357 Model®

Healing Losses through Strengthening Relationships

Part Two—How Storytelling Encourages Healing

Your Story

| Who are your most important relationships? | What needs are met through these relationships? | Who do you feel safe with/have a sense of belonging with? |

| Who comforts you? | Who do you have fun with? Who are you playful with? |

Section 1: The Power of Storytelling

Bridging Life Stories

Starting with the stories that are known

Moving toward the stories yet to come

Enduring connections

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357 Model®

"There is no agony greater than bearing an untold story inside you."

Maya Angelou

"It's like everyone tells a story about themselves inside their own head. Always. All the time. That story makes you what you are. We build ourselves out of that story."

Patrick Rothfuss

Clarification and Integration through Storytelling

Exploration of who they are, what has happened to them, and how they want important people to fit into their lives.

- **Who Am I?** (identity): stories about their hopes and dreams
- **What Happened to Me?** (loss): separations and losses
- **Where Am I Going?** (attachment): needs that were both met and unmet
- **How will I get there?** (relationships): recognition of significant people in their lives
- **When will I know I belong?** (relational connections) where and with who they feel a sense of safety and belongingness

What are themes in the story and how are they connected?

The Story of Eli

Capturing Stories

Childhood Memories

The Story of Me

"I have started a book about me and that has helped me out tremendously with my self esteem because I have pictures of all the people that were ever involved with me and that makes me feel that there are people who do truly love and care about me."

Anonymous

- Reflective tool to help continue the work
- Way to organize past events in chronological order
- Share life experiences if, and when, they want
- Visual history

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Restoring Order with Imagination

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Storytelling as Healing Actions

- Pulls people into dialogue, engagement and interaction
- Provides a way to experience emotions without experiencing the event
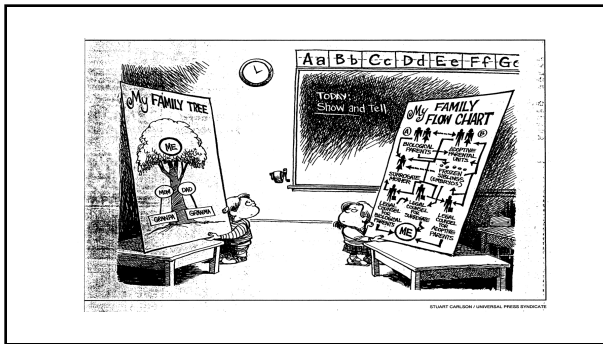- Prompts the feelings associated with memories so that they can be expressed
- Provides examples about how others have responded to challenges
- Helps interpret experiences, provide perspective and reveal meaning of events

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STUART CARLSON / UNIVERSAL PRESS SYNDICATE

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Section 2: Using the 7 Skills to Support Storytelling

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7 Skill Elements

1 Create Safety
2 Opportunities to engage
3 Be Present
4 Listen
5 Affirm
6 Briefly Speaking
7 Recognizing Behaviors

7 SKILLS

- Establishing the perception of **SAFETY**
- Providing **OPPORTUNITIES** to **EXPLORE** feelings and life events
- **BEING PRESENT** to the individual
- **LISTENING** to the stories
- **AFFIRMING** perceptions and feelings
- **BRIEFLY SPEAKING** in response to questions, comments, and reactions of individual
- **RECOGNIZING** and **ACCEPTING** that current **BEHAVIORS** reflect **GRIEF RESPONSES**

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BEING PRESENT to the individual

- Provide routine and structure
- Stay calm and regulated
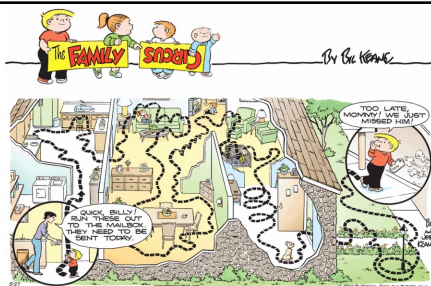- Limit distractions
- Give your attention
- Provide comfort

Listening to the Stories and Briefly Speaking in Response

- Attentiveness
- Reflecting back
- Allowing the story to unfold
- Avoid interrupting
- Allow for expression of emotion
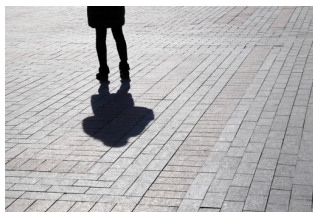- More reflecting back

Timmy Under the Table

AFFIRMING perceptions and feelings

- Convey understanding
- Avoid trying to "fix it"
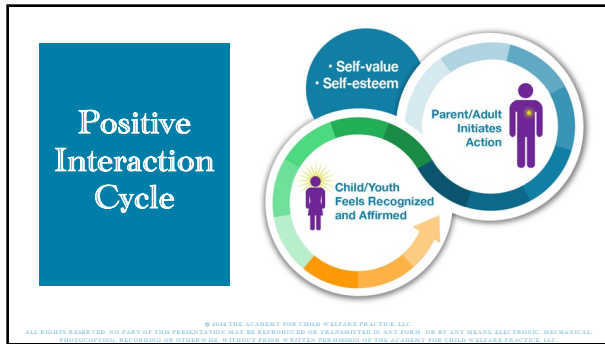- Recognize the people they are missing and thinking about

Searching for Mommy

Positive Interaction Cycle

- Self-value
- Self-esteem

Parent/Adult Initiates Action

Child/Youth Feels Recognized and Affirmed

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Bridging Life Stories

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Closing

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Coming Up Next

1. Overview of the 3-5-7 Model®
2. How Storytelling Encourages Healing
3. Using Activities to Engage Children and Youth
4. Using the Tools of the 3-5-7 Model®
5. Clarification: Seeking the Answer to Why
6. Integration: Creating Well-Being through Relationships
7. Actualization: Finding Safety in Relational Permanence
8. Supporting Youth-Driven Decision-Making

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