

**The Social Response Cycle**

**Created by Dr. Beverley Costa**

[**www.pasaloproject.org**](http://www.pasaloproject.org/)

**This information sheet supports The Social Response Cycle online resource for BACP members.**



Applying action research principles to address the challenge of putting social justice ideas into action, a model for counsellors and therapists.

# Observation

* what have you observed?
* have other people noticed something similar?
* does something need to be done about what you have observed?
* why hasn’t it been done already?
* who will benefit from it?

# Response

* + what do you think would be an adequate and appropriate response to your observations?
	+ what can you do? What can’t you do? (this could be action, fundraising, conversations, campaigning, service provision etc.)
	+ how will people get to know about your project?
	+ why will people want to engage with you?

# Evaluation

* + what difference will your project make and how will you know if it has made the difference?
	+ what can you measure?
	+ what can’t you measure?
	+ what are three key questions you could ask participants which could give you information about the impact of your intervention?

# Response

* + does your intervention or activity need to be adapted in the light of your findings from the evaluation?
	+ what will you do next?

**Use the whole cycle to think about how you plan to learn from each project and use this learning to shape future projects.**