

The ALP/Playground Approach 2023



The ALP/Playground Approach is a communication-focused methodology based on a personal authentic research by composer Keren Rosenbaum. It is grounded on 3 commitments the player in an Active listening Playground adopts and from that moment on let the game begin.

The ALP Tools are a set of design thinking core practices for a creative problem solving process to be implemented. With the tools we build an Inner awareness in real-time and

apply that awareness towards establishing healthy relationships with other people and the environment. Exposing participants to a series of simple, hands-on, exercises (we refer to them as scales and etudes, same like in music practice) We can produce an environment where each participant finds space to discover and express an authentic voice while constructing personal and collective meaning.

The ALP approach is internationally practiced and integrated into schools, academies, social organizations, communities and refugee camps around the world. We compose an ever-increasing global community of active listeners using Reflexive Music and by creating distinctive Active Listening Playgrounds. Rosenbaum has been commissioned to compose communities for art institutions, universities, and Not-for-Profit and commercial organizations. Each playground represents a unique event, specifically tailored to the needs of the community seeking composition. We focus on finding instead of searching.

We loop actions with reactions in a circular mode. Within the ALP Approach we refer to this process as Reflexive Music. The “music” is everything that happens in the action, reaction, and the in-between. Here, the term “music” extends beyond what we know from the world of instruments, orchestras, or choirs. It refers to each movement, sound, and intention in the action-reaction event.

The ALP/Playground approach allows us to explore the possibilities within this space of action and reaction from multiple perspectives. We call this extended layering of perspectives the “I-YOU-WE-WORLD” Each individual in an ALP event has four choices: they can listen, they can lead, they can compose, they can perform or produce. With the ALP Tools we claim the freedom of choosing our own time and place to create, in a supportive and safe environment. This safety operates on three principles. We begin to experience a healthy balance between these fluid roles. We practice imitating, observing, initiating - the stances which allow individuals and communities to form meaning and engage in heartfelt interaction.

The Playground is a literal metaphor for an environment in which each individual in a group can find a way to express, connect and play. With the ALP Tools we transform into leaders, develop creativity, work in a team, learn to let go, and become strong followers.