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GONZALEZ
THE

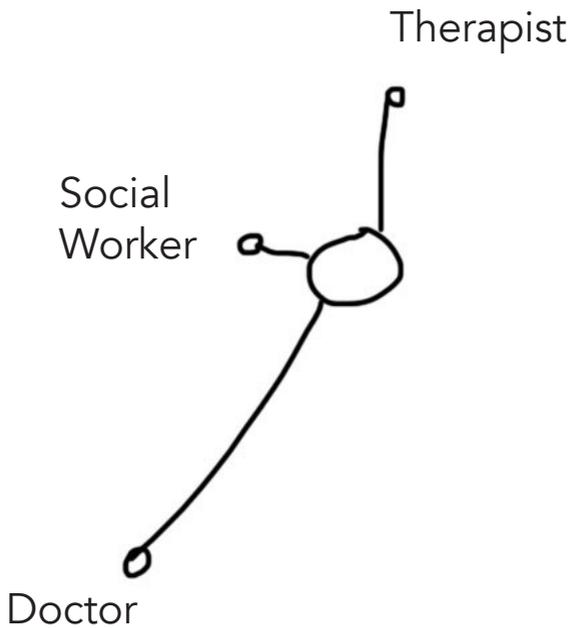
What is The Hologram?

A peer-to-peer practice for distributing care differently

It doesn't replace professional care but goes underneath it

The goal is to create a network of people who feel stable and healthy, who can survive and thrive during the current and upcoming crises.

Our Inspiration is and was the **Social Solidarity Clinic in Thessaloniki** and their experiments in creating not only free care, but also non-hierarchical care in the midst of a financial crisis that left the most vulnerable without access to care. One working group called **The Group for a Different Medicine** produced the **Integrative Model**, which inspired **The Hologram**.



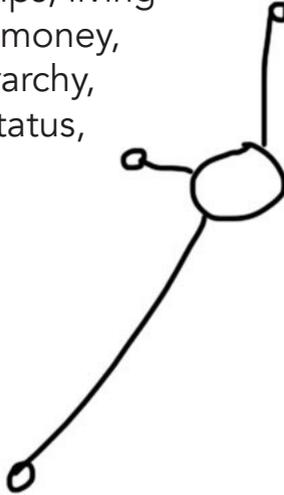
When a new person comes to the clinic in Thessaloniki, they are referred to as an **Incomer** and they are seen by a Doctor who attends to their physical health, a Therapist who inquires about their mental and emotional health, and a Social Worker or untrained person who asks them about their social health.

MENTAL/EMOTIONAL HEALTH

feelings, dreams,
beliefs, fears, finances,
hopes, ideas,...

SOCIAL HEALTH

relationships, living
situation, money,
work, hierarchy,
political status,
conflict,...



PHYSICAL HEALTH

body, food, sleep,
medicine,
physical environment,
housing, planet,...

We adapted the **Integrative Model** so that we could practice it with peers. Now the **Incomer** is called the **hologram**. Each caretaking role is played by a **friend**. We call these friends **triangle** members.

What does the Hologram do?

- +Invites three people to meet with them regularly over time**
- +Is an expert about their own health and experience**
- +Teaches others it is possible to ask for support, with dignity**
- +Articulates needs**
- +Supports their triangle members to organize their own triangle of support**

What does the Triangle do?

+Take notes

+Ask questions

+Notice patterns over time

+Refrain from being an expert or giving advice

+Become a living medical record for the hologram

+Eventually, invite three people to support them

Social Holography Protocol

Stuck Dance (10 min)

In turn, each person thinks of a situation they are currently stuck in and lets their body take the shape of how it feels. Without interpreting it, the other three people offer one sentence description of what they saw in this "sculpture."

Decide on roles (5 min)

Vote on whose Stuck Dance made you the most curious or otherwise decide on who will become the Hologram. After, one Triangle member volunteers to keep time for everybody.

Triangle chooses their angles (5 min)

Triangle members choose who is focusing on Social, Physical and Mental/Emotional health

Mark the Task (5 min)

Hologram tells the Triangle what they would like to focus on in the session. They can describe a situation they are facing or something they would like to change. They also name a feeling they would like to create in the session for themselves and for everybody in the group.

Social Holography (35 min)

Triangle asks the Hologram questions regarding the task they have marked or their Stuck Dance. They are careful to refrain from advice. Their task is to be open minded, curious, and feel with the Hologram. The Triangle makes notes.

Reflections (10 min)

Triangle members offer the Hologram short reflections of how the conversation connected with their own experience. These might take the form of: "One thing that resonated with me was..." It is a time for solidarity, but not advice.

Feedback (10 min)

The Triangle takes 3 minutes to come up with their feedback. Refraining from advice, the triangle members give the Hologram their feedback in one or more of these forms:

1. A wish ("I wish for you...")
2. A pattern (of language, ideas, thought paths,...)
3. A provocation ("What if you were to...")

WHAT NOW?

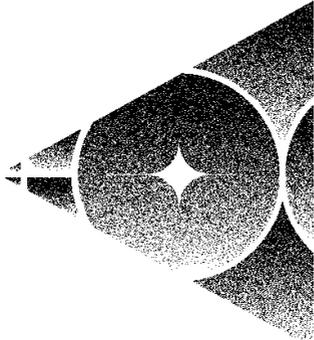
Now that you have tried **The Hologram** protocol, you have become a **Familiar**. You can call in three friends of your choosing and start your own Hologram. Then, you can support these three friends to form their own Holograms.

You can also join the community of Hologram practitioners. We meet once a month as **The Community of Practice**. and organize many other events, Hologram projects, etc.

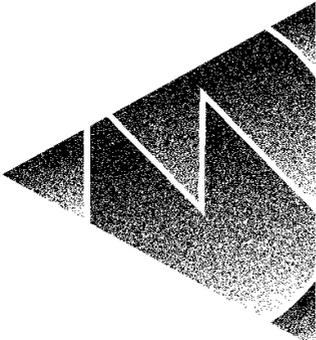
To become part of the Community of Practice, join our Discord server. To find out how, go to our website: **thehologram.xyz** to the **For Familiars** section.

If you have questions, dreams or ideas, please write to cooperativespecies@gmail.com.

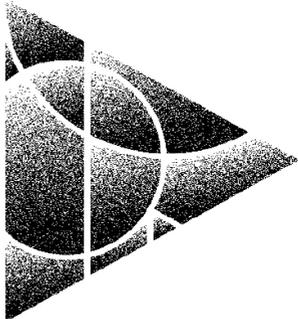
Physical Listener



Emotional Listener



The Hologram



Social Listener

