

# MODULE 1 STORYTELLING

## 模块一 故事讲述技术



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## WHAT IS STORYTELLING

### 什么是讲故事技术





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# DEFINITION OF STORYTELLING

## 讲故事的定义



- **Storytelling** is the art of narrate. 讲故事是一种叙述的艺术
- It has its roots in rhetoric and narratology, passing by the techniques of Effective Communication. 它植根于修辞学和叙事学之中，并通过有效沟通技术得以传递
- Everything about interacting with the other is about storytelling: it is a tool that allows us **to discover the other, to listen to them and to narrate them.** 在与其他人互动的所有过程中，都离不开讲故事：这是一种工具，让我们能够发现别人，倾听别人并为别人叙事。





- Therefore, storytelling is a valuable support tool in care processes.
- 因此，在关怀过程中，讲故事是一种宝贵的辅助工具
- Narrative centrality allows for the «story of care» construction, that is a **co-construction of a care path.**
- 叙事占据核心地位，可以构建关怀故事，即共同构建一条关怀路径。



# STORYTELLING IN CBPT

## 在CBPT中的讲故事



- In CBPT, the child is no longer a passive subject but an active promoter of his own improvements.
- 在CBPT中，儿童不再是被动的接受者，而是自身进步的积极推动者。
- Using **narration**, he or she chooses **a way in which he or she communicates** his or her vision of the world and events.
- 通过叙述，儿童能够选择一种方式来表达自己对世界和事件的理解与看法。
- Narrative thinking is based on the **construction of stories**, that is the explanation of a fact using a narrative structure (cause-effect relationships, space-time connections, emotional elements).
- 叙事思维基于故事构建，即通过叙述结构（因果关系、时空联系以及情感元素）来解释某个事实。





- Narrative has a very important value in developmental processes and also in educational processes.
- 在发展过程和教育过程中，叙事具有非常重要的价值。
- **By narrating, in fact, a child gives meaning to his or her own experiences:** through this process individual actions can be placed within a personal or collective story so that it has its own meaning.
- 实际上，通过叙述，孩子给自己的经历赋予意义：这一过程使个体行为能够融入个人或集体的故事中，从而使这些行为有了特定的意义。



# STRENGTHS OF STORYTELLING IN DEVELOPMENT

## 讲故事在儿童发展中的优势



- The child through stories learns **to make connections** between his own experience and the events and he understands that books and stories affect him very closely.
- 通过故事，孩子学会将自己的经历与事件联系起来，并且明白书籍和故事与自己密切相关。
- Through the book, the child is given the opportunity **to increase his attention span**, the habit of listening is created, and his imaginative capacity is stimulated.
- 通过阅读书籍，孩子有机会提升注意力集中时间，培养倾听的习惯，同时激发想象力。
- The stories heard strengthen the child's ability to recognize logical connections between events, relationships between cause and effect and the ability to broaden one's horizons by taking on another's point of view.
- 听到的故事有助于增强孩子识别事件间逻辑联系的能力，建立因果关系的认知，通过他人的视角来拓宽自己的视野。





# STORYTELLING IN THE THERAPEUTIC CONTEXT

## 在治疗情境中的讲故事



- **We often ask children to tell us something**, to make a narrative of what happened in a given situation, especially after an unpleasant event.
- 我们常常要求孩子讲述一些事情，描述在特定情境中发生的情况，尤其是在经历不愉快事件之后。
- This practice may seem positive because it takes for granted that it improves the mental and physical well-being of the child who accepts such a request.
- 这一做法看似积极有效，因为它自然而然地认为，当孩子接受这样的要求时，他们的身心健康能得到改善。
- However, we do not always achieve the desired results; this happens because the child's narration must be carefully guided by the adult, to help the child explore the social and emotional meanings related to the event narrated.
- 然而，我们并不总是能获得预期结果；之所以会出现这种情况，是因为孩子的叙述必须由成人精心引导，以帮助孩子探索与所叙述事件相关的社会及情感含义。







- For a **child to narrate a stressful event** or one with negative valence is equivalent to experiencing that situation again, but without possessing the skills and emotional strategies necessary to deal with it.
- 对于孩子来说，叙述具有压力或负面情绪的事件，相当于再次经历那种情境，但他们可能尚未具备应对这种情况所需的技能和情感策略。
- Narrative can help to recover within the therapeutic setting the dimension of meaning and significance for the formation of personal development. 在治疗环境中，通过叙事可以帮助孩子找回对个人成长有意义和具有重要性的维度。
- The development of narrative competence meets this need. Knowing how to narrate is not an innate gift, but it is a skill that can be cultivated. 发展叙事能力正能满足这一需求。懂得如何叙事并非与生俱来的才能，而是一种可以通过培养获得的技能。



# THE LANGUAGES OF STORYTELLING

## 讲故事的语言形式



- In storytelling we can use the languages of:
- 在讲故事的过程中，我们可以运用以下几种语言形式：
  - writing                      写作
  - art                            艺术
  - music                        音乐
  - cinema                      电影
  - theater                      戏剧
- The different languages actually contribute to the construction of new meanings and the development of creative and divergent narrative thinking.

这些不同的语言形式实际上有助于构建新的意义，促进创造性及发散性叙事思维的发展。



# STORYTELLING: THOUGHTS, EMOTIONS AND BEHAVIORS

## 讲故事：思想、情感与行为



- Storytelling promotes the development of language and cognitive functions and also has another outstanding function: **narratives can help children recognize and name experienced emotions, build vocabulary for talking about feelings, and illustrate different ways in which people react** to, for example, anger, fear, sadness.
- 讲故事能够促进语言和认知功能的发展，并且还有另一个重要作用：通过叙述，可以帮助孩子识别并表达自身体验过的情绪，建立描述感受的词汇库，展示人们对于愤怒、恐惧、悲伤等各种情绪的不同应对方式。
- In addition to the aspects examined, the narrative genre is characterized by the affective and emotional involvement of the reader/listener.

除了上述探讨的方面外，叙事体裁的特点还包括读者/听者的感情和情绪投入。



# STORYTELLING AND CBPT

## 讲故事与CBPT



- In CBPT the application of cognitive and behavioural techniques through storytelling is aimed at eliciting in the child more rational forms of thinking and opinions about himself and the world, thereby promoting more adaptive emotional and behavioural responses.
- 在CBPT中，通过讲故事应用认知和行为技术旨在激发孩子更加理性地认识自我和思考世界，从而促进产生更适应的情绪反应和行为反应。
- The use of storytelling helps children **generate alternative thoughts, emotions and actions to cope with the issues they are experiencing**, increasing problem solving skills and their sense of mastery of the world.
- 使用讲故事的方法有助于孩子产生替代性想法、情感和行动去解决面临的问题，增强解决问题的能力，并增强对世界的掌控感。



# STORYTELLING AND CBPT

## 讲故事与CBPT



- In fact, reading, telling or listening stories about other characters provides a **corrective experience** for the child because it offers an opportunity to identify with positive and adaptive patterns of behaviour, but also to apply what he has learned from the stories to his real life.
- 实际上，阅读、讲述或倾听关于其他角色的故事为孩子提供了修正体验的机会，因为这使得孩子有机会认同积极且适应性的行为模式，将从故事中学到的东西应用于现实生活。



# STORYTELLING AND CBPT

## 讲故事与CBPT



- The stories are constructed to accurately reflect the **child's identity** and situation, and always result in a positive, achievable resolution to the problem, through language that is easily accessible.
  - 构建故事来精确反映孩子的身份和处境，通过易于理解的语言，呈现积极、可行的问题解决方案。
  - Stories, therefore, represent the mode of interpretation of reality through which the child makes his sense of experience, and a tool for knowledge of the world and characteristics of human behaviour.
  - 因此，故事是孩子理解生活的一种现实解读模式，同时也是孩子认识世界及人类行为特性的工具。
  - Storytelling can be included within the psychotherapeutic process at times and in different ways depending on of the therapeutic purpose.
- 根据治疗目标，讲故事可以适时地以不同方式融入心理治疗过程。



# STORYTELLING AND CBPT

## 讲故事与CBPT



- Storytelling is always an act of co-construction and transformation. through re-telling the child's story, the therapist **models problem solving, lateral thinking, behavioural experimentation and especially the use of self-affirmations.**
- 讲故事始终是一个共同构建和转化的过程。通过重新讲述孩子的故事，治疗师能够示范问题解决、横向思维、行为实验、尤其是自我肯定的运用。
- Stories can be the basis from which characters model self- affirmations.
- 故事可以作为角色自我肯定的基础
- They can also serve as a metaphor for skill development and the transmission of new lessons.
- 也可以用作技能发展和传授新知识的隐喻载体
- The moral of the story must provide a means on which children can learn an alternative construction or explanation of their experiences.
- 故事的寓意必须提供一种方式，使孩子能够学习到对自身经历的替代性理解和解释





# STORYTELLING AND CBPT

## 讲故事与CBPT



- If it is placed in the theoretical framework of **cognitive change**, storytelling promotes children's **exploration** of their **cognitive and emotional experiences**, their self-affirmations as coping strategies, a process of testing alternative problem solving hypotheses, their accurate reattribution activity and of their behavioral testing.
- 若将讲故事置于认知改变的理论框架内，讲故事能促进儿童探索自己的认知和情感体验，把自我肯定作为应对策略，检验替代性解决问题假设的过程，开展精确的重新归因活动及行为测试。



# STORYTELLING AND CBPT

## 讲故事与CBPT



- Similar to other cognitive methods and processes, **storytelling influences change by promoting healthy interpersonal relationship and the development of various skills.**
- 如同其他认知方法和过程一样，讲故事通过促进健康的互动关系和多种技能的发展，来影响受访者，使其产生变化。



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