

Storytelling In Practice - Working With People To Support Them To Tell Their Story

Checklist to consider...



A TRAUMA INFORMED APPROACH

Trauma-informed approaches are important because they can help people feel safe and supported. Creating a trauma-informed environment for individuals with lived experience of mental health to share their experiences involves empathy, a commitment to safety, respect and planning.

Below are some guidelines to ensure the process is trauma-informed:



Time?



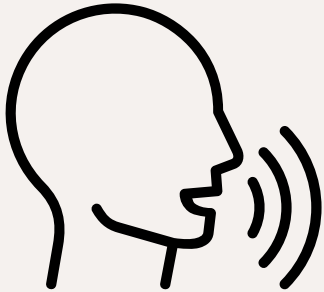
A person sharing their story takes time - do you have enough time? Ask if the person is ok to share.

Think about your environment

What environment are you in? Is it a quiet, private space?



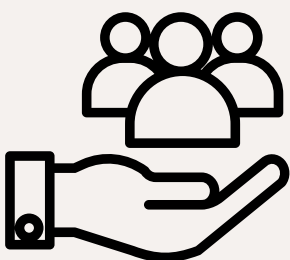
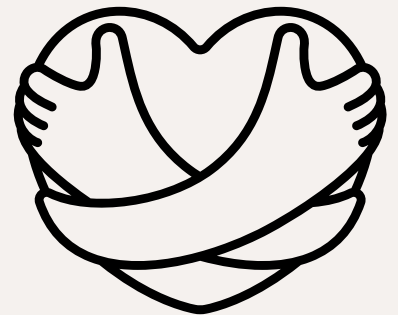
Are they ready?



Is the person you are working with ready to tell their story? Are they emotionally prepared? Do they have the confidence?

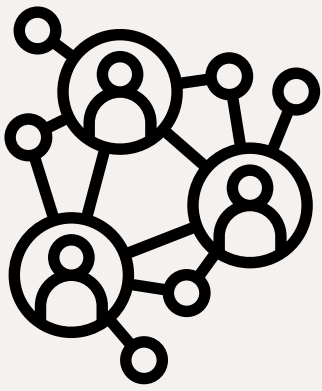
How are you feeling?

Are you ready to listen? What kind of day have you had? Are you able to switch off other priorities to be able to fully listen?



Checking in

How will you check in with the person afterwards and make sure they are ok?



Taking care of yourself

How will you look after yourself afterwards? Is there a line manager or colleague you can talk to?

Where will their story go?

What will you do with the story? Does the person you are working with know and understand this? It's important to feedback what has happened as a result of someone sharing.



Establish clear boundaries

Do people know they can stop at any time and are in control of how much they share?

Ask about triggers

Ask if there are certain topics, words, or situations that may be triggering or upsetting for them.

