



Special Workshop * CE Credits Available

The University of Missouri-St. Louis, Missouri Institute of Mental Health (MIMH) will be responsible for this program and maintain a record of your continuing education credits earned. MIMH will award 6.5 clock hours or 7.8 contact hours (.78 CEUs) for this activity.

*The St. Louis Storytelling Festival and NAMI St. Louis
Presents:*

**“The Use of Storytelling in
Clinical Care”**

Regi Carpenter
Stories-in-Healthcare Consultant



A multi-award winning storyteller, author, professor and workshop presenter, Regi has won numerous grants for her work. Her TedxTalk “A Hush in the Room” is about the power of stories in pediatric palliative care. The performance piece **Snap!** tells of her experience as a sixteen-year-old institutionalized in a state mental hospital , and won the Boston Story Slam.

Through telling one’s story, we come to understand our experience within a larger framework of human experience, compassion, hope, and recovery.

Friday, October 20, 2017

8:30 a.m. – 12:00 p.m. – Morning Session

1:30 p.m. – 5:00 p.m. – Afternoon Session

MU Extension, St. Louis County Office
132 E. Monroe Ave.
Kirkwood, MO 63122

\$25: Full Day

(\$15: ½ day morning or afternoon)

Register online at <https://goo.gl/dX9jDM>
by Wednesday, Oct. 18.

Space is limited!



This workshop program is made possible with a grant from the National Endowment for the Arts. To find out more about how National Endowment for the Arts grants impact individuals and communities, visit www.arts.gov.

MORNING SESSION:

8:00 a.m. – 8:30 a.m.: Registration/Coffee

8:30 a.m. – 12:00 p.m.: “USING TRADITIONAL FOLK AND FAIRY TALES TO ELICIT PERSONAL STORIES AND COPING STRATEGIES”

Many stories from the world’s folk and fairy tale tradition mirror issues prevalent in mental health care. Research supports that when hearing a traditional story, patients more readily recognize & articulate their feelings and fears while stimulating coping techniques that lead to resilience and personal empowerment.

Objectives:

In this interactive session, therapists will learn to utilize a traditional story in an engaging way to in order to:

1. Elicit stories about the clients’ personal experience.
2. Help clients identify and clarify conflicts, feelings and self-defeating beliefs.
3. Offer coping solutions for a client.
4. Identify action steps that lead to desired outcomes and goals.

12:00 p.m. – 1:00 p.m.: Lunch on your own. (Numerous restaurants within walking distance)

AFTERNOON SESSION:

1:00 p.m. – 1:30 p.m.: Registration

1:30 p.m. – 5:00 p.m.: “THE ROLES OF STORY, LISTENING AND WRITING IN CLINICAL CARE”

This workshop is based on the Robert Wood Johnson Narrative Playbook Workshop which was developed in 2015 by a team of physicians, writers, nurses, and social workers based on the well-supported theory that narrative practice enhances patient-centered care, patient outcomes, and burn-out prevention. The Playbook seeks to provide guidance for providers seeking to incorporate narrative methods into clinical care.

This workshop begins with a storytelling performance of **Snap!**, a true story of Regi’s experience of adolescent mental illness, her commitment to a state mental institution and her journey back to reality and freedom Using the themes in the story as a blueprint for issues in health care, we will then incorporate storytelling, writing and listening as therapeutic methods.

Objectives:

At the end of this workshop, participants will be able to better assist a client in telling their own story by:

1. Practice deep and focused listening techniques.
2. Improve the quality of listening in your practice.
3. Utilize simple writing prompts to focus and clarify therapeutic sessions.
4. Practice storytelling as a therapeutic tool.

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