



DIALOGUING WITH FREIRE IN THE CIRCLE OF CULTURE: A HEALTH PROMOTION STRATEGY

DIALOGANDO COM FREIRE NO CÍRCULO DE CULTURA: UMA ESTRATÉGIA DE PROMOÇÃO DA SAÚDE

DIÁLOGO CON FREIRE EN EL CÍRCULO DE LA CULTURA: UNA ESTRATEGIA DE PROMOCIÓN A LA SALUD

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ABSTRACT

Objective: reporting about the experience of carrying out a circle of culture to discuss about the Freirean theoretical conception as a health promotion strategy. **Method:** a descriptive, qualitative study, of experience report type, with reflections based on benchmarks of health promotion and methodological theory of Paulo Freire, developed in the subject of a Postgraduate course of nursing in southern Brazil. In the circle of culture 17 students enrolled in this discipline participated and three teachers responsible. **Results:** the circle was characterized by dialogue, interaction and exchange of experiences related to the practice and the Freirean method. Through the construction of the conceptual map and the thematic discussion, Freire's concepts have acquired sense in the context of health promotion. **Conclusion:** working the concepts and itinerary of the Freirean research through its own methodology turned the ownership of knowledge more significant. **Descriptors:** Health Promotion; Teaching; Culture; Communication.

RESUMO

Objetivo: relatar sobre a experiência da realização de um círculo de cultura para discussão da concepção teórica Freireana como estratégia de promoção da saúde. **Método:** estudo descritivo, qualitativo, do tipo relato de experiência, com reflexões fundamentadas nos referenciais da promoção da saúde e teóricos metodológicos de Paulo Freire, desenvolvido na disciplina de um curso de pós-graduação em enfermagem no sul do Brasil. Participaram do círculo de cultura 17 estudantes matriculados nessa disciplina e três professores responsáveis. **Resultados:** o círculo caracterizou-se pelo diálogo, com interação e troca de experiências relacionadas à prática e ao método de Freire. Através da construção do mapa conceitual e da discussão temática, os conceitos Freireanos foram adquirindo sentido no contexto da promoção da saúde. **Conclusão:** trabalhar os conceitos e itinerário de pesquisa Freiriana através da sua própria metodologia tornou a apropriação do conhecimento mais significativa. **Descritores:** Promoção da Saúde; Ensino; Cultura; Comunicação.

RESUMEN

Objetivo: reportar acerca de la experiencia de la realización de un círculo de cultura para la discusión del concepto teórico de Freire como una estrategia para la promoción de la salud. **Método:** un estudio descriptivo, cualitativo, del tipo informe de la experiencia, con reflexiones sobre la base de los puntos de referencia de promoción de la salud y la teoría metodológica de Paulo Freire, desarrollada en el curso de un programa de postgrado en enfermería en el sur de Brasil. Asistieron en el círculo de cultura 17 estudiantes matriculados en esta disciplina y tres profesores responsables. **Resultados:** el círculo se caracterizó por el diálogo, con la interacción y el intercambio de experiencias relacionadas con la práctica y el método de Freire. Al construir el mapa conceptual y el debate temático, los conceptos de Freire han adquirido sentido en el contexto de la promoción de la salud. **Conclusión:** trabajar los conceptos y el itinerario de la investigación de Freire a través de su propia metodología hecho la propiedad de un conocimiento más significativo. **Descriptores:** Promoción de la Salud; Enseñanza; Cultura; Comunicación.

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INTRODUCTION

The importance of innovation to the concept of health promotion refers to the fact of working with various health problems that affect the population through actions against social issues and improvement of individual and collective living conditions. Understanding the promotion of health in a broad way, this is not just being the time before the disease; it must be understood as a make health way with autonomous subjects in its socio-cultural context, able to evolve from individual action to collective, causing changes in living conditions.¹

Health promotion is not restricted to the health sector, but a link between the different levels of government (municipal, state and federal), which need to articulate policies and actions in order to improve the living conditions of the population and availability of services to people.²

It is significant that health promotion is based on strategies and priorities to reach health, considering the positive and dynamic welfare state search that integrates the physical, mental, environmental, personal and social. In this sense, health promotion goes beyond an educational process aimed at the production of knowledge in a collective way, but covers extensive discussions on the determinants of health, generating autonomy and emancipation of the subjects, as well as reciprocal modification of the participants in the process.³

Dealing with health promotion, the educator Paulo Freire plays a significant role as one of its key strategies of the concept of consent, considered a central axis for the promotion of health, because it is a process that concentrates the social participation and production health and healthy individuals. Through this, the idea of health promotion hopes empower, enable, make viable individual and collective learning through life.^{1,4}

Freire's contribution as promotion strategy is to encourage genuine dialogue between the men.⁵ Freirean dialogical conception, through a political/philosophical look, demonstrates that human life has a meaning as reason for being, and it is beyond the present oppressive relations in society.

Paulo Freire works mainly with male concepts, dialogue, culture, awareness, transformation, and praxis, oppressor-oppressed, banking education liberating education, emancipation and circle of culture. As a working method uses the well-known Route Search.⁶

Freire speaks of Culture Circles when is encouraging the holding of the meeting between people or groups of people who are dedicated to teaching and pedagogical work or other cultural and educational experiences, guided in the process of teaching and learning. The circle favors dialogue, participation, respect and teamwork.⁵

It is emphasized that this article aims to reporting about the experience of carrying out a circle of culture to discuss the theoretical Freirean concept as health promotion strategy.

METHOD

This is a descriptive study of a qualitative approach, of experience report type, developed in October 2014, with students and teachers during a thematic seminar of Health Promotion subject in the process of human living and nursing of the Postgraduate Nursing Program of a public Higher Education Institution in southern Brazil.

Grounded in the objective of the seminar, it sought for a methodology that would allow performing a reflective and critical process to reach the reality about the practices of health promotion and health education, what led us to the Paulo Freire method.

The seminar <<*Theoretical conception of education in Paulo Freire, health education and the relation to health promotion and nursing*>>, had the participation of three nursing professors of the Nursing Department at UFSC and 17 students enrolled in the said discipline (a psychologist, two physical therapists and 14 nurses). In addition, the circle was made up of four facilitators (three nurses and a physiotherapist), which mediated the discussions, organized and coordinated the group, to provide student participation during the discussions.

This seminar took place at a single meeting of about three hours, the circle of culture was divided into three stages, according to the itinerary Freire research: 1. Thematic Research: this step was accomplished through a conceptual map where each subject wrote a word or phrase that refers when speaking of Paulo Freire; 2. Encoding and Decoding: time permeated by discussion of each of the words / expressions relating to the key concepts used by Freire in the context of education and health promotion; 3. Unveiling Critical: This step was characterized by a small group discussion of clinical cases, in order to work them according to the educator's ideas, thinking in the working process of each professional involved. These Freirean stages enabled the historical context of Freire;

Building concept map; Resolution of the problem situation.

Moreover, the present report uses as tools and procedures for data collection in the Culture Circle participant observation with journaling field and in audio, photographic and film material produced by the participant group, after signing the Informed Consent.

RESULTS

◆Reporting the Experience

Assuming that the development of Culture Circle is founded in the exchange of experience and recommends systematization possible to generate individual reflection and construction of shared knowledge,⁷ the study occurred in the following steps: Training Talk Circle; Historical context of Paulo Freire; Building Concept Map; Resolution of the problem situation.

Talk circle: at first the participants were willing to “Talk circle” dynamic anchored in the proposed “Culture Circle” of Paulo Freire.

Historical context about Paulo Freire: in this activity, the facilitator rescued the life history of Paulo Freire and his major works, to share information with the group of his childhood and education, up to academic formation and exile.

Generating words: the third dialogue consisted of generating words that were spoken by the participants themselves of the conversation circle. Through tables

participants wrote a word or term which referred when referring to the Route method of Freire. Then, in the center of the circle, there were laid out some descriptors used in the Route of Paulo Freire method to the approach of health promotion and health education.

Ten words commonly worked in the work and thought of Paulo Freire were chosen to generate the reflection of the participants, as follows: male, dialogue, culture, awareness, transformation, praxis, oppressor-oppressed, bank-liberating education, emancipation and circle of culture.

For the integration of generative words, each member of the circle chose one of those central words to put next to their card and in the end there was constructed the concept map consisting of the central concepts of Freire and the words selected by the participants (Figure 1).

The first activity was enriching for the group, in that it allowed the approach of the participants to the theme and the performance of mediating in the knowledge of the group about the topic.

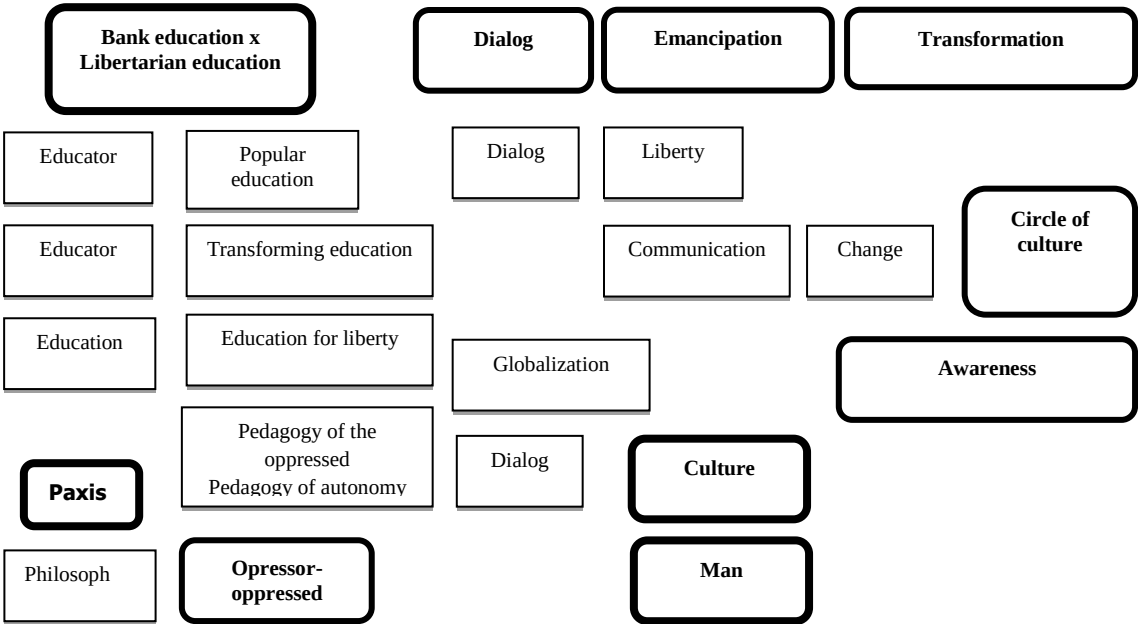


Figure1. Concept map prepared by the participants. Florianópolis/SC, 2014.

After the construction of the conceptual map, represented by the words that emerged from the participants from and of the central words carried by the facilitators began to reflect on the promotion of health in the perspective of Paulo Freire, asking first for each participant to explain why he chose that word. Moreover, the dialogue form, all

participants were challenged to reflect on their professional practice.

Situation problem: at the last moment, we turn to reflect about health promotion. The circle of participants turned into four small circles, and in each circle there was distributed a situation (case report), in which

participants were asked to develop a proposal for health promotion targeted to the context.

To foreclosure, we prepared the dynamics of the “chocolate box”, with the intention to recall the topic and leave the message of the importance of sharing, since we believe this should be the goal of health education.

	Theme	Objective	Method/ Facilitativetechniques
I	Formation of the conversation circle.	Broadening the communicative competence.	Culturecircle.
II	Historical contextualization about Paulo Freire.	Dialoguing about life and works of Paulo Freire.	Audiovisual resource usage (Datashow), to design image of Paulo Freire.
II	Construction of concept map.	Introducing the theme to the participants from the previous knowledge.	The use of generating words; Concept map.
IV	Working the theme.	Stimulating discussion and knowledge sharing about health promotion.	Formation of concepts in group.
V	Dynamic resolution of problem situation.	Reflecting the light of Paulo Freire on the promotion of health in a particular context/situation.	Division of the big circle in four small circles, for reflection and preparation of intervention and resolution of problem situations raised by facilitators; Debate between the groups about health promotion; Evaluation of the activity.

Figure 2. Statement of activities and techniques used. Florianopolis/SC, 2014.

ANALYSIS OF EXPERIENCE

During the Culture Circle, participants were able to interact, exchanging experiences related to the practice and Freire itinerary of knowledge. The development of this Culture Circle consisted of three phases: Investigation of generating themes (discovery of universal vocabulary, extracted words or themes of the daily lives of people participating); Encoding and decoding (must be sought the meanings of generating themes, contextualizing and expanding knowledge raising awareness); And critical Unveiling (it is the reality and possibilities, a preliminary analysis of the extracted contents of the objective coding, including elements of interpretive subjectivity).⁸

For some participants, the time provided the first contact with the Route of Paulo Freire. This rout has acquired more force, as education is increasingly called upon to assume a role of critical and reflective training in the world.⁹

It was found through the construction of the conceptual map and the thematic discussion that the promotion of health may be based upon the thematic aspects of the Paulo Freire methodology.

Among one of the concepts widely discussed in the group said the dialogue. It is inherent to health promotion dialogue, provided it is built, in the context in which the subjects are inserted. For Freire, dialogue is an existential requirement, it is the meeting that rally together to reflect and act in their

assigned subject the world to be transformed.¹⁰

Some questions have arisen in discussions about health promotion practices in groups: To what extent users have autonomy in the choice of issues to be addressed in health education and how these issues are worked in health services? What is the potential of the individual transformation, collective and social education through Freire? Still experience in practice, forms of transmission of knowledge and guidance to users, using talks with pre-selected content and that might not meet the needs of the participants. It is necessary that the health professional know interact with the customer, creating bonds in order to meet their real needs and hence provide a mutual exchange of knowledge and experiences that are truly transformative and reflective.

For this, the professionals need to experience forms of teaching that encourage participation and release to better understanding the limits and possibilities of its application in the setting of health groups.⁷

A defining moment of the seminar was for the dynamic resolution of the problem situation. The situations discussed in the circles described or simulated realities of individuals living in precarious health situations, containing different types of illnesses or diseases (hypertension, childhood obesity, chronic respiratory disease, smoking, low income, social problems). At this stage, permeated the concepts of health, health promotion and as a strategy for the solution of

problem situations emphasized the health education.

Because this activity elapse during the health promotion of discipline in the process of human living and nursing there was no conceptual differences during the discussion. In each situation problem proposal, participants emphasized that to be health, not just solely focused solutions in biological determinants or centered on concerns with the disease of individuals and the latest, health promotion in its entirety requires intersectoral and interdisciplinary joints.

A research in a municipality in the southern region, about the promotion of health in primary care, supports to describe the importance of interdisciplinary and coordinated intersectoral between workers and management, bringing the challenge to improve the quality of life, commitment to the principles of Unified Health System (SUS) and health promotion.¹¹

Regarding the practical strategy promoting health in groups or not, all were unanimous in certifying the importance of the implementation of the Rout of Paulo Freire, especially the use of Culture Circles. In this sense, the authors point out that a new approach is needed, emphasizing the development of critical consciousness and awakening the need to fight for the rights to health and quality of life.¹² Along the same lines, it is worth noting that the transformation started by the education is materialized by health promotion aims to reach not only the individual but the context in which it is inserted, this requires many partners and agents, as it requires extensive changes and time to be optimized.¹³

After the reporting experience and reflections that emerged from this theoretical construct that was based on a culture circle, the proposal of the course was innovative, to propose the study of Freire, putting into practice and experiencing their own methodology. This provided participants a moment of action-reflection-action and empowerment on their professional practice, thinking how to work practices that promote health in order to promote individuals, spaces, and / or healthy environments.

CONCLUSION

The experience with a circle of culture for the reflection of professionals about the Freirean theoretical concept as a strategy for health promotion practices constituted an exercise of awareness of the professional activity and a space of meeting and exchange

of knowledge and experience from dialogs of the group.

Thus, the experience reported was enriching, considering the discussions generated in the proposed circle. Reflections about health promotion, based on the concept of Paulo Freire, could emphasize the importance of dialogue and empowerment in the construction and development of a healthy life and consequent better quality of life. Thus, we emphasize the importance of realization of this thematic seminar of Paulo Freire and the permanence of the same, in the teaching plan of the subject Health Promotion in the process of human living and nursing of the course of Postgraduate under study.

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