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## Acknowledgements

- Strengthening Family Coping Resources would not have been imaginable without the contributions of many. The rituals and routines passed down in my family for many generations and practiced faithfully and joyfully by my husband, David, and my sons, Peter and AJ, convinced me of the value of this approach.
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Sharon Stephan	Carole Norris-Shortle
Winona Nurse	Kim Cosgrove

And to each of the families who has participated.

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Laurel Kiser

•National Institute of Mental Health  
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Administration

(NCTSI Category II)

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## SFCR Advanced Narrative Training

### Training Objectives:

At the end of the training, participants will:

1. recognize the connection between storytelling and narrative in SFCR
2. plan a safe and effective narrative process for families participating in SFCR
3. use therapeutic skills to conduct a family narrative

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## Family Trauma Narrative Training Agenda

### Introductions

Review of Family Storytelling in SFCR

Overview of Module III

Planning the Narrative

Session 10 Introducing the narrative

Sessions 11-12 Narrative work

Session 13 Marking the Trauma




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## Training Activities

- Planning a Family Narrative
- Narrative Skill Building role play
- Psychoeducation and Narrative Introduction – Module III, Session 10: Telling About What Happened
- Trauma Narrative role play
- Marking the Trauma role play

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## FAMILY STORYTELLING

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### Family Storytelling Skills

- Practicing characteristics
  - Form
  - Listening
  - Co-Construction

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### Practicing Characteristics

- Recognizable form
  - sense of autobiographical coherence
    - makes obvious how the characters, context, and sequence of events belong to a typical family story
  - evaluative component
    - defining the main characters or events being storied as related to the family
  - communicates enough information in a recognizable form

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## Practicing Characteristics

- Listening
  - synoptic listening
    - appreciate multiple points of view
    - accept individual perceptions
  - empathic listening
    - permission to add affect to the storyline
    - facilitate expression of emotionally charged materials
    - support emotional co-regulation
  - credulous listening
    - let the narrator tell their story without interruption
    - hear the story without criticizing, judging, or correcting
    - knowledge that listeners will accept the story as a valid representation of the teller's perspective

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## Practicing Characteristics

- Co-Construction
  - coordinated perspective
  - reflectivity
    - reflecting on how each individual remembers how they felt, why they felt or acted the way they did,
    - but also considering how other members of the family might have felt
  - collaborative problem-solving skills
    - balancing power, influence, and control
    - negotiation
  - co-regulation of affect
    - feelings congruent with the content,
    - shared at an intensity consistent with the social rules of storytelling and familial/cultural norms

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## Family Storytelling Skills

- Representing characteristics
  - Joint frame
  - Goal structure
  - Explanatory significance
  - Thematic consistency
  - Storytelling agility

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### Representing Characteristics

- Joint frame
  - internalized working models or schemas
  - communicate beliefs, values, and important life lessons of the family system and the larger sociocultural context

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### Representing Characteristics

- Goal structure
  - how the story fits with the family's purpose
  - consistent with family goals and aspirations

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### Representing Characteristics

- Explanatory significance
  - why events happened to the family
  - how an event is similar/dissimilar to other experiences in the family's history,
  - how the storied event links with other events along the family timeline

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### Representing Characteristics

- Thematic consistency
  - holds true to the shared family paradigm, values, and messages
  - historically true

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### Representing Characteristics

- Storytelling agility
  - hear or imagine the untold stories
  - envision different possible versions of the stories being told,
  - perceive options that are not included as the story unfolds
  - invent alternative endings

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### Narrative Coherence

- Story elements
  - Characters and context
  - Plot and sequence
- Integration with affect, social rules, meaning & history
  - Connect to associated affect
  - Provide semantic meaning to what occurred
  - Autobiographical continuity
  - Shared interpretive frame and goal structure

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## Sharing Family Stories

**Facilitator:** I am willing to bet that each and every family here has some great stories to tell. Tonight we are going to get a chance to hear some of those stories. Please gather your families around and get comfortable. Now spend a few minutes thinking about something good that the whole family experienced together in the past few years. Once you have decided on something good that happened to your family, discuss this event. Just pretend that you were sitting around and someone brought it up.

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## Sharing Family Stories II

**Facilitator:** Tonight we are going to get a chance to hear some more family stories. Please gather your families around and get comfortable. Now spend a few minutes thinking about a time that something a little bit scary or somewhat stressful happened to your family over the past 2-3 years. Once you have decided on something to talk about, just pretend that you were sitting around and someone brought it up. [Facilitators should turn on the tape recorder for each family.] Allow about 10-15 minutes for storytelling.

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## Sharing Family Stories III

**Facilitator:** Using ideas from tonight's activities, I want you to add your family's future to your timeline. Each person in the family should draw/create something to represent something you imagine will take place in your family's future. Add to your timeline the things you want for your family in the future.

To end tonight's activity let's tell another story. Tell a story that represents a "Vision Statement" for your family. Remember, this is what you imagine and can plan for yourselves in the future. Give the families about 20 minutes to complete.

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## Module III

### Trauma Resolution and Consolidation

Session 10	Telling About What Happened
Session 11	When Bad Things Happen
Session 12	When Bad Things Happen
Session 13	Marking the Traumas
Session 14	Good Things Happen Too!
Session 15	Let's Celebrate

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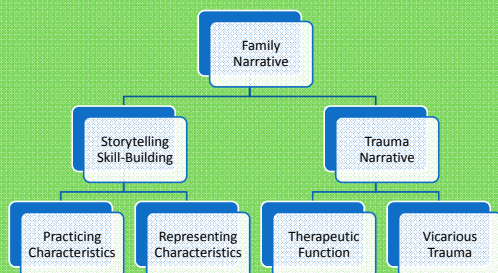
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## Planning the Narrative




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## Clinical Considerations

- Matching the family's needs/readiness with purpose of the narrative
- Developmental issues
- Dyssynchronies
- Do no harm




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## Planning a Family Narrative

### Role Play

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## Healing Aspects of Narrative

- Improving communication processes
- Relationship building and repair
- Increasing tolerance for affect expression
- Ability to talk about difficult issues
- Collaborative problem solving
- Reflectivity

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## Building Narrative Skills: Collaborative Style

- each member contributes to the story
- give and take
- reflectivity
- multiple viewpoints considered and integrated into a shared version of the story

*Not only reflecting on how each individual remembers how they felt, why they felt or acted the way they did, but also considering how other members of the family might have felt.*

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### Developing a Shared Meaning

- Family Conversations
  - Reminiscing
  - Values clarification
  - Moral dilemmas
  - Family heroes and villains

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### Narrative Skill-building

#### Role Play

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### Skill-Building Role Plays

- Practicing Characteristics
  - Brainstorm therapeutic activities
  - Role play
- Representing Characteristics
  - Brainstorm therapeutic activities
  - Role play

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## Trauma Narrative

- Decision Points
  - Determining the healing aspects of the narrative
  - Which traumatic event(s) to incorporate in the narrative
  - Which trauma to begin with and how to sequence the discussion
  - Whether all family members are aware of the details of the event(s), whether to limit the discussion of certain specifics
  - Are there family secrets related to the trauma, what purpose are the secrets filling?

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## Healing Aspects of Trauma Narrative

*"Telling the story of the trauma pain allows the other family members to help you continue the story while changing the story line in a way that results in a better ending"*  
- Lantz & Raiz, 2003, p.169

- Gradual exposure (approach vs. avoid)
- Desensitization/co-regulation
- Cognitive processing
- Re-construction of the story
- Integration of experience into coherent family identity

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## Facilitating a Family Trauma Narrative

- Partnering with family to structure narrative process
- Establishing and maintaining safety
- Psychoeducation about trauma reactions, reasons for talking together about what happened
- Anticipating/managing arousal and avoidance

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### Facilitating a Family Trauma Narrative

- Co-regulation
- Scaffold communication/narration skills
- Elicit multiple perspectives
- Help family recognize multiple realities
- Integrate experiences
- Look for meaning consistent with family values, goals, and history
- Ask questions to look for untold parts of the story and "unique outcomes"
- Help the family change the storyline

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### Using Your Coping Resources




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### Telling About What Happened

5:30-6:00 Family Meal  
 6:00-6:15 Communicating without Words\*  
 6:15-6:40 Understanding our Reactions  
 6:40-7:20 Telling about the Traumas  
 7:20-7:30 Closing

\*Cirque Du Monde

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## Psychoeducation and Narrative Introduction

Role Play

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## When Bad Things Happen

5:30-6:00 Family Meal  
6:00-6:15 Gears  
6:15-7:20 Telling about the Traumas  
7:20-7:30 Closing

"Are you ready  
to hear this,  
its an ear  
breaker."

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## When Bad Things Happen II

5:30-6:00 Family Meal  
6:00-6:15 Jenga  
6:15-6:35 Relax II  
6:35-7:20 Telling about the Traumas  
7:20-7:30 Closing

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## Trauma Narrative

Role Play

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## Marking the Trauma

5:30-6:00 Family Meal  
6:00-6:50 Processing the Traumas  
6:50-7:20 Enduring Traditions  
7:20-7:30 Closing

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## Marking the Trauma

Role Play

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