



APPPLIED **V**OCATIONAL **P**SYCHOLOGY AND **P**OLICY
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**LIFE-DESIGNING:
HERE TO STAY OR JUST A FAD ?**

**IAEVG/NCDA International Symposium
San Francisco, CA
June 28-29, 2010**

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What is life-designing ?

**an approach that claims to assist
people with the design of nothing less
than their life**



five presuppositions of L-D counselling

- from traits and states to contexts
- from prescription to process
- from linear causality to non-linear dynamics
- from scientific facts to narrative realities
- from describing to modeling



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a basic framework for L-D interventions

- life-long, holistic, contextual, preventive

goals of L-D interventions

- adaptability, narratability, activity, intentionality



steps of the L-D intervention model

- 1. identification of problem**
- 2. exploration of client's subjective identity forms**
- 3. narration of client's biography opens new stories**
- 4. placing of problem into these new stories**
- 5. drafting of action plan followed by steps to resolve the problem**
- 6. follow-up**



What do vocational counsellors make of L-D ?

- really that 'new' ?
- American concept
- smacks of therapy
- dislike of emphasis on flexibility
- more 'life-style' designing
- preference for classic vocational counselling

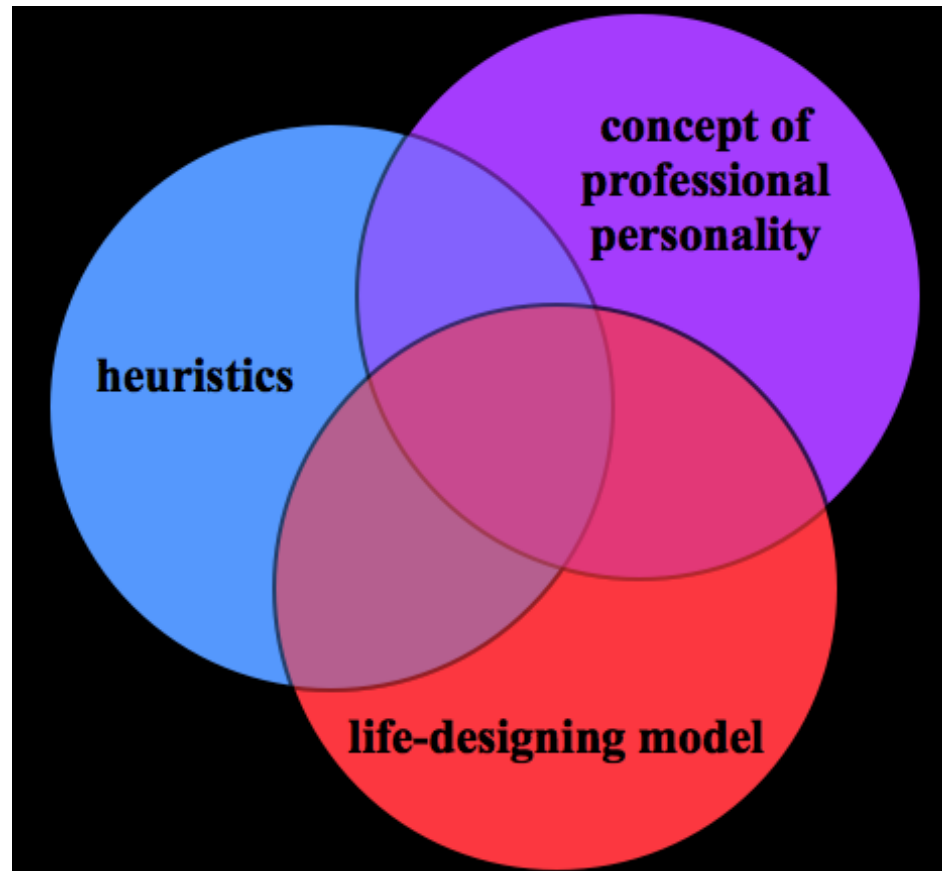


What do we make of L-D ?

- greater emphasis on professional occupations and professional personalities
- use of 'simple' heuristics at an operational level
- “cognitive empathy”

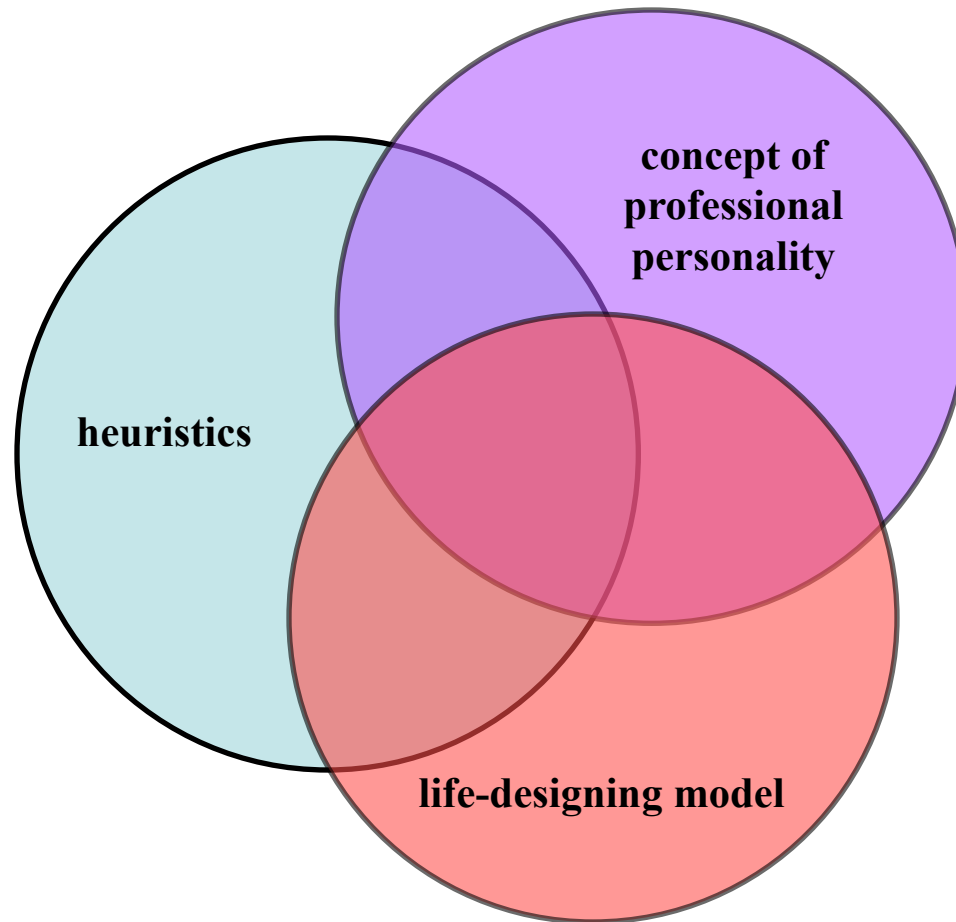


L-D: Here to Stay or Just a Fad ?





L-D: Here to Stay or Just a Fad ?





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**Thank you for
your attention.**

Jean-Jacques Ruppert and Bernd-Joachim Ertelt



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