

Writing a Life Story with a Happy Ending: Self Awareness and the Use of Narrative in Case Management

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Introduction

- Incorporating Trauma into a Functional Life Narrative
- Using Theory Grounded in Survivor's Stories
- Context: Importance of Self Reflection in Narrative Work

Topics of Discussion

- Learn concepts from narrative psychology
- Apply concepts from a theory of cognitive processing of traumatic events
- Experience contemplation of narrative practice based on a reflective exercise

Narrative Psychological Theory

The Life Narrative

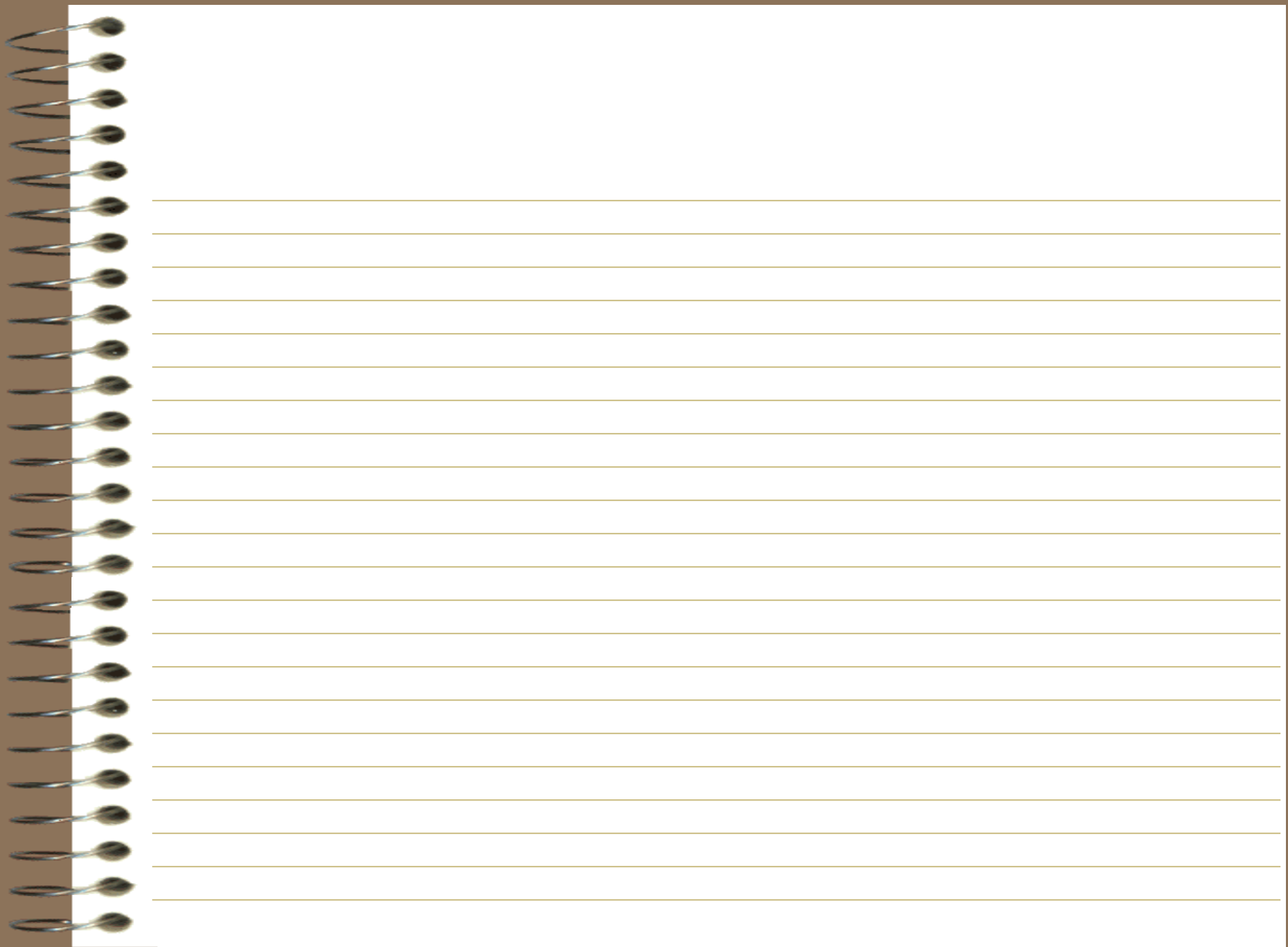
- What is it?
- What is its purpose in helping and motivating persons served?
- What is the impact of the worker's own understanding of his/her own life story?

A Process of Incorporating Trauma into a Healthy Life Story: The Epiphany

- How Life Story can create self understanding and improved functionality

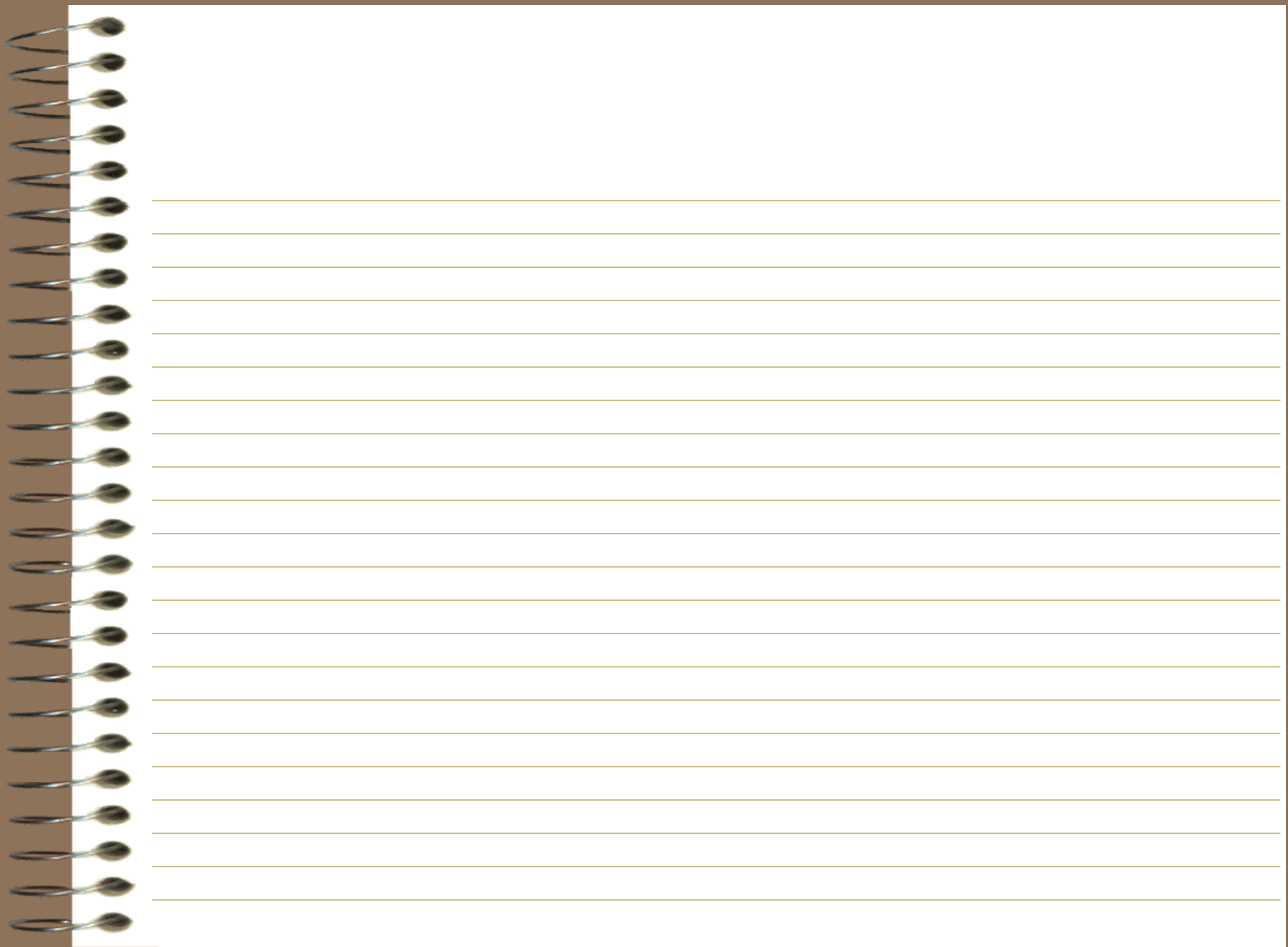
Step One to Recover: Epiphany, A turning point...

- Role of Epiphany in Recovery
- Antecedents
 - Emotional discomfort, physical pain, reliving trauma, therapeutic process, cultural developments
- Exercise: Identify an epiphany of your own that feels positive:

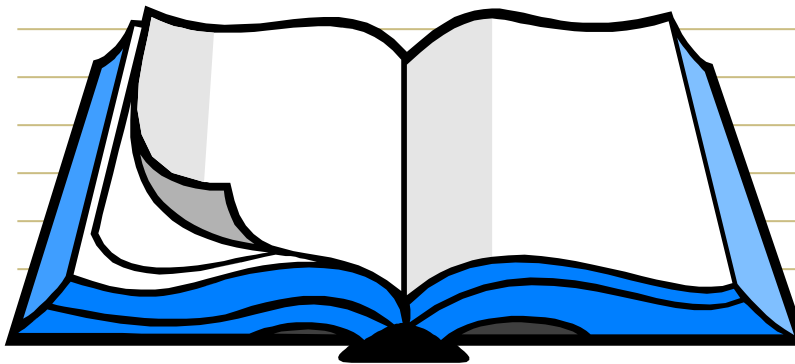


Step Two in Recovery: Validation

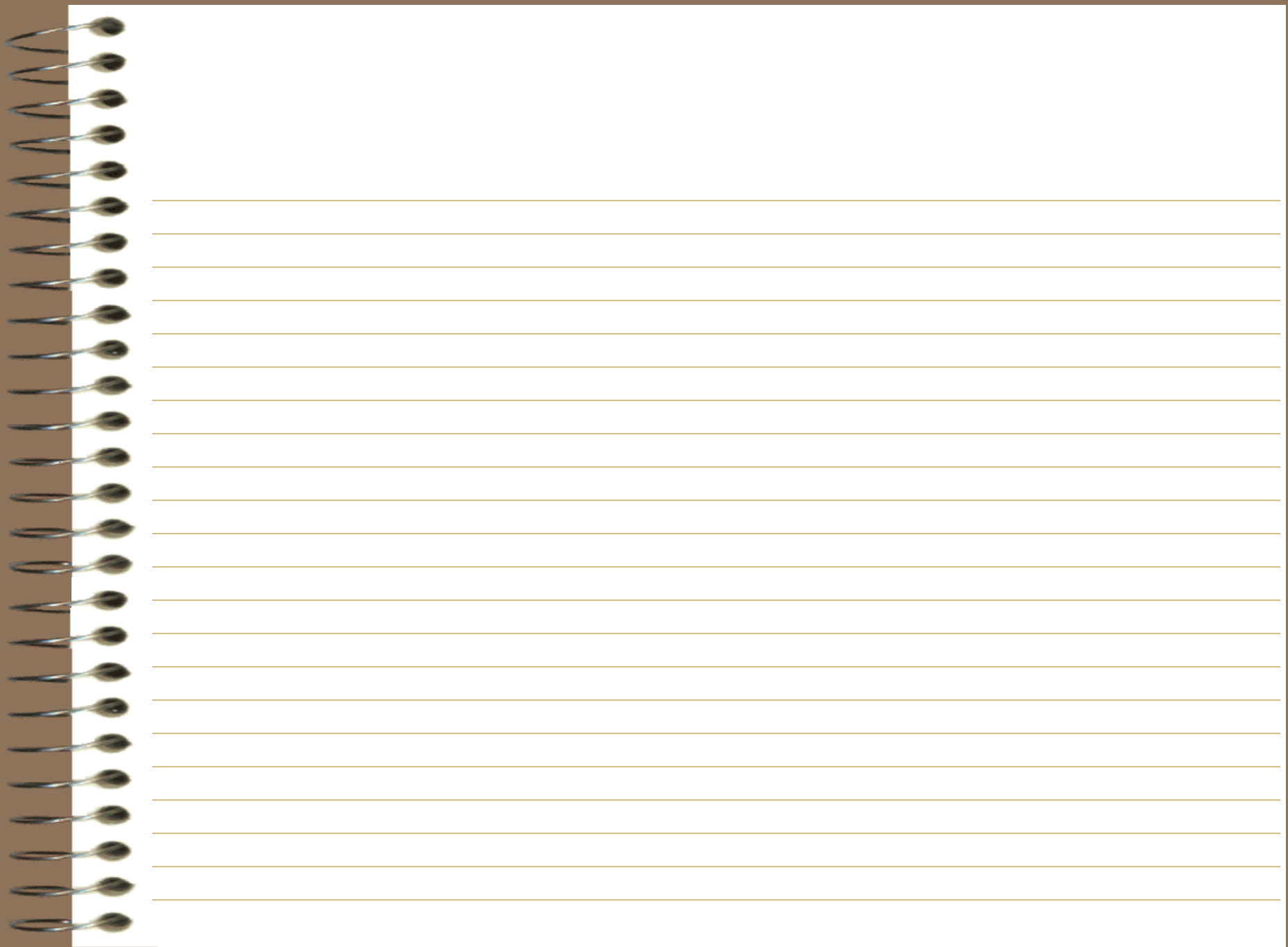
- What it is and where to find it
 - Writing, reading, talking, rescue action
- Make a Plan: Validating your epiphany



Writing a Life Story

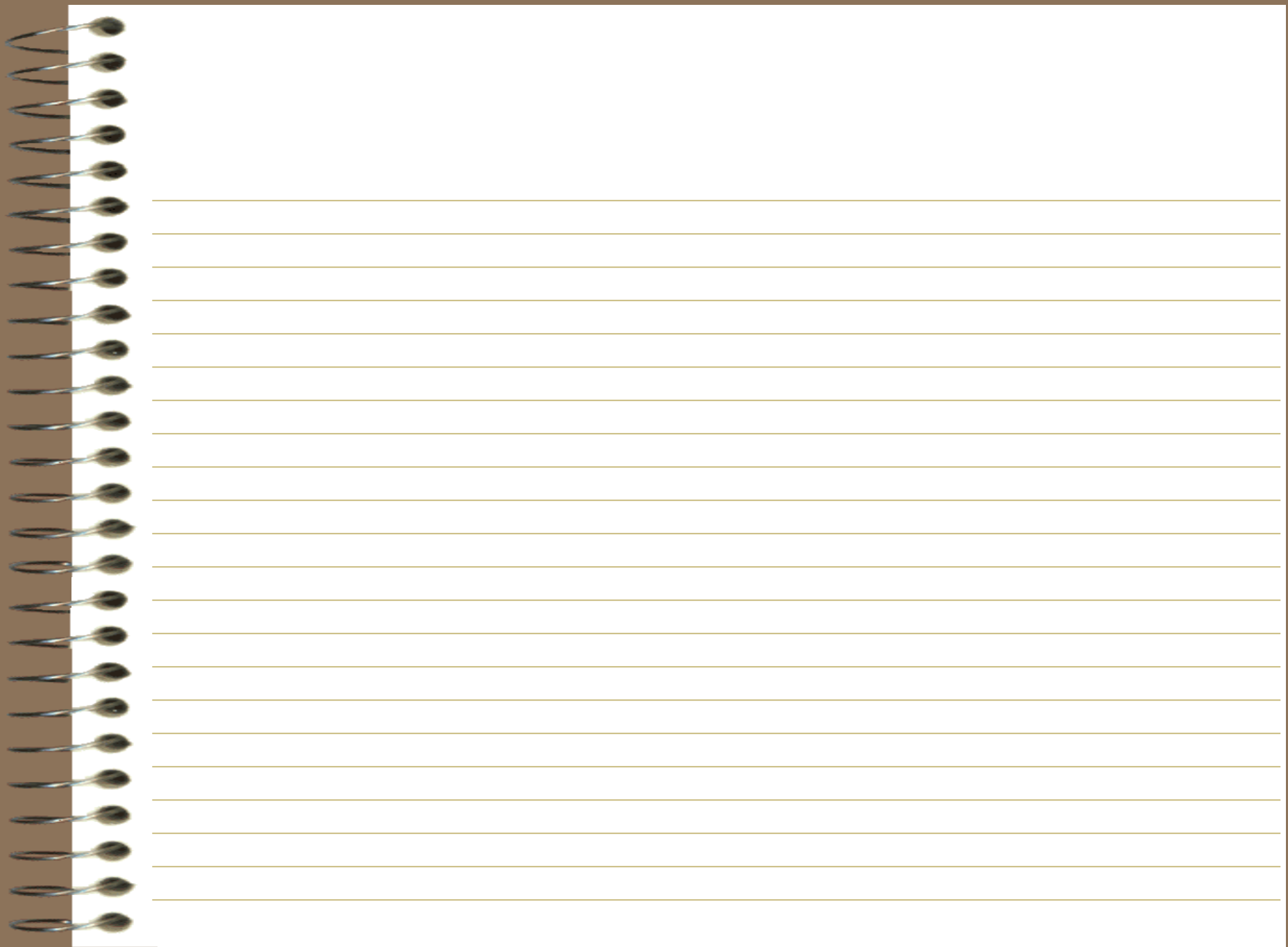


- Cognitive Dissonance vs. Integration of Epiphany
- How does the epiphany you chose support your self image?



Next Steps

- Now consider an epiphany that does not feel positive:
- Think about how you have or might have that experience validated.
- Consider what self image you would like this epiphany to support.



Use of Life Story Development in Case Management

- Consider antecedents to Epiphany and whether epiphany is beneficial
- Consider validation and the impact of your own life story as you validate the stories of the people you serve
- Examples: Life narratives that have allowed persons served to engage with workers and accept referrals

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