Storytelling for Recovery Professionals

Exploring Culture and Impact

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Workshop description

In this workshop, we’ll explore the roots of our own art and culture of storytelling, question whether we might be causing unintended harm by looking at the potential effect of our cultures and styles of storytelling, and clearly identify the impact we WANT to be having with our lived experience by connecting with personal and recovery core values and desired outcomes.

At the end of this workshop you will be able to:

- Identify the cultural contexts from which you tell your stories
- Understand how sharing lived experience within certain contexts can cause harm
- Describe the way personal and recovery values connect with desired impact when story sharing in professional peer roles
Storytelling – Exploring Culture

The Context of Storytelling

Why do humans tell stories?

How do we use stories in our roles as peers?

Where does the power of story lie?
A Storytelling Exercise

Think of all the ways you use stories in your life. How are you using your stories? Think of a few recent stories that you’ve told.

Use the chart below to reflect on your stories. There is an example on the first row.

<table>
<thead>
<tr>
<th>Story</th>
<th>Where</th>
<th>With Whom</th>
<th>What</th>
<th>How</th>
<th>Purpose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Work</td>
<td>Colleague</td>
<td>Other colleague was unwell</td>
<td>With concern about colleague’ wellness</td>
<td>To encourage asking for support or time off from work</td>
</tr>
<tr>
<td>2</td>
<td></td>
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<td>5</td>
<td></td>
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</tr>
</tbody>
</table>
Identifying Your Culture and Style

What cultures do you identify with?

What cultures within recovery do you identify with?

What aspects of your culture are evident in your storytelling?

What is your personal style of storytelling? Where are you coming from?
Storytelling – Considering Impact

Think of a story that changed you.

WHY did that particular story impact you?

WHAT was the impact?

HOW did it change you?
Michael’s Story

What did you connect with in the story?

Where was he coming from in the story?

Did you notice any particular language, attitudes, beliefs, values or biases?

How did those impact you?
Worldview

What is a Worldview?

How does it impact Storytelling?

Where are YOUR stories coming from?
Storytelling - The Potential For Harm

Who else is telling stories about you? What are they like? Have they all been positive?

Thinking of your professional role, what could cause a story to have a negative impact?

What is the role of culture and style in the kind of impact a story has? How might it cause harm?
Storytelling - The Desired Impact

Goals and Values

What is the fundamental goal of a Recovery Coach? How do we do that?

What values inform the work you do in your professional role?

How about a few values of your own?
The Positive Impacts of Storytelling

What impact do you want your stories to have?

In what ways can your stories have a positive impact?
Storytelling - Applying Goals and Values

Good storytelling starts with listening. What are you listening for?

How can you be more intentional in your storytelling?

What are some ways that you will begin sharing more effective stories?
The BIG Question is:

Does this story build a BRIDGE?

Or build a WALL?

Ask Yourself:

➢ What does my recoveree need in this moment?

➢ Why is this story coming to mind?

➢ Does this story offer something specific and helpful?

➢ Can my recoveree relate to this story?

➢ Is this story likely to cause harm?
REFERENCES


