From Personal Insight to Collective Action: A Psycho-Political Educational Protocol for Adult Learners

Laya Hooshyari
The University of Manchester, The United Kingdom

Abstract

This paper introduces a psycho-political educational protocol designed to support adult learners, particularly women and queer individuals, in transforming personal insights into collective political awareness. Drawing on my experience within political, therapeutic, and women's and queer community spaces, this model is structured to guide participants from addressing personal psychological challenges towards a deeper engagement with the socio-political contexts that shape their experiences.

The protocol begins by fostering a secure, empathetic group environment where participants are encouraged to share and analyse everyday psychological issues, cultivating mutual understanding and solidarity (Davanloo, 2000; Dreier, 2007). With this foundation of trust, the group then transitions to examining the political and economic underpinnings of these issues, encouraging the development of a critical consciousness that contextualises personal experiences within broader systemic frameworks (Haug, 1992). In the final phase, participants collaboratively devise strategies to confront these structural challenges, enabling the translation of individual insights into actionable, collective responses (Gramsci, 1971).

Methodologically, this protocol integrates participatory action research and reflective dialogue, ensuring that participants not only engage in introspective self-exploration but also critically interrogate the power dynamics that impact their lives. Through this structured yet adaptive progression from the personal to the political, the psycho-political educational protocol seeks to illuminate the intricate connections between individual and systemic factors, equipping participants with the tools to drive meaningful social change.

Keywords: Psycho-political education, adult learning, solidarity, critical consciousness, political transformation.