

MODULE 1 STORYTELLING



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WHAT IS STORYTELLING

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DEFINITION OF STORYTELLING

- **Storytelling** is the art of narrate.
- It has its roots in rhetoric and narratology, passing by the techniques of Effective Communication.
- 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.**

- Therefore, storytelling is a valuable support tool in care processes.
- Narrative centrality allows for the «story of care» construction, that is a **co-construction of a care path.**

STORYTELLING IN CBPT

- In CBPT, the child is no longer a passive subject but an active promoter of his own improvements.
- Using **narration**, he or she chooses **a way in which he or she communicates** his or her vision of the world and events.
- 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).

- Narrative has a very important value in developmental processes and also in educational processes.
- **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.

STRENGTHS OF STORYTELLING IN DEVELOPMENT

- 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.
- 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.
- 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.

STORYTELLING IN THE THERAPEUTIC CONTEXT

- **We often ask children to tell us something**, to make a narrative of what happened in a given situation, especially after an unpleasant event.
- 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.
- 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.

- 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.
- Narrative can help to recover within the therapeutic setting the dimension of meaning and significance for the formation of personal development.
- 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.

THE LANGUAGES OF STORYTELLING

- In storytelling we can use the languages of:
 - writing
 - art
 - music
 - cinema
 - theater
- The different languages actually contribute to the construction of new meanings and the development of creative and divergent narrative thinking.

STORYTELLING: THOUGHTS, EMOTIONS AND BEHAVIORS

- 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.
- In addition to the aspects examined, the narrative genre is characterized by the affective and emotional involvement of the reader/listener.

STORYTELLING AND 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.
- 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.

STORYTELLING AND 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.

STORYTELLING AND 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.
- 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.
- Storytelling can be included within the psychotherapeutic process at times and in different ways depending on of the therapeutic purpose.

STORYTELLING AND 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.**
- Stories can be the basis from which characters model self-affirmations.
- They can also serve as a metaphor for skill development and the transmission of new lessons.
- The moral of the story must provide a means on which children can learn an alternative construction or explanation of their experiences.

STORYTELLING AND 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.

STORYTELLING AND CBPT

- Similar to other cognitive methods and processes, **storytelling influences change by promoting healthy interpersonal relationship and the development of various skills.**

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