

Storytelling – to build relationships and skills for all ages

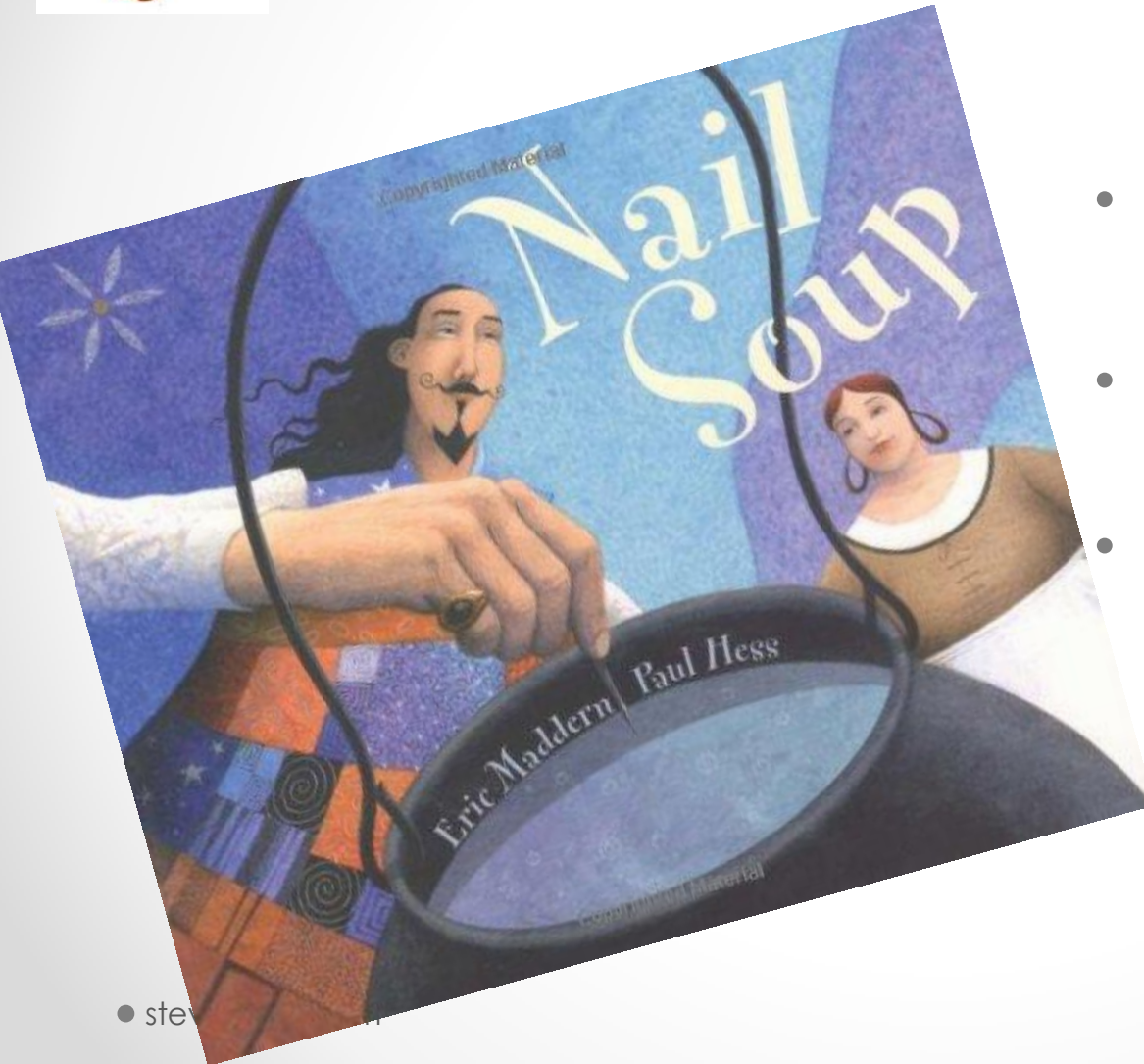
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Steve Killick

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Stone Soup



- In pairs
 - What just happened?
 - What went through your mind?
- How could this story be adapted for different ages

The functions of storytelling

- Storytelling can be used to entertain and educate
- Stories are a vehicle for experiences and emotions that help us understand what it is to be human, to be alive.
- They make dynamic and real exactly what the human spirit is.



What kinds of stories

- Your own- personal, family, anecdotes and memories
- Traditional (oral) 'shaped by many tongues'- Folklore and fairy story
- Fiction- children and adult fiction- -from myths and legends- (Harry Potter, Dr Who, Lord of the Rings all pull on traditional storytelling
- Stories and storytelling build social, emotional and cognitive skills - All important for learning.





Tales

Values
Metaphor & symbolic
Thinking

Language &
Communication

Telling

Affect Attunement
Shared Attention,
Intention & Affect
Playfulness along the
emotional journey

Talk

Curiosity -
Interest & Inquiry
Acceptance
Empathy



We communicate through stories all the time – We are
'storytelling animals' They can be more effective than questions
or rational explanations

Use stories about your day

- Tell a story about your day– tell it for fun or sharing an emotion or experience, hold it lightly, don't expect a response. Don't tell it to make a point or to influence just to see what happens
- *Something good, something bad, something happy or something sad –*

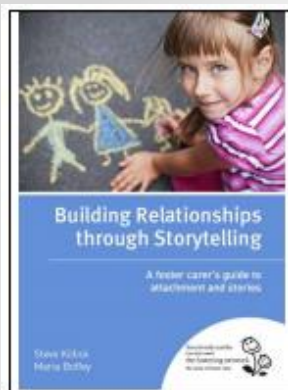
Then wait – stories are reciprocal – Experiences that attune to a child's experiences may help them feel it is safe enough to share that experience



Pairs Reflection

- How does this apply to your work
- Questions?
Challenges?

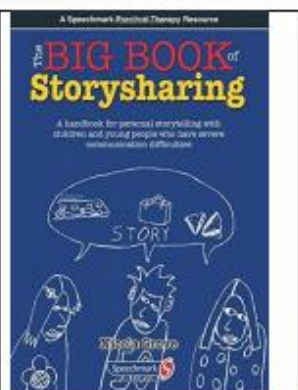




FOSTERING STORYTELLERS

Workshops for Foster Carers

Using stories to help Looked After Children



Come to as many workshops as you like. Coming to all three will give you a really solid understanding of how to use stories, but each workshop is self contained.

Workshop Leaders

Steve Killick is a Clinical Psychologist and Storyteller. He has worked with The Fostering Network for many years and has written 'Building Relationships through Storytelling: A Foster Carers' Guide to Attachment and Story (2012 with Maria Boffey) and 'Telling Tales: Storytelling as Emotional Literacy (2007 with Taffy Thomas). He is Clinical Lead for Barnardo's Child and Family Bereavement Service, Cardiff and Visiting Fellow for the George Ewart Evans Centre for Storytelling, University of South Wales



Nicola Grove is a Storyteller and retired Speech and Language Therapist and Teacher who specialises in using narrative with children and adults who have developmental disabilities and communication problems. Her books include: The Big Book of Storysharing (2014); Using Storytelling to Support Children and Adults with Special Needs Transforming lives through telling tales (2013); Learning to Tell: a Handbook for Inclusive Storytelling (2009).

We are running 3 free workshops in Port Talbot for foster carers to learn how to use simple storytelling to help children develop in relationships, dealing with emotions and communicating both at home and at school. These workshops are not just aimed at young children but how it can be used appropriately across the age range even with teenagers.

Open to all: particularly useful for clinical psychologists, speech and language therapists, social workers, teachers, doctors and nurses, teachers

Storytelling is not only a fun and playful activity, but has been shown to help with the development of healthy attachments, empathy and emotional literacy, sense of identity, resilience and strong and positive relationships. These workshops will offer a mixture of theory and evidence to support the work, and practical exercises to build your skills.

Tuesday March 7th, Wednesday March 15th, Thursday March 23rd 2017
10.30 am - 1.30 pm

Venue: The St Paul's Centre, Gerald Street, Port Talbot, SA12 6DQ

These workshops are part of the ABMU Arts in Health programme and are made free to professionals attending through our funders.

Places limited to 20

To find out more, or to book a place, please contact Steve Killick on:
killicksteve@gmail.com

These workshops are part of the Storytellers in Residence series of the Storytelling for Health Conference, June 16th & 17th 2017, Swansea see www.artsinhealth.wales

Tuesday March 7th

Telling stories so children can listen and respond
In this workshop we will be looking at the importance of different kinds of story in our lives; how to make a safe and playful space for storytelling; how to tell stories in a way that enables children to engage with you; how stories build healthy attachments and understand feelings.

Wednesday March 15th

Helping children to tell stories themselves.
In this workshop we will consider the development of narrative skills across the lifespan, and explore some strategies for helping children of different abilities to remember and share stories, from little events in their everyday lives to longer fictional narratives.

Thursday March 23rd

Making stories together
In this workshop we will look at ways of creating your own stories - both carers and children - and finding props and resources to support telling and enjoying stories.



Bwrdd Iechyd Prifysgol Abertawe Bro Morgannwg University Health Board



The workshops

1. Storytelling skills – to build playfulness, relational and storytelling skills
2. Storysharing – building narratives together to develop language and confidence
3. Storymaking- develop emotional understanding and therapeutic work for trauma



Awareness

Emotional Vocabulary & Metaphor

Mindfulness/Noticing of thoughts and feelings

Emotional Regulation

Co-regulation

Self-soothing

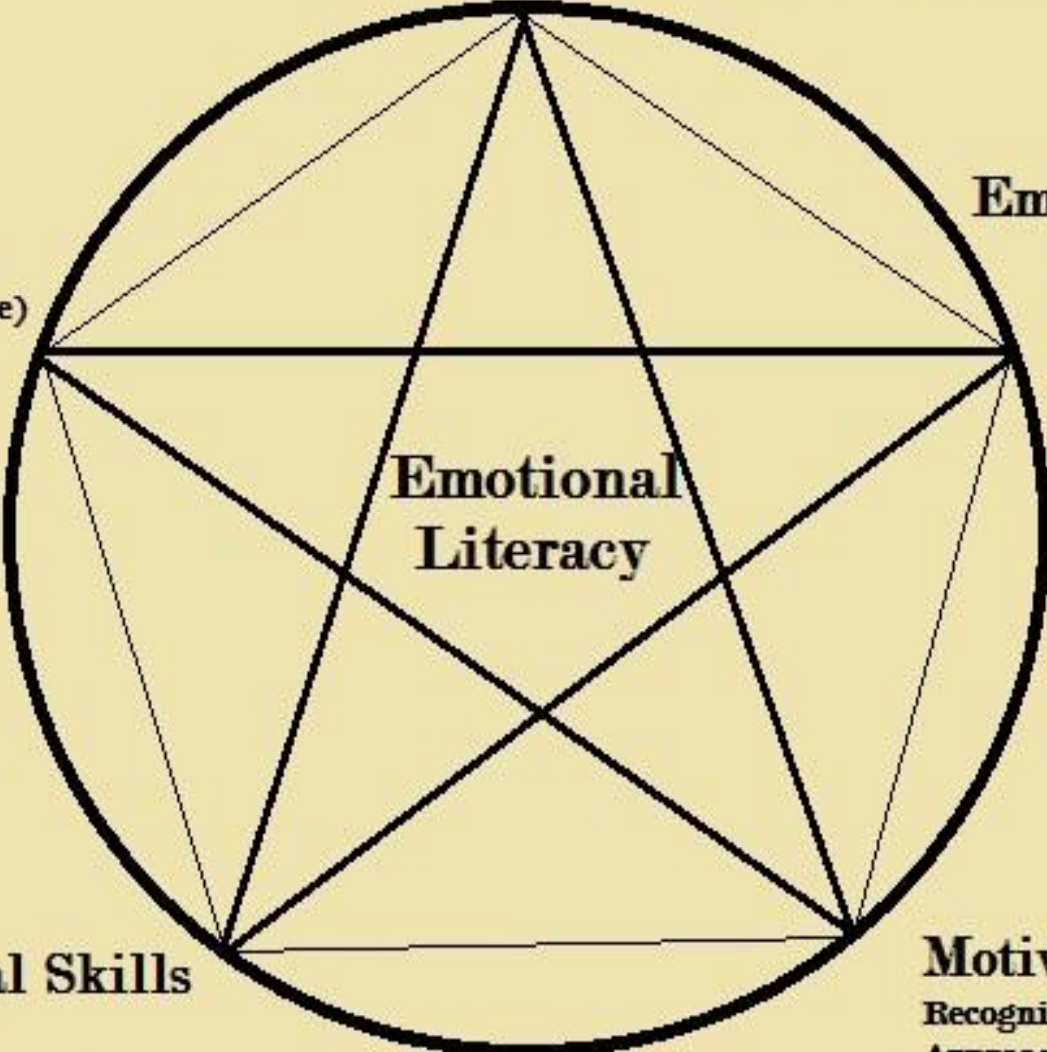
Acceptance & Expansion

Empathy

Primary (contagion)

Secondary (perspective)

Compassion



**Emotional
Literacy**

Interpersonal Skills

Friendship skills

Conflict Resolution skills

Assertiveness skills

Motivation

Recognising intention

Approach (goal/value/directed)

& Avoidance (anxiety)