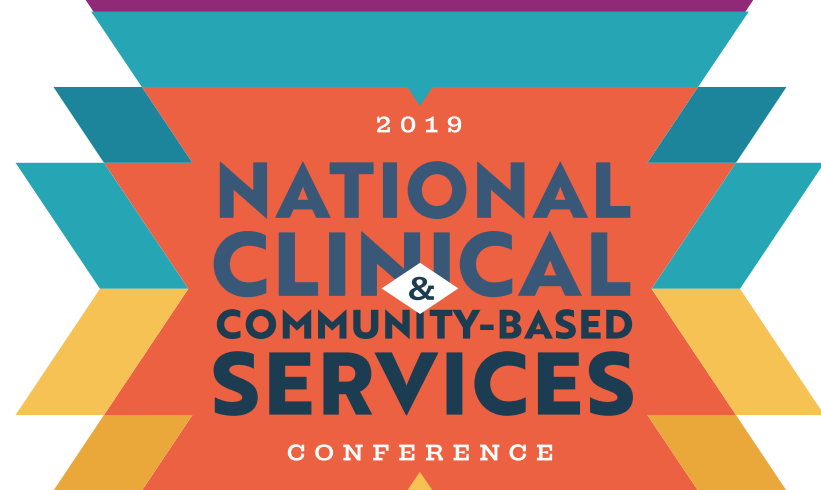




Office of Clinical and Preventive Services  
Division of Clinical and Community Services



# Storywork Toolkit

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Bemidji Area IHS



“Narratives rarely, if ever, have a solitary existence. They operate concurrently in relation to other stories, and may reinforce, indirectly compete with, or actively confront and resist one another...in ways that shape our understandings.”

(Sharf et al., in The Routledge Handbook of Health Communication, 2011)

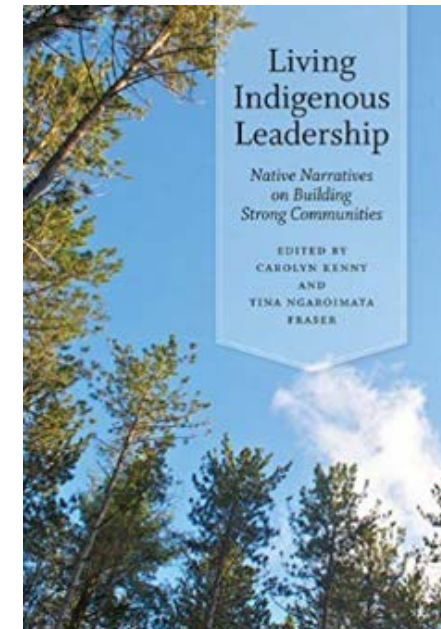
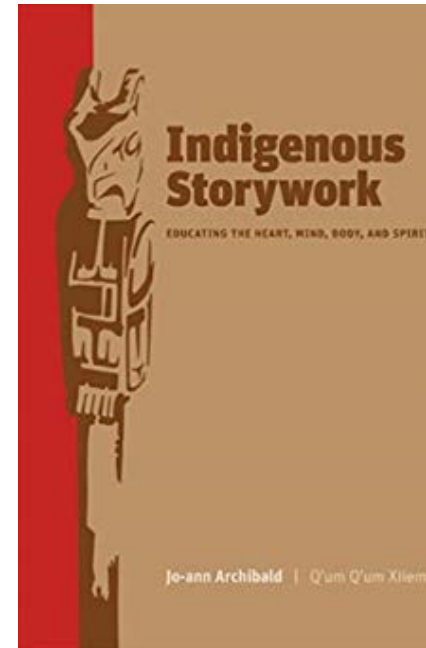
# Agenda for today's session

- Background on “Storywork”
- Digital Storytelling Basics: Rationale, Theory, Activities
- Sharing Stories to Effect Change:
- Ethical Considerations for Digital Storytelling
- Bemidji Area HPDP Narrative Guidebook
- Questions and Discussion

# Background on Indigenous Storywork

## Indigenous storywork

- Jo-Ann Archibald
  - Indigenous Storywork
  - Decolonizing Research Indigenous Storywork as Methodology
- Worked with Coast Salish Elders and storytellers to develop ways of bringing storytelling into educational contexts
- Demonstrates how stories have power to educate and heal the heart, mind, body, and spirit.
- Builds on seven principles
- My connection to storywork and Indigenous leadership
  - Carolyn Kenny
  - Antioch University




# What is storywork?

- Storywork brings together Indigenous ways of knowing and leading.
- Teaches how to remain connected to the land and to one another.
- The teacher transmitted through specific Elders and educators.
- Framework is based on 7 principles.
- Appropriate path for delivery of Indigenous intellectual traditions and Elders' knowledge, thus providing additional guiding framework for leadership.
- Provides a reflective process for self-discovery

# Background on the field – today's world

## Digital storytelling

- Center for Digital Storytelling, i.e., StoryCenter...
- Developed original digital storytelling methodology in 1993
- Lengthy history of collaborative storytelling and media efforts worldwide
- Broad range of approaches, all of which emphasize:
  - first person narrative
  - group process
  - participatory production
  - storywork

 **What is Digital Storytelling**

- Uses new digital tools to help ordinary people to tell their own real-life stories
- is the practice of combining narrative with digital content, including images, sound, and video, to create a short movie, typically with a strong emotional component.
- can be instructional, persuasive, historical, or reflective.
- is normally 2-5 minutes long
- Can be effectively applied to nearly any subject



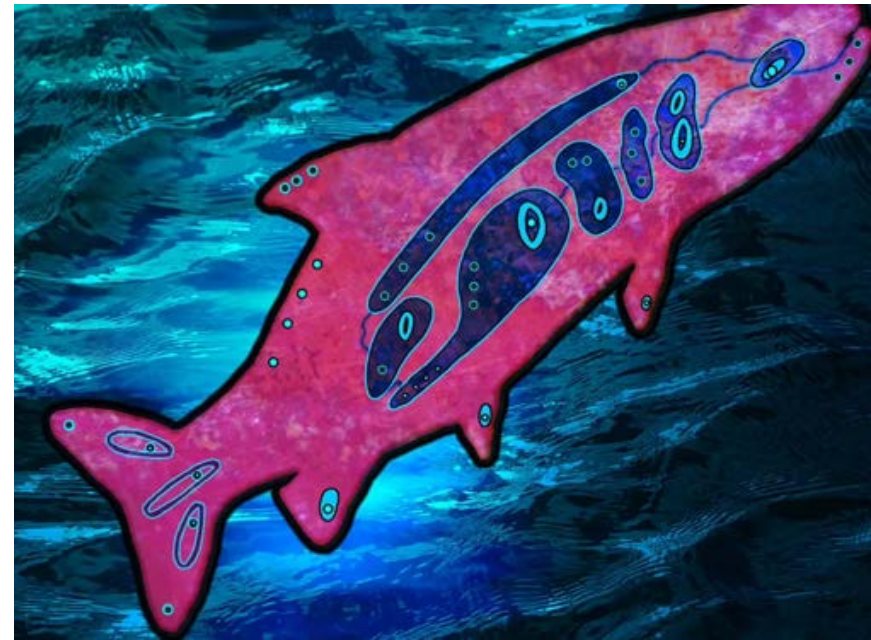
STORYCENTER  
LISTEN DEEPLY. TELL STORIES

[View Story](#)

# Digital Storytelling basics:

*What theoretical perspectives and methodologies inform the approach?*

- Popular Education
- Culture-Centered Approach
- Testimonio
- Narrative and Art Therapy



Artist and Animation Elizabeth LaPensee

## Digital storytelling basics:

*What is the rationale for using personal narrative as part of health promotion work?*

- Stories can address universal themes
- Stories can create intimacy between the teller and listener
- Stories can convey a sense of honesty
- Stories can avoid messaging



# Bemidji Area HPDP Approach to Health and Change



# Narrative Guidebook

- Our goal – create a collection of promising practices that guide educators as they integrate personal stories and storytelling into their work. Provides narrative/story processes and prompts for convening outreach, and supplementing health education content.
- How to use – pick and choose activities consisting of interconnected building blocks, digital stories to support your goals leading groups or sessions. It is a plethora of ideas, activities, and resources to support you in your role as an educator.

# The Seven Storywork principles

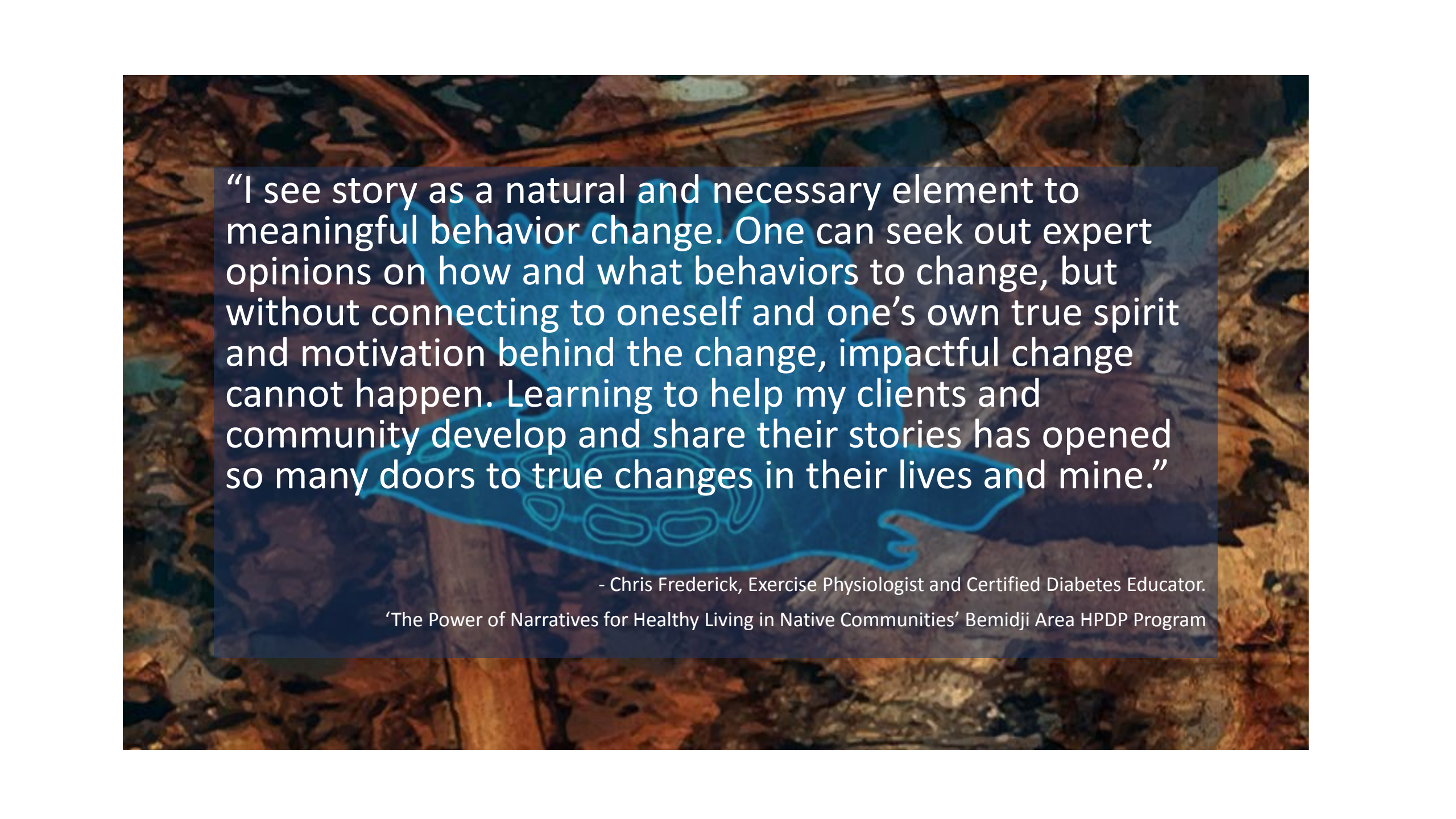
- Respect
- Responsibility
- Reciprocity
- Reverence
- Holism
- Interrelatedness
- Synergy

Indigenous Storywork: Educating the Heart, Mind, Body, and Spirit. By Jo-Ann Archibald

[View Story](#)





The background of the slide is a photograph of a forest floor covered in brown and orange fallen leaves. A large, semi-transparent blue handprint graphic is overlaid on the center of the image. The handprint has a white outline and contains a white line drawing of a human torso with internal organs. The text is white and centered within the blue handprint area.

“I see story as a natural and necessary element to meaningful behavior change. One can seek out expert opinions on how and what behaviors to change, but without connecting to oneself and one’s own true spirit and motivation behind the change, impactful change cannot happen. Learning to help my clients and community develop and share their stories has opened so many doors to true changes in their lives and mine.”

- Chris Frederick, Exercise Physiologist and Certified Diabetes Educator.

‘The Power of Narratives for Healthy Living in Native Communities’ Bemidji Area HPDP Program

# Questions and Discussion

Please don't hesitate to contact us if you would like more information on the storywork toolkit:

Michelle Archuleta

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218-444-0492



# References

- Archibald, Jo-ann, 2008. *Indigenous Storywork: Educating the Heart, Mind, Body, and Spirit*. Vancouver: UBC Press.
- Carolyn Kenny and Tina Ngaroimata Fraser, *Living Indigenous Leadership Native Narratives for Building Strong Communities*, 2012. Vancouver: UBC Press.
- The Seven Storywork Principles from Jo-Ann Archibald's *Indigenous Storywork: Educating the Heart, Mind, Body, and Spirit*. Tamara Wikkerink and Nadine Cruickshanks, Social Studies Methods, Slide Share, February 28, 2012.
- StoryCenter.org
- Michelle Archuleta, Andrea Spagat and Mary Ann McNair, 2018. *The Power of Narratives for Healthy Living in Native Communities*.