

GUIDELINES FOR THE CREATIVE SOLUTIONS RAP GROUP

- I. List or state personal problem, predicament, or situation for each person. Each rap group session will try to deal with all of these problems, etc., taking them in turn with urgency taking precedence. A new concern can be brought up by a person if it supersedes an old one.

In each case, go from the particular to the general, then back to the particular.

- II. In each case, creative solutions will be considered: 1) in immediate or short-range terms, 2) in intermediate or transitional terms, 3) in long-range terms that involve social change and a change in life-style.

- III. To go from the particular to the general involves...

- a. Sharing of the problem with others in an attempt to clarify and focus the problem with the help of the group.
- b. Feedback from the group concerning similar experiences and how dealt with.
- c. Identifying the uniqueness of the problem in terms of being a woman.
- d. Identifying the features of the problem that are common to many women.
- e. Placing the problem in a feminist perspective.
- f. Trying to see the problem against the background of the system; i.e., the social and political institutions in which we live. (The radical feminist perspective).
- g. Re-focusing on the personal nature of the problem in the light of the preceding analysis.

- IV. A short-term, intermediate, or long-term solution is essentially in each case, a choice that modifies the given situation. In extreme instances, there may be no solution at either or both of the first two levels. At the opposite extreme, there may exist a choice of many alternatives to the given situation. The group and its members can help a sister not by saying "you should do this..." or "you should do that...", but by considering the immediate and long-range consequences of each possible choice or choices she has made within the range of constructive (creative) solutions.

- V. The group must realize the limits of its capacity to offer specific help but can, nevertheless, offer continued support through sharing and sisterhood - as outlined above.