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The relation between the  
sense of coherence and future imagination:  
a mixed method approach

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# The relation between the sense of coherence and future imagination

## Abstract

**Introduction.** The artist Olivia Glebbeek arranged a pilot study to take a first step towards solving current problems of the Dutch penal- and care system. An idealistic future was imagined in the pilot, where the current problems of the system are solved. The sense of coherence (SOC) is stressed by many studies as important for viewing the world as comprehensible, manageable and meaningful. While the SOC is related to good protective factors, good mental health and a good quality of life, little is known about its working determinants. The narrative method ‘letters from the future’ was used to find a connection to the SOC. This knowledge could serve not only to explore new ideas and methods for using the SOC in a narrative futuring method, but could also help the people within the Dutch penal- and care system to break through the vicious circle in which they seem to be captured.

**Method.** The received letters were analysed qualitatively based on five narrative processes of imaging the future (expressing emotions, imagining, evaluating the past, orienting on necessary steps, engaging in dialogue). Further, the connection between the SOC and the five narrative processes was analysed quantitatively, with five binary logistic regression analyses.

**Results.** Three statistically significant connections were found, all pertaining to the narrative process of ‘evaluating the past’. The total score on the SOC, the subscales comprehensibility, and manageability were found to positively predict the narrative process of ‘evaluating the past’. All five narrative processes were found in the received letters. Among the narrative processes ‘imagining’ occurred most often and ‘expressing emotions’ least often. Two groups emerged, one group was imagining an idealistic future of the Dutch penal- and care system, the other an idealistic future for the writers themselves.

**Conclusion and discussion.** The expected connection between the SOC and the future letters can be partially supported. Only the narrative process of ‘evaluating the past’ displayed a connection with the SOC. While the present study contains only positive and optimistic imagined futures - in comparison to a previous study the impression may arise that the writers’ present moment is experienced as rather negative. This is congruent with the pilot’s aim of developing a motivation to change the Dutch penal- and care system for the better. Finally, the pilot can be seen as a first step towards solving the problems of the Dutch penal- and care system.

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## Samenvatting

**Inleiding.** De kunstenaar Olivia Glebbeek probeert huidige problemen van het Nederlandse straff- en zorgsysteem op te lossen. Hiervoor organiseerde zij een pilot-studie waarin zij deelnemers aanmoedigde om zich een idealistische toekomst voor te stellen, waar de huidige problemen van het systeem zijn opgelost. Het persoonlijkheidskenmerk sense of coherence (SOC) wordt door een groot aantal studies benadrukt als belangrijk voor het bekijken van de wereld als begrijpelijk, beheersbaar en zinvol. De SOC is gerelateerd aan goede beschermende factoren, een goede geestelijke gezondheid en een goede kwaliteit van leven. Toch er is nog weinig bekend over de betrokken determinanten. De narrative methode ‘brieven van de toekomst’ werd gebruikt om te onderzoeken of er een verbinding met de SOC bestaat. De hierdoor verkregen kennis zou nieuwe ideeën en methoden voor het gebruik van de SOC in een narratieve toekomst methode op kunnen leveren. Verder zouden ook mensen van het Nederlandse straff- en zorgsysteem hier gebruik van kunnen maken. Vaak vallen voormalig gevangene mensen terug in hun oude gewoonten. Het verkregen kennis zou kunnen helpen bij het ontkomen aan deze vicieuze cirkel van criminaliteit.

**Methode.** De ontvangen brieven werden kwalitatief op basis van vijf narratieve processen van toekomst verbeelding geanalyseerd. Verder werd de verbinding tussen de SOC en de vijf narrative processen kwantitatief met vijf binaire logistische regressie analyses geanalyseerd .

**Resultaten.** Er werden drie statistisch significante verbanden gevonden, allemaal met betrekking tot het narrative proces van 'de evaluatie van het verleden'. De totale score op de SOC en de subschalen begrijpelijkheid en beheersbaarheid bleken het verhaal proces van 'de evaluatie van het verleden' positief te voorspellen. Alle vijf narrative processen zijn onderdeel van de ontvangen brieven. Onder de narrative processen (het uiten van emoties, verbeelden, het evalueren van het verleden, oriënteren op noodzakelijke stappen, aangaan van dialoog) kwam 'verbeelden' het vaakst voor en 'het uiten van emoties' het minst vaak. Twee groepen zijn geïdentificeerd, de ene had een idealistische toekomst van het Nederlandse straff- en zorgsysteem verbeeld, de andere een idealistische toekomst voor de schrijver zelf.

**Conclusie en discussie.** De verwachte verbinding tussen de SOC en de toekomst letters kan al gedeeltelijk worden ondersteund. Alleen het verhaal proces van ‘evaluatie van het verleden’ laat een verbinding met de SOC zien. Terwijl de huidige studie alleen positieve en optimistische toekomst verbeeldingen bevat -in vergelijking met een eerdere studie (Sools, Tromp en Mooren, 2015)- kan de indruk ontstaan dat de schrijvers hun tegenwoordige situatie als negatief ervaren. Dit is congruent met het doel van de pilot, die motivatie wilde ontwikkelen om het Nederlandse straff- en zorgsysteem ten goede te veranderen. Ten slotte kan de pilot worden gezien als een eerste stap naar het oplossen van de problemen van het Nederlandse straff- en zorgsysteem.

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## 1 INTRODUCTION

The documentary “A ritual dance” (transl. From Dutch: ‘Een rituele dans’) made by the artist Olivia Glebbeek draws attention to the need for a change in the Dutch penal- and care system. The film outlines current problems of the Dutch penal- and care system by using the protagonist, named George (a middle aged man), as an example of recurring incarceration, drug abuse and social isolation. Difficulties with his mother and the early start of criminality put him in jail when he was a teenager. His life is ruled by criminality and drug use. He is captured in a vicious circle of criminality, confinement, isolation and relapse to earlier behaviour (e.g. criminality). The documentary starts with the protagonist walking out of prison with the will of changing his life’s trajectory by starting a new life without criminality and drug use. However, breaking through the vicious circle seems to be an unsurmountable obstacle. According to George's lawyer, only 5% of the ex-prisoners succeed, whereas 95% remain captured by the vicious circle bound to recurring incarcerations. The documentary outlines that not only the ex-prisoners themselves, but also the organisations which are responsible for their reintegration, are part of this vicious circle. The organisations consist of local authorities such as police, public prosecutor, the correctional facilities and the probation officer. Furthermore, organisations concerned with addiction care and housing are involved in the reintegration process.

The goal of these organisations is the reintegration of the ex-prisoners in society. The collaboration of the multiple organisations forms an additional problem for the ex-prisoners due to a lack of efficient communication between these organisations (Daanen, 2012). The employees of the particular organisations argue that the time they actively spent on helping the former prisoner directly is insufficient, since government required administrative work occupies most of their available time (Daanen, 2012). For that reason, the artist Olivia Glebbeek arranged a pilot study, for taking a first step towards breaking through this vicious circle. Her goal was to bring a group of people from the Dutch penal- and care system together to exchange information about the current problems of the system and inspire each other for possible changes. The group of people from the Dutch penal- and care system were encouraged in this pilot study to present an idealistic future situation, where the vicious circle is revealed and broken. However, the ability of dealing with critical life events, such as drug abuse and criminality, may vary from

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person to person (Sools & Mooren, 2012). One way to describe this ability is the sense of coherence.

The sense of coherence [SOC] is a concept which arose from the salutogenic approach to mental health. It is regarded as a salutogenic disposition and exhibits the characteristics that are necessary for successfully coping with critical life events (Antonovsky, 1987). The salutogenic approach is the counterpart to the dominant pathogenic approach, which concentrates on the origins of illnesses and to diminish the symptoms and causes thereof. The concept of the SOC was put forward by Aaron Antonovsky in 1979 to explain why some people become ill under stress and others stay healthy. His argumentation not only created a response to pathogenic theory but also started ‘‘revolutionary changes’’ within the study concerning health, by including the individual’s need to mobilize resources during critical life events (Rivera et al., 2013).

More recently, the salutogenic approach seems to be supported by empirical findings of cross-sectional studies with different sample groups that the higher the SOC, the better people perceived their quality of life [QoL] (Eriksson & Lindström, 2006). The SOC is a capacity which by itself raises the QoL directly or even mediates it by perceiving a positive mental health (Eriksson & Lindström, 2006). This makes the SOC itself an adequate measure for people’s mental health, since it provides information about people’s ability to deal with the uncertainty of the future which correlates with the perception of good mental health. These latest studies support the importance of the SOC. They display evidence that viewing the world as coherent, or in other words manageable, comprehensible and meaningful, promotes mental health and quality of life.

The SOC promotes coping strategies, decreases anxiety and depressive symptoms and increases life satisfaction (Hannöver et al., 2004). However, the working mechanisms behind the positive nature of the SOC are not yet sufficiently discussed and it is not known which elements of the SOC actually promote these positive outcomes (Rivera et al., 2013). Due to the rise of the salutogenic theory (Rivera et al., 2013), the use of the SOC spread in several fields such as sociology, medicine, psychology and public health and became a prominent part thereof. Aaron Antonovsky worked in the field of post-traumatic growth and published theories that are used to the present day as guidelines for health improvement interventions (Blättner, 2007). He searched for an answer to the question why some people develop negative long-term effects after

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traumatic experiences while others do not. To illustrate this he studied holocaust survivors, among other groups. He demonstrated that some people not only function better than others while exposed to traumatic events, but also restore and develop better after the traumatic events. He concluded that these people differ in their sense of coherence [SOC].

The three interrelated yet distinct components of the SOC are accordingly (1) comprehensibility, (2) manageability, and (3) meaningfulness (Eriksson & Lindström, 2005; Antonovsky, 1987). However, each component taken individually seems insufficient. The SOC should rather be viewed as holistic whereby encompassing all components is relevant (Antonovsky, 1987, 1993). The SOC is viewed as a stable feature (Antonovsky, 1987; Eriksson & Lindström, 2005) which remains relatively constant after the age of 30 years. Nevertheless, some current studies done by Super et al. (2015) suggest that the SOC can be strengthened by empowerment and reflective processes. Improving SOC can be accomplished by fostering a better understanding of a stressful event and by identifying available resources (Super et al., 2015). Even though the SOC is positively associated with mental health, it seems not yet deeply understood due to which elements of the SOC this association emerges (Lambert et al., 2009). To get a deeper insight into the connection of the SOC and a narrative future imagination approach the next section will explore the current research on narrative future imagination approaches and subsequently their possible connection to the SOC.

The narrative future imagination approach or narrative futuring can be described as the creation of a future based on stories (Sools et al., 2013). Narrative futuring stimulates people to reflect on their own life and further provides them with an idea of how their future may look like (Wahle, 2012). Thinking about the future is seen as an important component of the development of the individual's identity (Bohlmeijer, 2007). The stronger the individual's identity the better the person can cope with social crises and the speed of change. By narrative futuring the individual will investigate possible opportunities which can lead to insight of important values for preservation (Sools & Mooren, 2012).

Within narrative futuring five narrative processes can be determined, namely expressing emotions, imagining, evaluating the past, orienting on necessary steps, engaging in dialogue (Sools, Tromp & Mooren, 2015). However, the process of imagining an ideal future and writing about this future is an unusual task for most people, a recent study conducted by Sools, Tromp

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and Mooren (2015) state that the five narrative processes of narrative futuring are close to everyday usage and can be reprised in imagining the ideal future. Further, narrative futuring is related to motivating and organizing effects (Sools & Mooren, 2012) which may shift the individual's current world view as being more comprehensible and manageable. By comparing the narrative futuring to the SOC the question arises if the concept of the SOC arose in a similar way as narrative futuring.

While current research has focussed on the SOC with regard to various concepts such as mortality, quality of life and health, (Almedom et al., 2007; Eriksson & Lindeström, 2006) research towards the concept of the SOC in relation to narrative futuring is still scarce. Narrative psychology concentrates on increasing a person's sense of meaning to his life by using reflection strategies for their own stories (Crossley, 2000). A deeper trust in the notion of having a supportive social environment and a feeling of certainty and consistency of a positive future, is also a feature of a narrative future intervention. As the SOC is a often used concept for displaying one's coping behaviour due to critical life events, narrative futuring may increase one's coping behaviour through reflecting on possible future scenarios (Sools & Mooren, 2012). Furthermore imagining of a positive future situation is seen as having the same effects as the actual behaviour, which therefore leads similarly to a higher level of confidence for success (Carver & Scheier, 2001). Since behavior is strongly connected to future expectations (Adler, 2012) and future imagining may foster positive future expectations (Lombardo, 2006) a person's ability of viewing life as even more manageable and meaningful may be influenced by narrative futuring. As the SOC consists of the three components meaningfulness, comprehensibility and manageability, the SOC and narrative futuring may have a connection. An exercise which utilizes narrative futuring is writing a "letter from the future" (Sools, Tromp & Mooren, 2015) which furthermore may be a tool for providing deeper insight into a possible relation between the SOC and narrative futuring.

Narrative futuring is an adaptation from an exercise used in storytelling groups in mental health promotion settings in the Netherlands (Bohlmeijer, 2007). Within the process of writing a letter from the future, the participants are encouraged to write a letter from their own ideal imagined future to their current self. This ideal future can be viewed as an important situation in the individual's life, where reflection is a necessary condition. It is further described as a



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prospective reflection instrument (Sools, Tromp & Mooren, 2015) because the individual is able to reflect on an imagined situation in his future life. Although, the common notion within the narrative psychology outlines the importance of reflecting on an experience in the past, while it is suggested that also reflection on a future experience can serve the same benefits (Sools, Tromp & Mooren, 2015).

The research at hand searches for a connection between the ‘letter from the future’ method with the three components of the SOC - comprehensibility, manageability, meaningfulness - and concentrates on the question whether the people from the Dutch penal- and care system are able to imagine an ideal future. The aim of the study at hand is to analyse the future letters by using five pre-defined and validated narrative processes (i.e. expressing emotions, imagining, evaluating the past, orienting on necessary steps, engaging in dialogue) (Sools, Tromp, & Mooren, 2015), and compare them with the three components of the SOC (i.e. comprehensibility, manageability, and meaningfulness). The letters envisioned by the participants form the objects of analysis in this study. The study at hand uses both qualitative and quantitative analysis. The qualitative analysis focusses on the occurrence of the five narrative processes within the future letters. The quantitative analysis concentrates on the connection between the three components of the SOC and the five narrative processes expressed in the future letters. Further, the relationship between the quantitative SOC and the qualitative narrative futuring will be explored. This knowledge could serve not only for new ideas and methods for using the SOC in a narrative futuring method and vice versa, but could also help the people within the Dutch penal- and care system to take the first step of breaking through the vicious circle where they seem to be captured. Here, different stakeholders will imagine a better future together, possibly from different points of view, and it seems worthwhile to figure out how these imaginations are formed to possibly improve the effects of the intervention and find solutions for problems of the Dutch penal- and care system. Understanding the formation of imaginations may provide the group of people from the Dutch penal- and care system with the possibility to form specific context or interests, which would provide them with a higher chance for success. Regarding the above described assumptions and ideas, the following research questions are formulated:

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- 1) How do the five pre-defined and validated narrative processes of narrative futuring - expressing emotions, imagining, evaluating the past, orienting on necessary steps, engaging in dialogue - appear in this specific respondent group?
- 2) How is the SOC as a whole and as its three components (comprehensibility, manageability, meaningfulness) related to five narrative processes of narrative futuring?

## **2 METHOD**

### **2.1 Design**

The study involves a One-Shot pilot study (Campbell & Stanley, 1963) aimed at testing a 'narrative future imagination intervention'. One week before the intervention the SOC questionnaire was administered. Both qualitative and quantitative data were collected and consequently analysed using mixed-method analyses. The research has been approved by the ethics committee of the faculty of behavioural sciences. The participation in the pilot and handing in the letter to the future was voluntary.

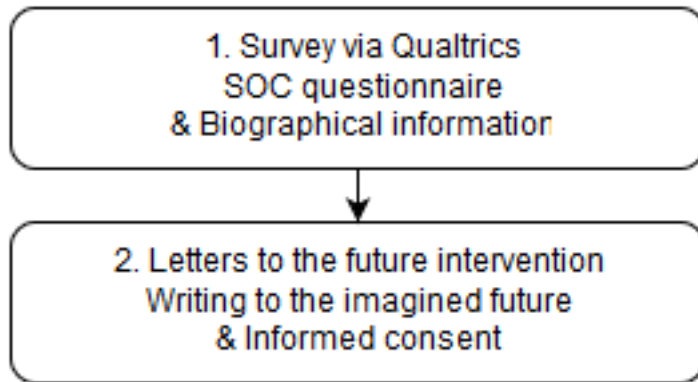


Figure 1. Research Design letters from the future project

## 2.2 Participants

Purposive sampling was used to recruit participants of the pilot ‘Hacking Habitat’. The group of recruited participants includes clients from the Dutch penal- and care system, prison counselors, volunteers, students-future healthcare professionals, and experts (which are people who have personal experience with the system). A total of 34 participants with ages ranging from 27 to 67 (M 45.5, SD= 11.87) participated in the pilot. The number of participants, which completed both the SOC questionnaire and the future letter is 23. The SOC questionnaire was completed by 32 participants. When asked about their gender 7 answered male, 9 female and 5 did not answer this question. Concerning the participant's role in the Dutch justice system, 3 participants indicating being social workers and 6 ex prisoners. Some of the participants have contributed to the short documentary titled ‘Een rituele dans’, made by Olivia Glebbeek who took the initiative to the pilot Hacking Habitat. Information about the participants mental or physical health was not gathered.

### **2.3 Procedure**

The visitors of the pilot 'Hacking Habitat', received beforehand an email with a flyer (cf. Appendix A) containing details about the content and the goal of the pilot. One week before the pilot took place, participants received an email with a link to a Qualtrics Survey where they were first informed about the narrative approach (letter from the future) and contact details of the researchers (Appendix B). Furthermore, they were asked individually for informed consent, and to fill out the SOC-13 questionnaire (Appendix B). The participants were further asked to complete biographical information (Appendix C), including their role in the justice system. The pilot took place on the 29th of april 2016 and was held at an exhibition in a former prison in Utrecht. Part of the pilot was the workshop 'Future Now Experience' hosted by Dr. Anneke Sools. After a short introduction and a mindfulness practice, accomplished by Dr. Anneke Sools, the exercise of imagining an ideal future for the Dutch penal- and care system, was done by writing a letter from the future. The participants were provided with pens and a sheet of paper to write the letter from the future. A carbon paper was stapled to the back of each sheet of paper to create a direct copy of the letter. Providing the letter for the purpose of this research was voluntary. The ideal imagined future could address the individual self, any other person or even abstract ideas within the context of the Dutch penal- and care system. The participants had approximately 20 minutes to write their letters. The data is handled in a confidential manner where it is processed anonymously. Red dot stickers were used by the participants to mark letters, which should not be used in the research. The pilot 'Hacking Habitat' closed with a general speech and an art exhibition.

## 2.4 Materials: SOC

The sense of coherence questionnaire [SOC] (Aaron Antonovsky, 1979) was conducted in a Dutch version one week before the pilot took place. For the present study, the short form of the SOC, consisting of 13 items, was used. This short form was found to be highly correlated to the original long version (Antonovsky, 1993). The SOC is measured by using a series of semantic differential items on a seven-point Likert-type scale, with anchoring phrases at each end. The used scale includes items such as :''Doing the things you do every day is''. The answer possibilities range from (1) ''a source of pain and boredom'' to (7) ''a source of deep pleasure and satisfaction.'' High scores on the SOC indicate a strong sense of coherence, whereas low scores indicate a weak sense of coherence (Schumacher, Gunzelmann & Brähler, 2000). Several psychometric studies on the SOC and a great number of former studies have proven the satisfying reliability and validity of the scale (Antonovsky, A., 1987; Antonovsky, A., 1993; Eriksson & Lindström 2005; Langius-Eklöf & Samuelsson 2009; Rivera et al., 2013). The Cronbach's  $\alpha$  of the short form of the SOC was in 127 studies ranging from 0.70 to 0.92 (Eriksson & Lindström, 2005). The SOC-13 scale seems to be a reliable, valid, and cross culturally applicable instrument. The SOC subscale comprehensibility is made up of questions 2, 6, 8, 9 and 11, the SOC subscale manageability is made up of questions 3,5,10 and 13, and the SOC subscale meaningfulness is made up of questions 1, 4, 7, and 12. Negatively stated items were recoded (questions 1, 2, 3, 7 and 10 from the SOC-13). Due to reliability issues item 4 was also recoded. The study at hand uses the sense of coherence scale for analysis.

## **2.4 Materials: Future letter**

The instruction involves the writing of a letter from the future self or someone they want to concentrate on. This narrative futuring method has the advantage of not being time consuming. It is a short written text, which thematizes the imagined possible future for the respondent's self. The participants were asked to vividly imagine a particular moment in their future, where a desired system change (Dutch penal- and care system) has been realised. The authors Sools, Tromp and Mooren (2015) suggest that there are no special writing skills needed, which makes all letters useful and important. The research team was present at the pilot study. The research team was therefore able to give clear instructions and further support the respondents with eventual questions. First the letters were transcribed from the handwritten format and then translated from Dutch into English. All transcribed letters can be found on the Facebook page of 'Hacking Habitat' (<https://www.facebook.com/pages/Hacking-Habitat/193367317701250?fref=ts>).

Table 1.

Overview of letter components with operational definitions (Sools, Tromp & Mooren, 2015).

Component	Definition
Imagining	A relatively detailed narrative account of events or character description presented as ‘fait accompli’ with sufficient (sensory) detail and vividness to allow for lively images that give a sense of the atmosphere or ‘colour’ of the situation and persons involved
Evaluating	Evaluative remarks containing a (self)-evaluation about a narrated event, experience, person, action or expressed emotion
Orienting	A prospective orientation of desired events, goals or steps that are presented as something not yet realized or not yet completed
Expressing emotions	The direct expression of an emotion, typically using first person perspective and the present tense
Engaging in dialogue	Sentences explicitly directed at the reader of the letter (often the present self) by, for example, the use of ‘you’, and often using the imperative

## 2.5 Data analysis

The scoring scheme of the five narrative processes is presented in table 1. For analysis and evaluation the scoring of each narrative process was done by reading the letters and noting an appearance of this specific narrative process in the whole letter (1 = yes and 0 = no; Appendix D). For further accuracy the distinction of the reflection of the person self or the reflection about the system, was added (coded with 2 for reflection about oneself and 3 for reflection about the system; Appendix D). To test the connection between the SOC and the five narrative processes found in the intervention five binary logistic regressions were conducted (see figure 1). In each binary logistic regression the binary occurrence of the narrative process was the dependent

variable, while the quantitative SOC main scale was the independent variable. Two unreadable letters were excluded from the analysis. Cohen's  $\kappa$  was run to determine if there was agreement between the two researchers of the present study

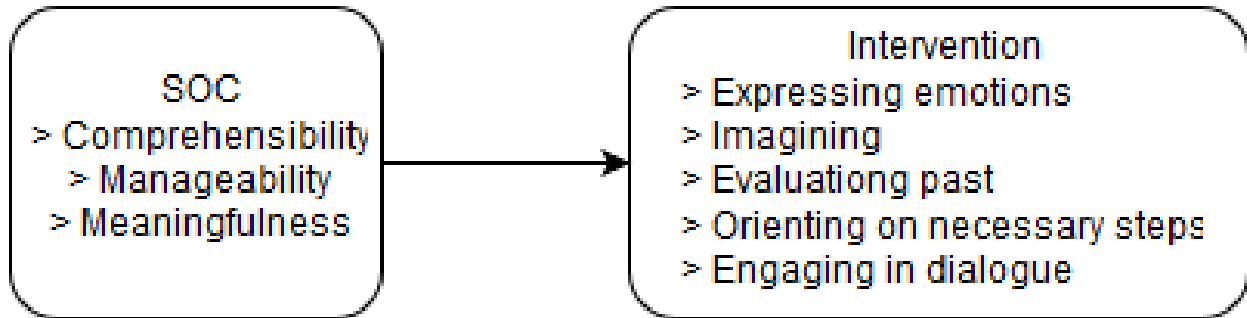


Figure 1. Analysis schematic, binary logistic regressions of SOC on codes of intervention.

### 3 RESULTS

#### 3.1 Qualitative Analysis

The received letters differed in style and structure but all five narrative processes (expressing emotions, imagining, evaluating the past, orienting on necessary steps and engaging in dialogue) were found. The most noticeable characteristic of the letters was that two groups of participants emerged concerning the context of imagining their idealistic future. Within the first group (n=9) an idealistic future situation was imagined in which the participants concentrated on the improvement of the Dutch penal- and care system without mentioning their own situation (e.g. ‘The last prisoners were sent out of the last prison today.’ [ ...] ‘They could follow there own recovery plan.’ [ ...] ‘There they have time for creativity, work and sport.’). This group consists of 9 participants. In the second group, 14 participants imagined an idealistic future situation in which they envisioned their own idealistic world (e.g. ‘It is been some time, but back then when I was a Junkie, I told you that already.’ [ ...] ‘Now I am debt free.’ [ ...] ‘Living with my wife and children.’), without reflecting on the Dutch penal- and care system.

While all five narrative processes (Table 1) appear in the received letters from the future, their occurrences within each letter vary considerably. The narrative process ‘imagining’ was



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mentioned most often (n=20) and the narrative process 'expressing emotions' least often (n=6) (Appendix D). The three remaining narrative processes (evaluating the past, n = 12, orienting on necessary steps, n = 17, & engaging in dialogue, n =16) were mentioned almost equally often between letters.

The narrative process 'imagining' was found in 20 out of 23 letters. The occurrence thereof was done in precise detail with lively imagination, with the result that the reader gets deeper involved in the situation or atmosphere (e.g. 'Thankfully, the notion emerged that the penal system should be focussed on recovery, detention and reintegration'). This statement was taken from a letter by a social worker who depicts an idealistic future of the Dutch penal- and care system. However, some participants imagined an idealistic future for their own identity, unconnected to the system (e.g. 'In the past, everything was different. [...] Drugs, criminality were a daily ritual. Today I have a good paid job and give workshops.'). This statement was taken from a letter where the writer was an ex-prisoner. By making use of the narrative process 'imagining' the writer compares his negative past, which is the writers present moment in which he wrote the future letter. These findings suggest that imagining often appears when writing a future letter.

The narrative process of 'evaluating the past' was mentioned in 12 out of 23 letters. The narrative process involves evaluative remarks about imaginations, orientations or expressions of the past (e.g. 'How strange was it that people 10 years ago needed a penal- and care system [...] Now we have a choice: either they go to jail, or follow their own recovery plan.'). This statement represents the notion of a person concentrating on the ideal future of the Dutch penal- and care system. The writer contrasts his present moment to the ideal future. He stipulates an idea of letting the delinquent choose their own punishment. A statement written by an expert of the Dutch penal- and care system seems to show a detachment from the system as it depicts a process of recognition and becoming connected and committed with another person (e.g. 'I have to think back to this special moment where we first did not like each other but made friends because of our fascination for the same work. It is 30 years ago and I should have talked to you right from the beginning. This special moment was the inspiration for me to keep writing.'). The narrative process of 'evaluating the past' often takes the form of prospective reflection.

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The narrative process 'orienting on necessary steps' was found in 17 out of 23 letters and represents something which is not yet realized or not yet completed (e.g. 'Fortunately, the realization came that criminal law should aim and must be to restore detention on development and preparation for the future.'). This statement concentrating on the improvement of the current Dutch penal- and care system was written by a participant working as a social worker. It stresses the need for an improvement when reintegrating former prisoners. On the other side, a statement from someone writing about his own future (e.g. 'I should concentrate more on the future, the imagination thereof.'). This statement represents the author's understanding about the positive effects of using the method of imagining the future, which he is willing to use for himself. These findings suggest that 'orienting on necessary steps' often appears when writing a future letter and seem to create guidelines for future problem solving attempts.

The narrative process 'engaging in dialogue' was found in 16 out of 23 letters. It was expressed in large variety often as a dialogue between the writer and his or her wishes to their future (e.g. 'I hope that "we" when you read this letter, have a humane punishment/ management system.'). The statement, written by a social worker, contrasts the present with the future as the current wish 'I hope' is juxtaposed with an improvement of the current Dutch penal (and care) system. This was done by engaging in a dialogue with either the writer himself or with someone else, as 'we' does not indicate who specifically is involved. Contrary, a statement taken from a letter of a social worker concentrating the writer's own future independent of the current Dutch penal- and care system (e.g. 'I want to tell you about my future life. I am in pension and do not work anymore.'). presents the author living in pension. The writer engages in a dialogue with the reader by directly addressing him. These findings may demonstrate that this narrative process was coupled with solutions.

The narrative process 'expressing emotions' had the lowest response with only 6 out of 23 letters. An example for this narrative process is taken from a letter where the author, working currently as a social worker, imagines his ideal future independent of the introduced context (e.g. 'It is so warm here. [...] Living on a tropical island. [...] I am very happy.'). The ideal future of the author is represented by a change of residence. It should be noted that the few occasions when this narrative process appeared, it was always in relation to the person's future, not the system. It seems that emotions expressed in a future letter are self-centered. Imagining an ideal

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future where the problems are solved, expressing one's emotions as either relief or regret may be out of place. An ideal future seems to be one that does not necessitate the expression of emotions.

The occurrence of the narrative processes (imagining, evaluating the past, orienting on necessary steps and engaging in dialogue) within the present study may be due to the close connection with everyday narrative processes. However, the respondents seem to have no prior experience with narrative methods. Writing about the future is not regularly practiced by the respondents. The letters display recognizable ways of dealing with current everyday problems.

All of the received letters contain positive content with an optimistic outlook (e.g. 'Prisons do not exist anymore and people do not have problems anymore [...] Additionally there is also no police needed [...] humans are living in equivalence with each other.'). This statement is taken from a letter which focusses on the future of the Dutch penal- and care system. The writer develops a positive imagination of the future with an optimistic conclusion at the end. All participants were concentrating on a positive or even idealistic future (e.g. 'I ended up at a time when perpetrators are victims, and victims are perpetrators [...] Where people are heard and seen in a dignified manner [...] and where we look at what it takes to get people back to the right path.') and negative scenarios could not be found.

The participants show how the idealistic future of the current system could look like by revising the present problems into solved problems. The vicious circle in which both social workers and ex-prisoners (even the whole group of people from the Dutch penal- and care system) are captured is imagined to be revealed and broken. The participants used the narrative tool (letters from the future) to imagine a future where this vicious circle does not exist anymore. By doing so some transformed current problems into a positive solution. While some of these solutions seem unrealistic (e.g. 'Victims are perpetrators and perpetrators are victims. There is no dividing line anymore', 'there are no judges of prisons needed anymore') thinking big and beyond the prescribed and predominant idea, may be a first step which has to be taken for solving the current problems the Dutch penal- and care system still struggles with.

## The relation between the sense of coherence and future imagination

### 3.2 Quantitative analysis

Binary logistic regressions were conducted to determine the quantitative connection between SOC and the likelihood of the occurrence of the narrative processes. The analyses found three statistically significant connections, all pertaining to an increased chance of occurrence for the narrative process of ‘evaluating the past’. The SOC, and one of its subscales, namely comprehensibility displayed significant connections (Table 2) with the narrative process ‘evaluating the past’. The subscale manageability displayed a trend towards the narrative process ‘evaluating the past’

Table 2: Connection SOC with five narrative processes

Future Letter Occurrence	SOC	Model			Parameter Estimate					
		$\chi^2$	df	p	B	SEB	W	df	p	EXPB
Expressing Emotions	(total)	1.23	1	0.27	0.67	0.62	1.16	1	0.28	1.95
	Comprehensibility	2.29	1	0.13	0.77	0.55	1.93	1	0.16	2.16
	Manageability	1.84	1	0.18	0.65	0.51	1.61	1	0.20	1.92
	Meaningfulness	0.39	1	0.53	-0.49	0.80	0.38	1	0.54	0.61
Imagining	(total)	0.13	1	0.72	-0.27	0.75	0.13	1	0.72	0.76
	Comprehensibility	0.43	1	0.51	-0.40	0.63	0.41	1	0.52	0.67
	Manageability	0.25	1	0.62	-0.29	0.60	0.24	1	0.62	0.75
	Meaningfulness	0.42	1	0.52	0.65	1.00	0.42	1	0.52	1.92
Evaluating Past	(total)	<b>4.08*</b>	<b>1</b>	<b>0.04</b>	<b>1.22</b>	<b>0.68</b>	<b>3.17</b>	<b>1</b>	<b>0.07</b>	<b>3.38</b>
	Comprehensibility	<b>4.99*</b>	<b>1</b>	<b>0.03</b>	<b>1.15</b>	<b>0.62</b>	<b>3.41</b>	<b>1</b>	<b>0.07</b>	<b>3.16</b>
	Manageability	<b>3.59<sup>+</sup></b>	<b>1</b>	<b>0.06</b>	<b>0.86</b>	<b>0.51</b>	<b>2.83</b>	<b>1</b>	<b>0.09</b>	<b>2.37</b>
	Meaningfulness	0.64	1	0.42	0.59	0.75	0.61	1	0.43	1.80
Orienting On Necessary Steps	(total)	0.63	1	0.43	0.48	0.62	0.60	1	0.44	1.62
	Comprehensibility	0.56	1	0.45	0.35	0.47	0.54	1	0.46	1.42
	Manageability	0.33	1	0.57	0.26	0.45	0.32	1	0.57	1.29
	Meaningfulness	0.67	1	0.41	0.65	0.81	0.65	1	0.42	1.92
Engaging in Dialogue	(total)	0.59	1	0.44	0.44	0.59	0.56	1	0.45	1.56
	Comprehensibility	1.01	1	0.31	0.46	0.47	0.94	1	0.33	1.58
	Manageability	1.01	1	0.32	0.44	0.45	0.95	1	0.33	1.55
	Meaningfulness	0.33	1	0.56	-0.45	0.79	0.32	1	0.57	0.64

\*  $p < .05$ , \*\*  $p < .01$ , +  $p < .10$

#### 4 CONCLUSIONS AND DISCUSSION

In regard to the first research question all five narrative processes were found within the future letters, still their occurrence varied. The narrative process of ‘imagining’ occurred most often and ‘expressing emotions’ least often within the future letters. The occurrence of ‘imagining’ within the future letters may be due to the close connection of the narrated future with imagining and that the instructions clearly stated that a future had to be imagined. The occurrence of ‘evaluating the past’ may be due to the close connection between the past, present and future since one method to write about their future is to juxtapose the past to the future (Swetnam, Allen & Betancourt, 1999). Further, the finding confirms that the instrument functions as intended, in this case mainly, as prospective reflection. The respondents seem to look forward from their present to a future moment and even further ahead (Sools, Tromp & Mooren, 2015) and by doing so they possibly invoke improvements regarding their current situation. In regard to the narrative process of ‘orienting on necessary steps’ it may be due to the close connection between imagination of a future and the orienting process for accomplishing this future (Ertmer & Newby, 1996). The occurrence of ‘engaging in dialogue’ may be attributable to the participants understanding of the instructions. The future can be told through the perspective of the imagined future writer, which then can engage in a dialogue with the writer of the present (Cavazza & Charles, 2005).

These findings confirm a former study done by Sools, Mooren and Tromp (2015) and the fact that, even though the topics and ideas differed within the letters, the overall method of engaging and imagining a future seems to be equivalent. Whether the method of narrative futuring is culture-specific or universal cannot be answered here. Nevertheless, the low occurrence rate of ‘expressing emotions’ may lie in the fact that the intervention was held in a rather unfamiliar environment. The necessity for this narrative is implied in the research done by Sools, Tromp and Mooren (2015). In that study the researchers sampled a group of students from the University of Twente without clinical diagnosis and used a web-based tool for the writing process of the future letters. Within the study at hand the participants were unfamiliar with most of the other participants and the environment could have inhibited the free expression of emotions (Fullilove, 1996).

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Regarding the second research question, possible connections of the five narrative processes with the SOC as a whole and its three components (i.e. comprehensibility, manageability, and meaningfulness) were analysed. The expected connection between the SOC and the future letters can be supported, partially. The SOC, and one of its subscales, namely comprehensibility displayed significant connections (Table 2) with the narrative process 'evaluating the past'. The subscale manageability displayed a trend towards the narrative process 'evaluating the past'. The connection between the SOC and 'evaluating the past' supports an assumption of narrative psychology which states that increasing a person's sense of meaning to his life by using reflection strategies has positive effects (Crossley, 2000), as SOC can be associated with mental health (Eriksson & Lindeström, 2006). It seems that especially comprehensibility and manageability of one's life can be positively associated with evaluating the future past. In a future letter the writer's present becomes his future past. Reflecting on the future past can lead to more precise predictions about one's future (Wahle, 2012). The insights gained from the evaluation - understanding the past - may elicit the feeling that the future seems manageable. The connection between the subscale 'comprehensibility' and evaluative functions may demonstrate that the evaluative functions were mainly used in the present study to make the imagined future comprehensible. It could be argued that the lower connection of manageability and meaningfulness (Table 2) with the narrative processes may stem from the fact that the respondents were not able to view their future in a manageable or meaningful sense, as changing the current system may be a too difficult task to tackle or may be assumed to be solved regardless of one's own efforts. Regarding the connection of the SOC with the other four narrative processes (expressing emotions, imagining, orienting on necessary steps, and engaging in dialogue), a statistical connection could not be found.

A possible reason for the fact that there was no statistical connection found between the narrative process of 'imagining' and the SOC as a whole and as its three components, may be attributed to the fact that writing about the future seems an unusual task (McAdams, 2006; Sools, Tromp & Mooren, 2015) for the group of people from the Dutch penal- and care system. Further, it seems to be a difficult task for the respondents to create a whole future situation of coherent life stories (McAdams, 2006). The close connection between 'orienting on necessary steps' and 'imagining' may highlight that no statistical connection for both the SOC as a whole and as

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its three components could be found with this narrative process (Ertmer & Newby, 1996). It may demonstrate that the imagined future was for some of the respondents so far-fetched that orienting on necessary steps and viewing these steps as comprehensible, manageable or meaningful was impossible. In regard to the connection between the narrative process of 'engaging in dialogue' and the SOC as a whole and as its the components, it could be argued that the imagined future with its appertaining solution for the current problems of the system where to difficult to accomplish. As a result, the narrative process, which seems to be coupled with telling someone (or the writer self) about a possible solution could not be viewed as comprehensible, manageable or meaningful.

Whereas the participants SOC was rather average, the pilot 'Hacking Habitat' with the use of the future imagination method, may have developed an idea, how the vicious circle could be revealed. Further, it could be argued that the average score of the participants SOC and the low connection of expressing emotions with the SOC in the present study could serve as a guideline for future research as putting more interest on this narrative process within a more suitable context. It could have benefits for example in therapeutic sessions. In a therapeutic context, where the client is aided by a professional therapist, focussing on emotions in a prospective manner may serve as a tool for healing post-traumatic experiences. As the SOC is a validated method within posttraumatic work and improving quality of life (Almedom et al., 2007; Eriksson & Lindeström, 2006), it could be argued that the finding of the present study may serve as a guideline for future research to concentrate on this specific narrative process. Concentrating on a more directed context may lead to improvements of a person's mental health. Nevertheless, within this study the relation of the narrative processes with mental health was not approached, as information concerning the participant's mental health was not assessed.

This study only encountered positive and optimistic outlooks in contrast to a previous study which included future letters about negative outlooks and disaster scenarios (Sools, Tromp, & Mooren, 2015; Appendix E), the study at hand only contains optimistic future imaginations. Although, the letters from the previous study contain rather negative situations, the ending is usually optimistic. Regarding the present study the participants made use of the tool 'letter from the future' indicates that they perceive the present system to face many problems. This is congruent with the pilot study's aim of providing a first step towards changing the Dutch penal-

and care system. It seems that the pilot 'Hacking Habitat' was a success, whereas the group from the Dutch penal- and care system were able to imagine a future where the problems of the current system have been solved. All the collected ideas were set on a Facebook page. This medium provides the group with the possibility of exchanging current information and continue where the pilot ended. The Facebook page keeps the ideas in circulation. Circulation of these ideas may help to realize some of them and break the vicious circle.

### **4.1 Strength and Limitations of the study and suggestions for future research**

An important strength of the study at hand was the sampling method. Service users were recruited from the Dutch penal- and care system, prison counselors, volunteers, students-future healthcare professionals, and experts (which are people who have personal experience with the system). All participants were recruited by the pilot's organisator Olivia Glebbeek and Anneke Sools and worked with in person by the members of the research team. A further strength of the current study lies in its broad perspectives on service user involvement. 32 people completed the SOC questionnaire and around 23 people completed the intervention. Few participants took their letter home, because they did not want it to be used for a research study. However, within the study at hand participation could rather be seen as high. While the participants were faced with a new and unfamiliar situation during the pilot 'Hacking Habitat', support for each other was a given condition. The atmosphere was relaxed and the participants did not engage in a dispute between themselves or with the research team. While some participants perceived the pilot as negative with regard to the use for the overall goal, most were interested and perceived it as an opportunity for change.

Within the present study limitations were found which provide avenues for future research. Some confusion seemed to stem from possible miscommunication about the contents of the program where the fixed pilot (Hacking Habitat) also entailed the writing of the future letter. It seems that the instructions of the future letter, its purpose, maybe its background, and the personal use that can be gained were by some participants unclear. Revising and planning the accompanying material and spoken instructions keeping in mind the non-academic mindset of



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the participants with possibly providing more explaining about the anonymity of the collected letters, and explaining the further importance of the letter for the workshop and themselves. Finally the intervention with the Letters from the Future was done in a former prison. The task was a quite emotional and especially intimate one. The instruction of sharing one's own letter with a small fixed group, was negatively received by some participants. The environment could have evoke negative memories and emotions. Providing the participants a more friendly environment and furthermore let the participants get to know each other better before starting this intime intervention could have created a more open atmosphere which could have led to deeper thinking about the future and more personal exchange thereof.

### **5 FINAL REMARK**

The study has despite its limitations provided valuable insights regarding the potential that the intervention 'Letters from the future' holds. The results of the narrative futuring method seems to indicate that the method is valuable for guiding through critical life events and problem solving. The connection between 'evaluating the past' with the SOC may provide future research with the possibility of focussing more on this narrative process which may lead to a higher chance of coping for the respondents. While the context and instruction of the pilot study was distinct, the formation of two groups of 'imagining' an idealistic future may provide avenues for future research. As providing the individual self with the decision about the reflection style and context, groups would naturally form into specific contexts or interests and possible solutions could be exchanged and refined within these groups.

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## Appendix A: Flyer with information about the pilot Hacking Habitat

EEN ONTMOETING TUSSEN PRAKTIJK, KUNST EN WETENSCHAP

PILOT HET STRAF- EN ZORGSYSTEEM KAN EN MOET ANDERS

**Uitnodiging tot deelname aan de pilot**  
**Het straf- en zorgsysteem kan en moet anders**  
**Datum : 29 april / 10.30 - 15.30**  
**Locatie: Kunstmanifestatie Hacking Habitat**  
**Adres : Gevangenis Wolvenplein 27 / Utrecht**

Pilot HET STRAF- EN ZORGSYSTEEM KAN EN MOET ANDERS is een ontmoeting voor mensen uit praktijk, kunst en wetenschap. Met als doel uitwisseling, inspiratie en onderzoek over verbetering van de hulpverlening aan ex-gedetineerden/ex-verslaafden. De pilot is een initiatief van kunstenaar Olivia Glebbeek. Maker van de film 'Een rituele dans' waarop de ontmoeting een vervolg werk is. In de film 'Een rituele dans' volgen we een man die na 30 jaar leven op straat afgewisseld met gevangenis en zorginstelling het anders wilt doen. Het anders doen lijkt een jarenlang proces van vallen en opstaan te zijn. De film laat de hardnekkigheid en complexiteit zien van de problematiek (thuisloosheid, verslaving, criminaliteit) en tegelijkertijd de noodzaak tot verandering in het leven van cliënt, professional en het straf- en zorgsysteem als geheel.

Trailer film 'Een rituele dans': <https://vimeo.com/channels/ojtv/141073619>  
Wachtwoord: vicieus



EN NU GA IK HET ANDERS DOEN.

Still uit film

VIND JIJ OOK DAT HET STRAF- EN ZORGSYSTEEM ANDERS MOET EN KAN?

I.S.M. STORYLAB UNIVERSITEIT TWENTE & HACKING HABITAT

WELKE VERANDERING ZIE JIJ VOOR JE?

PILOT HET STRAF- EN ZORGSYSTEEM KAN EN MOET ANDERS

**Inhoud en doel van de pilot:**

Vind je ook dat het straf- en zorgsysteem anders moet en kan? Dan hebben we jou nodig. Iedereen die zich betrokken voelt bij de toekomst van het straf- en zorgsysteem is welkom. Samen, cliënten en professionals, ervaringsdeskundigen, studenten, wetenschappers en kunstenaars bundelen we de krachten.

Doel: Samen op zoek gaan naar hoe het toekomstige straf- en zorgsysteem eruit zou moeten zien en wat ervoor nodig is om dit te bereiken.

Wat is een betere plek voor deze bijeenkomst dan in een voormalige gevangenis waar nu een kunstmanifestatie plaatsvindt gericht op verandering van het systeem?

Het programma: Een workshop waarin toekomstverbeelding en reflectie elkaar afwisselen en waarin je actief aan de slag gaat, vanuit jouw eigen ervaring, zelfstandig en met elkaar. De workshop wordt begeleid door Anneke Sools, creator van toekomstverhalen en voorafgegaan door een vertoning en bespreking van de film 'Een rituele Dans' van Olivia Glebbeek. Na afloop is gelegenheid om een rondleiding door de kunstmanifestatie te volgen, om zo verder inspiratie op te doen over 'verandering'.



**HACKING HABITAT**  
ART OF CONTROL - UTRECHT 2015-2016

Aanmelden kan tot 21 april  
Kosten: 35,- euro / niet professionals 20,- euro (incl lunch)  
Stuur een bericht met je naam en telefoonnummer naar email: [foundation.insideout@gmail.com](mailto:foundation.insideout@gmail.com)

Met dank aan stichting Het Binnensteubuten

I.S.M. STORYLAB UNIVERSITEIT TWENTE & HACKING HABITAT

INSPIREND PRESENTATIES EN EEN WORKSHOP

Tekst van de flyer (in the original version Dutch)

Pilot HET STRAF- EN ZORGSYSTEEM KAN EN MOET ANDERS is een ontmoeting tussen mensen uit praktijk, kunst en wetenschap. De ontmoeting heeft als doel uitwisseling, inspiratie en onderzoek over verbetering van de hulpverlening aan ex-gedetineerden/ex-verslaafden.

## The relation between the sense of coherence and future imagination

De pilot is een initiatief van kunstenaar Olivia Glebbeek. Maker van de film 'Een rituele dans' waarop de ontmoeting een vervolg werk is.

In de film 'Een rituele dans' volgen we een man die na 30 jaar leven op straat afgewisseld met gevangenis en zorginstelling het anders wilt doen. Het anders doen lijkt een jarenlang proces van vallen en opstaan te zijn.

De film laat de hardnekkigheid en complexiteit zien van de problematiek (thuisloosheid, verslaving, criminaliteit) en tegelijkertijd de noodzaak tot verandering in het leven als cliënt, professional en van het straf- en zorgsysteem als geheel.

Inhoud en doel van de pilot:

Vind je ook dat het straf- en zorgsysteem anders moet en kan?

Dan hebben we jou nodig. Iedereen die zich betrokken voelt bij de toekomst van het straf- en zorgsysteem is welkom. Samen, cliënten en professionals, ervaringsdeskundigen, studenten, wetenschappers en kunstenaars bundelen we de krachten.

Doel: Samen op zoek gaan naar hoe het toekomstige straf- en zorgsysteem eruit zou moeten zien en wat ervoor nodig is om dit te bereiken.

Wat is een betere plek voor deze bijeenkomst dan in een voormalige gevangenis waar nu een kunstmanifestatie plaatsvindt gericht op verandering van het systeem?

## The relation between the sense of coherence and future imagination

Het programma: Een workshop waarin toekomstverbeelding en reflectie elkaar afwisselen en waarin je actief aan de slag gaat, vanuit jouw eigen ervaring, zelfstandig en met elkaar.

De workshop wordt begeleid door Anneke Sools, creator van toekomstverhalen en voorafgegaan door een vertoning en bespreking van de film 'Een rituele Dans' van Olivia Glebbeek.

Na afloop is gelegenheid om een rondleiding door de kunstmanifestatie te volgen, om zo verder inspiratie op te doen over 'verandering'.

Aanmelden kan tot 21 april

Kosten: 35,- euro / niet professionals 20,- euro (incl. lunch)

Stuur een bericht met je naam en telefoonnummer

naar email: [foundation.insideout@gmail.com](mailto:foundation.insideout@gmail.com)



## PILOT HET STRAF - EN ZORGSYSTEEM KAN EN MOET ANDERS

### Inhoud en doel van de pilot

VIND JIJ OOK DAT HET STRAF- EN ZORGSYSTEEM ANDERS MOET EN KAN?

Dan hebben we jou nodig. Iedereen die zich betrokken voelt bij de toekomst van het straf- en zorgsysteem is welkom.

Samen, cliënten en professionals, ervaringsdeskundigen, studenten, wetenschappers en kunstenaars bundelen we de krachten.

#### Doel

Samen op zoek gaan naar hoe het toekomstige straf- en zorgsysteem eruit zou moeten zien en wat ervoor nodig is om dit te bereiken.

Wat is een betere plek voor deze bijeenkomst dan in een voormalige gevangenis waar nu een kunstmanifestatie plaatsvindt gericht op verandering van het systeem?

#### Het programma

- Korte presentaties over de noodzaak van verandering van het straf- en zorgsysteem door [Gert Jan Slump](#) (herstelrecht) en Marc Rakers ([Eropaf!](#)).
- [Kunstenaar Olivia Glebbeek](#) neemt je mee op haar reis door straf- en zorgland a.d.h.v. fragmenten uit de film Een rituele dans. [George Adriaan](#), hoofdfiguur uit de film, treedt op met liedjes geschreven in de bajes.
- [Anneke Sools](#), creator van toekomstverhalen verzorgt de workshop [FutureNowExperience](#) waarin toekomstverbeelding en reflectie elkaar afwisselen en waarin je actief aan de slag gaat, zelfstandig en met elkaar. Na de lunch neemt Ine Gevers, curator van [Hacking Habitat](#) ons mee in een rondleiding door de tentoonstelling om zo verder inspiratie op te doen over 'verandering'.
- Marc Rakers sluit de dag af met een unieke act, gebaseerd op persoonlijke ervaringen in de Wolven gevangenis.



**HACKING HABITAT**  
ART OF CONTROL. — UTRECHT 2015-2016

Met dank aan stichting Het Binnenstebuiten

## The relation between the sense of coherence and future imagination

**Aanmelden kan tot 22 April.**

**Stuur een bericht met je naam en telefoonnummer naar email: [foundation.insideout@gmail.com](mailto:foundation.insideout@gmail.com) dan ontvang je een factuur.**

**Kosten deelname: 35,- euro.**

**Dit bedrag is inclusief lunch en entree kunstmanifestatie bovendien maak je de deelname van een ander die krap bij kas zit mogelijk.**

Tekst van de flyer (in the original Dutch version):

**EEN ONTMOETING TUSSEN PRAKTIJK, KUNST EN WETENSCHAP**

Uitnodiging tot deelname aan de pilot Het straf- en zorgsysteem kan en moet anders

Datum : 29 april / 10.30 - 15.30

Locatie: Kunstmanifestatie Hacking Habitat

Adres : Gevangenis Wolvenplein 27 / Utrecht

## The relation between the sense of coherence and future imagination

Pilot HET STRAF- EN ZORGSYSTEEM KAN EN MOET ANDERS is een ontmoeting voor mensen uit praktijk, kunst en wetenschap. Met als doel uitwisseling, inspiratie en onderzoek over verbetering van de hulpverlening aan ex-gedetineerden/ex-verslaafden.

De pilot is een initiatief van kunstenaar Olivia Glebbeek. Maker van de film 'Een rituele dans' waarop de ontmoeting een vervolg werk is. In de film 'Een rituele dans' volgen we een man die na 30 jaar leven op straat afgewisseld met gevangenis en zorginstelling het anders wilt doen. Het anders doen lijkt een jaren- lang proces van vallen en opstaan te zijn.

De film laat de hardnekkigheid en complexiteit zien van de problematiek (thuisloosheid, verslaving, criminaliteit) en tegelijkertijd de noodzaak tot verandering in het leven van cliënt, professional en het straf- en zorgsysteem als geheel.

Trailer film wachtwoord: vicieus

EN NU GA IK HET ANDERS DOEN.

Still uit film

PILOT HET STRAF - EN ZORGSYSTEEM KAN EN MOET ANDERS

Inhoud en doel van de pilot

VIND JIJ OOK DAT HET STRAF- EN ZORGSYSTEEM ANDERS MOET EN KAN? Dan hebben we jou nodig. Iedereen die zich betrokken voelt bij de toekomst van het straf- en zorgsysteem is welkom. Samen, cliënten en professionals, ervaringsdeskundigen, studenten, wetenschappers en kunstenaars bundelen we de krachten.

## The relation between the sense of coherence and future imagination

Doel

Samen op zoek gaan naar hoe het toekomstige straf- en zorgsysteem eruit zou moeten zien en wat ervoor nodig is om dit te bereiken.

Wat is een betere plek voor deze bijeenkomst dan in een voormalige gevangenis waar nu een kunst-

manifestatie plaatsvindt gericht

op verandering van het systeem?

Het programma

- Korte presentaties over de noodzaak van verandering van het straf- en zorgsysteem door Gert Jan Slump (herstelrecht) en Marc Rakers (Eropaf!).
- Kunstenaar Olivia Glebbeek neemt je mee op haar reis door straf- en zorgland a.d.h.v. fragmenten uit de film Een rituele dans. George Adriaan, hoofdfiguur uit de film, treedt op met liedjes geschreven in de bajes.
- Anneke Sools, creator van toekomstverhalen verzorgt de workshop FutureNowExperience waarin toekomstverbeelding en reflectie elkaar afwisselen en waarin je actief aan de slag gaat, zelfstandig en met elkaar.
- Na de lunch neemt Ine Gevers, curator van Hacking Habitat ons mee in een rondleiding door de tentoonstelling om zo verder inspiratie op te doen over 'verandering'.

## The relation between the sense of coherence and future imagination

- Marc Rakers sluit de dag af met een unieke act, gebaseerd op persoonlijke ervaringen in de Wolven gevangenis.

Met dank aan stichting Het Binnenstebuiten

Aanmelden kan tot 22 April.

Stuur een bericht met je naam en telefoonnummer naar email:

foundation.insideout@gmail.com dan ontvang je een factuur.

Kosten deelname: 35,- euro. Dit bedrag is inclusief lunch en entree kunstmanifestatie bovendien maak je de deelname van een ander die krap bij kas zit mogelijk.

### **Appendix B: contact details of the researchers; the SOC-13 questionnaire**

Beste deelnemer,

Bedankt dat u meedoet met dit onderzoek! Deze vragenlijst is ontwikkeld als onderdeel van onze bachelorthese van Psychologie aan de Universiteit Twente. U heeft zich opgegeven voor de pilot Hacking Habitat om na te denken over de toekomst van het zorg- en strafsysteem. Aan deze pilot is ons onderzoek gekoppeld.

De vragenlijst betaamt uit persoonlijke vragen, dus er zijn geen goede of foute antwoorden.

Probeer daarom zo eerlijk mogelijk antwoord te geven op de vragen. Alle verkregen gegevens zullen vertrouwelijk en anoniem behandeld worden. U mag ten alle tijden stoppen met het onderzoek zonder opgaaf van reden. Het invullen van de vragenlijst kost ongeveer 10 minuten.

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Het is de bedoeling dat deze vragenlijst voor de workshop wordt ingevuld (dat is dus vóór 29 april). Een week na de workshop wordt er gevraagd of u de tweede vragenlijst wilt invullen.

Hiervoor wordt een herinneringsmail gestuurd.

Indien u akkoord gaat, vul dan uw ID-nummer (ontvangen per e-mail) onderaan deze pagina in en klik op “>>” om te starten.

Voor vragen kunt u contact opnemen met één van ons of met onze begeleider Anneke Sools (a.m.sools@utwente.nl).

Met vriendelijke groet,

Tobias Terhart (t.terhart@student.utwente.nl) en Jannieke Prins (j.prins-3@student.utwente.nl)

Vul het ID-nummer in wat u in de mail heeft ontvangen: .....

Hieronder vindt u een aantal uitspraken, die betrekking hebben op verschillende aspecten van uw leven. Gelieve bij elke uitspraak aan te geven in welke mate die op u van toepassing is door bij elke zin een cijfer tussen 1 en 7 te omcirkelen.

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SOC-13 Questionnaire (Dutch version original)

	1	2	3	4	5	6	7
1. Heb je het gevoel dat je niet echt geeft om wat er rondom je gebeurt?	Zelden of nooit						Heel vaak
2. Is het je wel eens overkomen dat je verrast was door het gedrag van mensen van wie je dacht dat je ze goed kende?	Nooit						Zeer vaak
3. Is het je wel eens overkomen dat mensen op wie je rekende, je teleurstelden?	Nooit						Zeer vaak

## The relation between the sense of coherence and future imagination

<p>4. Heb je tot nu toe in je leven duidelijke doelstellingen gehad?</p>	<p>Nooit</p>						<p>Steeds</p>
<p>5. Heb je het gevoel dat je onrechtvaardig behandeld wordt?</p>	<p>Heel vaak</p>						<p>Zelden of nooit</p>
<p>6. Heb je weleens het gevoel dat je je in een vreemde situatie bevindt en niet weet wat je moet doen?</p>	<p>Heel vaak</p>						<p>Zelden of nooit</p>
<p>7. Dagdagelijkse bezigheden zijn voor mij...</p>	<p>een bron van diepe vreugde</p> <p>en</p> <p>voldoening.</p>						<p>een bron van ergernis en</p> <p>verveling.</p>
<p>8. Brengen gevoelens en</p>							



## The relation between the sense of coherence and future imagination

gedachten je wel eens in verwarring?	Heel vaak						Zelden of nooit
9. Heb je wel eens gevoelens die je liever niet zou hebben?	Heel vaak						Zelden of nooit
10. Vele mensen – zelfs sterke persoonlijkheden – voelen zich soms mislukkingen. Heb jij wel eens dat gevoel gehad in het verleden?	Nooit						Heel vaak
11. Als ik terugkijk op gebeurtenissen in het verleden, dan heb ik over het algemeen het gevoel...	dat ik het belang ervan over- of onderschatte.						dat ik de dingen zag zoals ze waren.
12. Heb je wel eens het gevoel dat je dagelijkse bezigheden weinig zinvol zijn?	Heel vaak						Zelden of

## The relation between the sense of coherence and future imagination

							nooit
13. Gebeurt het wel eens dat je je gevoelens niet in de hand hebt?	Heel vaak						Zelden of nooit

### Appendix C: Biografische information

Tot slot volgen nog enkele vragen over uw achtergrond:

Wat is uw leeftijd?

Wat is uw geslacht?

- Man
- Vrouw

Wat is uw rol in het zorg- en strafstelsel?

- (Ex)gedetineerde of (ex)verslaafde
- Politie
- Schuldsanering
- Justitie

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- Verslavingszorg
- Hulpverlener
- Daklozenzorg
- Psycholoog
- Re-integratie
- Ik heb geen rol in het zorg- en strafsysteem.
- Anders, namelijk...

Bent u in opleiding om in het zorg- en strafsysteem te gaan werken?

- Ja
- Nee

Wat is uw hoogst behaalde opleidingsniveau? (of afgerond of nog mee bezig)

- Lagere school
- Middelbare school
- Middelbaar beroepsonderwijs
- Hbo
- Universiteit

Wat is uw nationaliteit?

.....

Wat is uw motivatie om mee te doen aan de pilot?

U bent aan het einde van de vragenlijst gekomen. Klik hieronder op >> om uw deelname definitief te maken.

The relation between the sense of coherence and future imagination

Hartelijk dank voor uw deelname aan het onderzoek en tot vrijdag de 29<sup>e</sup> bij Hacking Habita!

Tobias, Jannieke en Anneke

**Appendix D: Complete coding of the future narratives**

Appearance of the narrative process per future letter

ID	Reflection system/Reflection self	Expressing emotions	Imagining	Evaluating the past	Orienting on necessary steps	Engaging in dialogue
HH 16-19	2	0	1	0	1	1
HH 16-10	2	0	1	1	1	1
HH 16-18	3	0	1	0	1	0
HH 16-27	3	0	1	1	1	0
HH 16-06	2	0	1	1	0	1
HH 16-09	2	0	1	1	1	1
HH 16-21	2	1	1	0	0	1
001	2	0	0	1	0	1
1112	3	0	1	0	1	1
HH 16-26	2	0	1	0	0	1
HH 16-12	2	0	1	1	1	1
HH 16-07 (1)	3	0	1	0	1	0
HH 16-25	2	0	0	1	0	1
HH 16-16	3	0	1	0	1	0

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HH 16-20	2	0	1	0	1	0
123	2	0	1	0	1	0
4321	2	0	1	0	1	0
HH 16-12 (1)	3	0	0	0	1	0
HH 16-02	2	0	1	0	1	1
HH 16-13	2	1	1	1	0	1
HH 16-04	3	0	1	1	1	1
HH 16-17	3	1	1	0	1	1
HH 16-07 (2)	3	0	1	0	1	1

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**Appendix E: Future letter from a research done by Sools, Tromp and Mooren (2015)**

2054

Dear grandchildren,

What 94 years of living brought me, is the insight that only three things matter. After the great inflation the plundering began. We had to flee from our house. Your fathers were killed while defending us. I can still feel the pain, but what we saved is our dignity. That's my legacy for you.

John

## The relation between the sense of coherence and future imagination