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# Mentoring

**purpose**  
(re-)inclusion into  
society

**Training**

**Working tool**

**Mentoring**

## Mentoring regarding violent extremism

**Safety:** the mentee may have his very safety at stake – may be engaged in criminality, threatened by other extremists, met by intolerance, may have personal issues.

- *Mentoring is based on a relationship in which the mentee can work on concerns which he/she cannot discuss elsewhere.*

**Confrontation:** the mentee is at risk of undergoing a radicalization process on the pathway to violent extremism

- *Mentoring is about challenging and broaden the mentees viewpoints and perspectives on life*

**Direction:** The relationship and confrontations are directed at re-inclusion and building citizenship

- *Mentoring is about training the mentees grip on life, i.e. building life skills by which he/she can comprehend and manage life in a meaningful way (Antonovsky)*
- *Mentoring is not about ideological and political control.*
- *Mentoring may be about giving his/her indignation and critique of life conditions a legal and nonviolent voice.*

# Life Psychology

purpose  
(re-)inclusion into  
society

Training  
mindset  
skillset

Working tool

Mentoring

**Mentor mindset:** Basically mentors need to understand what their mentees are searching for

In terms of Life Psychology it is the same as we are all aspiring to: agency in life and having a good enough grip on life

A good enough grip on life is based on *general human life skills*

- *Life Psychology is a theory of general human life skills, their development as well as social, cultural and societal formation*

**Mentor skillset** :- enabling the mentee to meet the challenges of life and counteract disordered and/or violent extremist grip on life – building resilience to radicalization

- Training and developing mentoring skills – teaching the tools by which to empower the mentees grip on life directed at inclusion and citizenship

# Life Psychology

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## AIM

Helping the mentee to get a grip on own and common life.  
Empowering basic human life skills.  
Non-violently & legal life trajectories.

## PROCESS

Solution focused in terms of Life Psychology.  
Resilient grip on life.  
Discussing everyday life issues, ultimate concerns.  
Setting motivating goals - social, cultural, societal.

## EFFECT

Handling everyday life tasks & important life choices in terms of inclusion and citizenship.  
**Immediately:** coping with specific challenges.  
**On a deeper level:** Metacognitive mindset and skillset based on general human life skills.



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**Me**



**1A:** Discuss a goal which will provide personal meaningful, comprehensible and manageable change and improvement in/of the mentees life.

## 1: Your goal

Write your goal here

**1C:** Discuss whether this goal is S.M.A.R.T. If one or more of the five questions are answered negatively the goal should be revised or replaced (boosting the goal).

### S.M.A.R.T. GOAL?

- Specific ?
- Measurable ?
- Attuned ?
- Realistic ?
- Timed ?

**1B:** Setting goals regarding:

- Major concerns about life.
- Daily life tasks.
- Risk factors of radicalization.
- Personal issues.



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**2A:** Discuss which aspects of the goal the mentee experience as meaningful and important – and therefore wants to bring into focus in working with his/her goal.

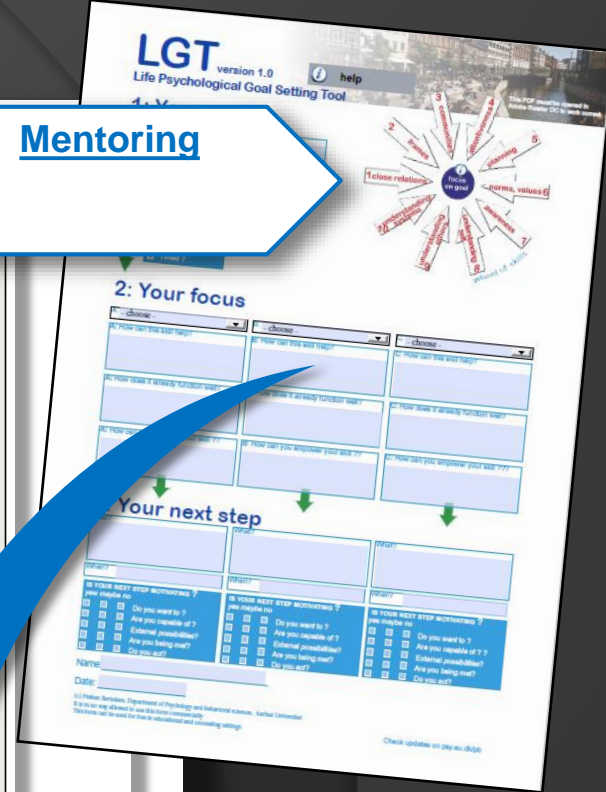
**2B:** Use the Wheel of Skills to discuss which skill will help reaching the goal

**WOS booster: Life Psychological Wheel of Skills- Choose a focus on your goal**



## 2: Your focus

A: - choose -	B: - choose -	C: - choose -
A: How can this skill help?	B: How can this skill help?	C: How can this skill help?
A: How does it already function well?	B: How does it already function well?	C: How does it already function well?
A: How can you empower your skill ??	B: How can you empower your skill ??	C: How can you empower your skill ??



### 2C: Discuss

- How the chosen skill may help reaching the goal
- How the mentee in fact already master this skill to some degree
- How this skill may be empowered

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**3A:** Discuss for each of the up to three foci on the goal what would be the next step (partial goal) towards this aspect of the goal.

Be very specific! The next step should be easily manageable for the mentee – and without meeting any (major) obstacles.



## 3: Your next step

What?	What?	What?
<input type="text"/>	<input type="text"/>	<input type="text"/>
When?	When?	When?
<input type="text"/>	<input type="text"/>	<input type="text"/>
IS YOUR NEXT STEP MOTIVATING ? yew maybe no	IS YOUR NEXT STEP MOTIVATING ? yes maybe no	IS YOUR NEXT STEP MOTIVATING ? yes maybe no
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Do you want to ? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Are you capable of ? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> External possibilities? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Are you being met? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Do you act?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Do you want to ? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Are you capable of ? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> External possibilities? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Are you being met? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Do you act?	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Do you want to ? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Are you capable of ? ? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> External possibilities? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Are you being met? <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> Do you act?

**3B:** Discuss whether the mentee in fact is motivated to take this next step. Use BFL as a motivational interviewing guide (boosting the next step)

# Life Psychology

purpose  
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Training  
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skillset

Working tool  
LGT  
Dynamic PDF app

Mentoring



LGT can be downloaded as interactive  
PDF from

[psy.au.dk/pb](http://psy.au.dk/pb)

(Danish, English, Dutch, Norwegian)





# Life Psychology

**purpose**  
(re-)inclusion into society

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skillset

**Working tool**  
LGT  
Dynamic PDF or app

**Mentoring**  
Mentee: grip on own  
and common life

Mentoring: helping the mentee to...

1. get a grip on own and common life by (re-)constructing quality of life and empowering (re-)inclusion in social, cultural and societal life.
2. comprehend and manage own and common life in a (personal and societal) meaningful way.
3. build resilience regarding life challenges in general and resistance to extremist solutions in particular.
4. Give the mentee's critique, indignation, grievance and quest for decent human conditions an empowered voice in terms of inclusion and citizenship.



## Mentor training program, Aarhus model

6 days of training. Short Theoretical Modules – practising - casework

### Topics

Life Psychology  
LGT mentoring tool

Radicalization and  
extremism  
Risk Factors  
Group, culture,  
society and conflicts

Mentoring techniques  
Assessment  
Supervision.  
Organization and law

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