

## Storycare Project Workshop Two:

*Helping Seniors Shape their Story from a Photograph*

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### 1. Ethics:

- Make sure you're allowing the storyteller to share her/his story in the way she/he wants to!
- Don't put words in their mouth – don't speak for them.
- Try not to interrupt the storyteller – give him/her space – pauses are okay – sometimes it takes a few moments for thoughts to come.
- Make sure the storyteller feels safe with you to share his/her story.
- Listener must keep the story safe!
- Don't share a person's story without her/his permission!
- No judgment.
- Listen deeply and with respect.
- If you think the storyteller will be traumatized, don't push for the story beyond the storyteller's comfort level.
- Pay attention to body language and tone of voice to notice if things are getting difficult.
- If the storyteller still wants to proceed, then that's okay, as long as it's their choice.
- Make sure you have tissue and water on hand – tears are okay! Emotions are okay!

### 2. From the 7 Steps of Digital Storytelling\*\*:

#### **1. Owning Your Insights**

Finding your story: What story do you want to tell?

Clarifying your story: What is your story really about?

Storytelling is a journey of self-understanding. Stories tell not only events, but also what changed inside you after that event.

- What makes this story your story (and not someone else's)?
- How does this story show who you are?
- What is the purpose of your story: why are you telling it?
- Why this story, why now?

## 2. **Owning Your Emotions**

Identify the emotions in your story: What emotions do you experience when you tell your story? Conveying those emotions: Which emotions will best help your audience understand your story?

- Be honest and thoughtful: the truth will resonate with your listener/audience and help engage them in your story
- Can emotions be conveyed without directly using “feeling” words or clichés? Ask storytellers to describe how they were feeling beyond just saying, “I felt happy/sad.”

## 3. **Finding the Moment**

Identify the moment(s)/event(s) of change: When was the moment when things changed? What happened before/after the moment?

- Can you describe the moment in detail?
- Set the scene: what did you see, hear, feel, etc.?
- What key pieces of information are needed to make sense of the story?

\*\* taken from: *Digital Storytelling: Capturing Lives, Creating Community*, by Joe Lambert, Digital Diner Press, Berkeley California, 2009

### 3. Tips about listening, and asking the right prompts to elicit more from the storyteller:

- Looking at photos we begin to ask questions and see what stories arise – we can begin with simple guiding questions:
  - Who is in this photo?
  - What is in this photo?
  - Where was this photo taken?
  - Why was this photo taken? (was it a special occasion, or another reason, or just because?)
  - What is clear about the story? What isn't clear?
- Then we can move into deeper questions:
  - What emotions do the people in the photo seem to be feeling? (How were you feeling? How do you think other people were feeling?)
  - Describe the moment of this photo: what did you see, hear, smell, feel?
  - What happened just before this photo was taken?
  - What happened just after this photo was taken?
  - Who or what is *not* in this photo?
  - What is the hidden story in this photo?
  - What other memories does this photo stir up?

Consider recording the discussion – with permission, of course!