used?
- The elements and flow of using KRAP
 - Based on central methods
- The Pillar Model as a systematics and management tool
- To set goals and create development

2

With KRAP as a base :

- Courses and lectures at home and abroad
- Supervision
- Investigations and examinations
- Therapy – children, adolescents and adults
- KRAP-certification and consultancy
- Family tasks
- VISO supplier (9 special areas)
- KLAR – Leader and organizational development/education (KLAR.dk)
- Working environment
- Occupational and organizational psychological interventions
- Projects and book writing (DAFOLO + own publishing house)

3

K Cognitive

R Resource-focused

A Appreciative

P Practice

4

Socialstyrelsen

Evaluatet in collaboration with the social welfare agency

The test showed that KRAP works

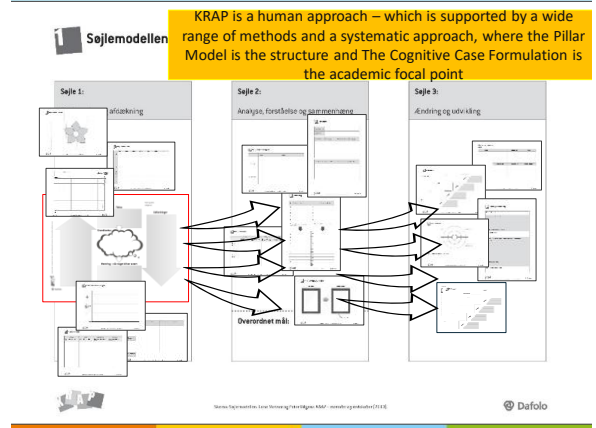
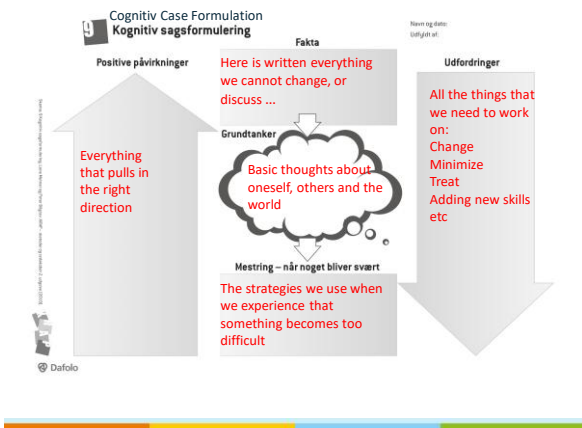
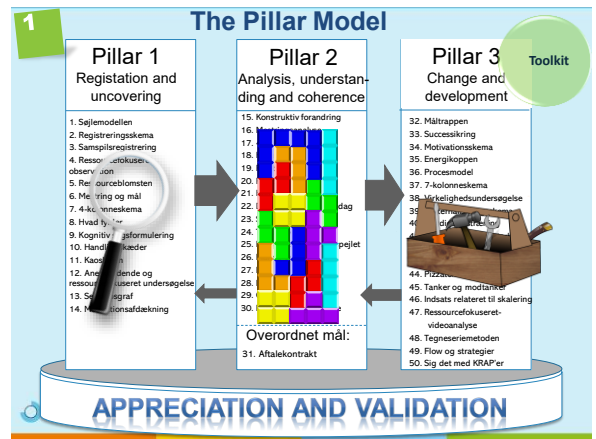
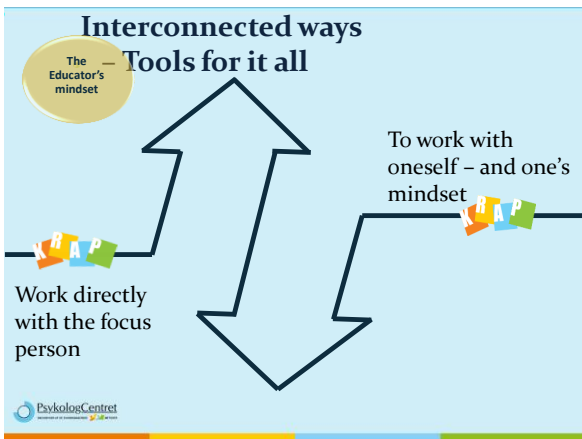
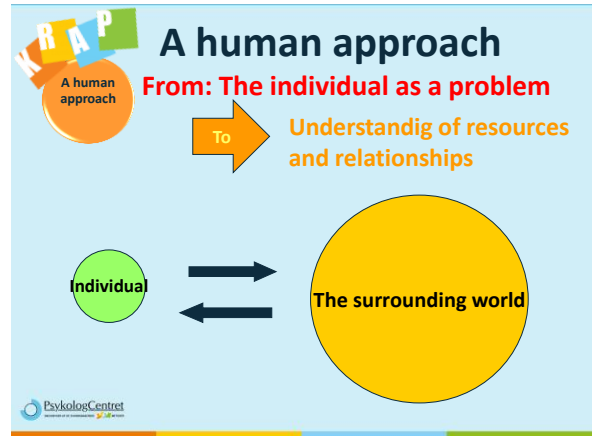
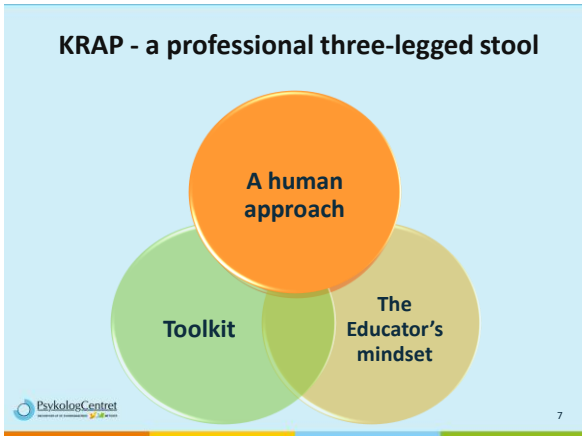
5

K R F

R P M

Appreciation

6



The goal is not just to fill in forms – but to see the KRAP forms in a context as support in an understanding or development process 💡

Cool! How crazy I get so much to go on with

13

K Cognitive

R Resource-focused

A Appreciative

P Practice

14

Cognition

- The term for human's continuous processing of information
 - How we *think*
 - How we *imagine*
 - How we *remember* a particular event

This happens through "inner conversations" without us being fully aware of it!

15

16

Situation

Thought

Emotion /feeling

Action

16

Dafofo

4-kolonneskema

Navn og dato: _____

Situation	Thoughts Tanke	Emotion/feeling Følelse/krop	Action Handling
Beskriv det præcise øjeblik, det handler om	Hvad var tanken i det øjeblik?	Hvad følte du? Hvad mærkede du i kroppen?	Hvad gjorde du så, eller hvad tænkte du så?
Sanne says: one of you has a yellow post-it under the chair – whoever has it is going to help me with a little play	1. I don't know if I dare – I wonder if I have it. 2. I really want to – I have to wait and see. 3. I don't want to do that in any way.	1. Nervous and curious 2. Excited and expectant 3. Discomfort and anxiety	1. I hurry to check under the chair. 2. I sit back and continue to listen. 3. I sneak out and go to the toilet

17

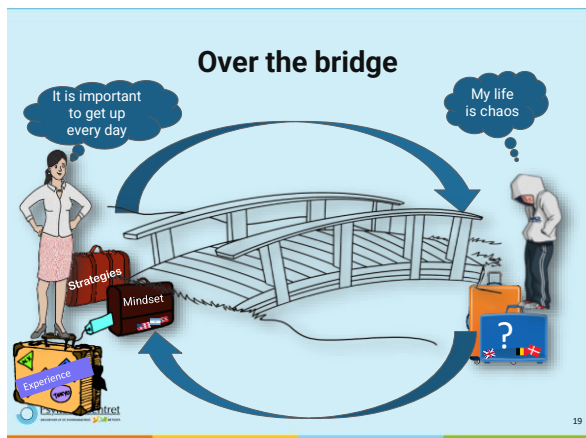
K Cognitive

R Resource-focused

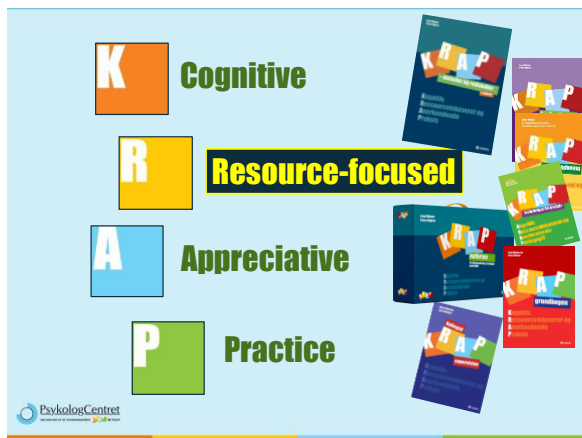
A Appreciative

P Practice

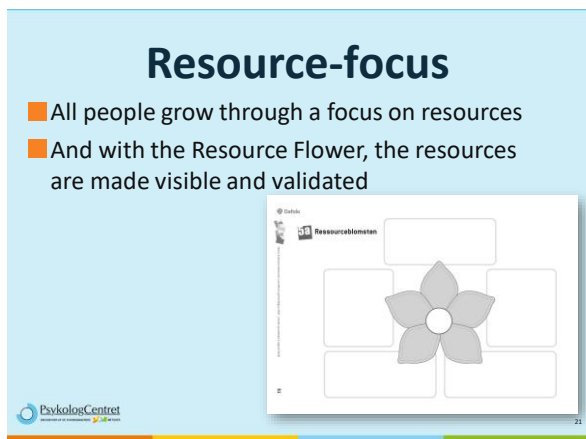
18



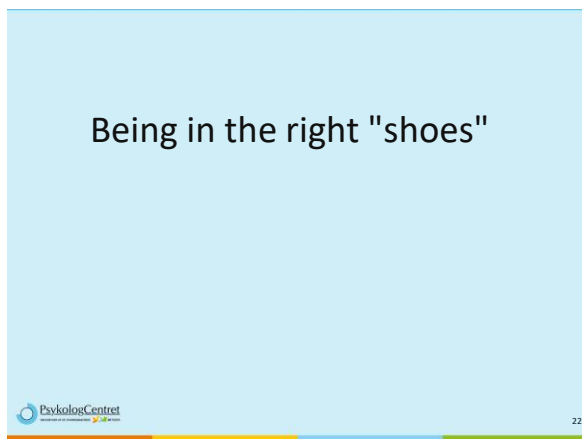
19



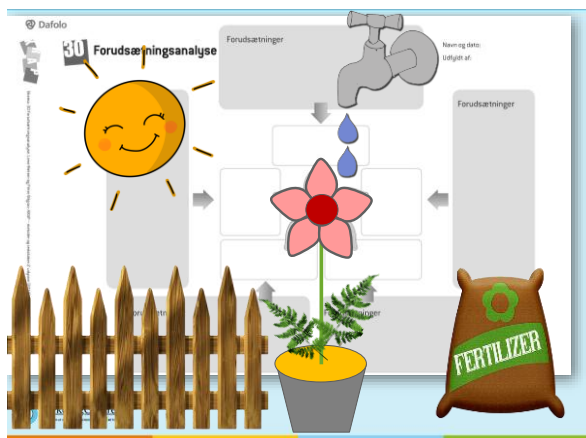
20



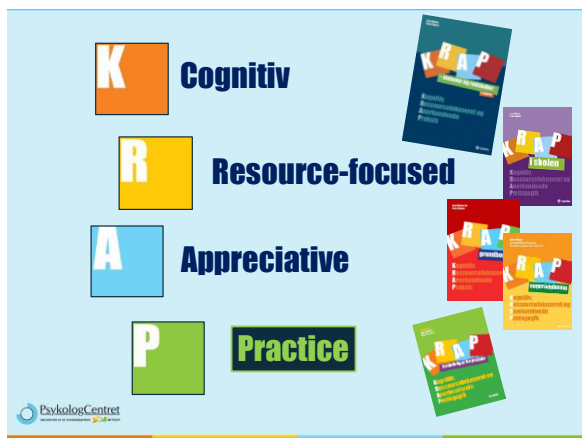
21



22



23



24

Practice is about how and with what

- How do we motivate new initiatives
- How and with what methods do we create meaningful development and/or initiatives in given directions
 - For Social Educator's
 - For Focus people
 - & relatives/network

25

To create goals

- To want something in particular, for a specific reason and to know when the goal has been reached.

KRAPs målmodel

- K** Konkrete og målbare mål
- R** Realistiske snubelmål
- A** Anerkendende formuleret
- P** Præcise evalueringer

26

32 Måltrappen The Goal Ladder

Overordnet mål: _____

Delmål 4: _____

Delmål 3: _____

Delmål 2: _____

Delmål 1: _____

27

Our KRAP universe

2025 - news

KRAP til alle
Kognitiv Ressourcelokusert og Anerkendende Praksis

Trivsels-KRAP
Trivsel og velvære

KLAR
Kognitiv Ledelse Anerkendende og Ressourcelokusert

28

Find the forms here

Vier

Follow us on social media for more information.

Vi udbyder mennesker og vi udvikler organisationer - vi er alle KRAP-specialister med bred praktisererfaring.

Se kurser | Se video

Download KRAP-aktuel

29