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Story and Storytelling: Healing Medicine for Mind, Body and Spirit ISP-EDX100C
July 15-19, 2024, 2-5pm (Summer Institute)

PURPOSE: As human beings we are hard wired for story. Stories help us connect, inspire, empower, create change, and heal. In this course we will explore story from multiple perspectives including the power of story, perspective, story form, transformation, and healing. Using an interactive experiential model, students will learn multiple techniques to help themselves and others tell and share stories, exploring the story of ourselves, our spiritual traditions, and our cultures. Some story techniques in this course include: simple story form, story circles, Photovoice, Wintercount, tree of life, dream catchers, stepping stones, and wondering models. These techniques can be used as tools for preaching, formation, creating political change, Christian education, reconciliation, and helping others to heal.

PREREQUISITES: None

COMPETENCE OBJECTIVES:
- Summarize how storytelling can assist with empowerment, transformation, and healing.
- Identify common storytelling elements
- Discuss at least two common storytelling structures (Western, spiral, and simple)
- Create storytelling prompts for use in your context
- Facilitate a story circle and provide feedback in a strength-based way
- Define Photovoice and discuss how to use it in your context
- Tell an impromptu story using a simple story form
- Utilize at least three storytelling techniques including at least one Indigenous technique (prompt with index card, stepping stones, dreamcatchers, Wintercount, Tree of Life, and wondering)

FORMAT AND CONTENT:
This is a one-week summer institute course. This course is taught experientially, meaning that most of the learning happens as you participate and experience the activities. The best learning happens when you are actively involved in it. It is imperative that each student attend class, participate, engage in discussions, and ask questions. This course will work best when all students share from their lived experiences. Come with an open mind, open heart and be prepared to share. Students will be expected to share their own stories. For on-campus and virtual students, work in the course consists of classes, including some lecture, discussions, as well as individual and group exercises. Additional note: some voices have historically been silenced or ignored by our Church

and in academia. Please notice the verbal space you are taking up and your privilege; allow more space for voices that aren't typically heard.

TEXTS:
- Annie Brewster MD, *The Healing Power of Storytelling: using personal narrative to navigate, illness, trauma, and loss*
- Various Authors, The Holy Bible (New Revised Standard Version)

RESERVES: None

COURSE POLICIES
1. **Attendance** For a weekly course, VST requires at least 80% attendance. For an intensive course, VST requires 100% attendance. This means attending class on-time and synchronously (for virtual learners) with no more than one excused absence.
2. **Reading and assignments** Students are expected to read or watch all required assignments before class and to complete all assignments as outlined in the syllabus within the specified dates of the course and term.
3. **Academic honesty** Students are expected to adhere to VST's requirements for academic honesty as published in the Student Handbook**.**
4. **Inclusive language** In speaking and writing, inclusive language is expected when making reference to humans and a variety of metaphors are anticipated when making reference to God.
5. **Assignment and Course Evaluation**
   - Course evaluations at VST combine a letter grade system (A+ to B-; course failure is "Not Approved") including narrative comments based on the competencies of the course. No number grades or weights of assignments are calculated, nor are final grades given numerical equivalents.
   - Individual assignments within a course are given narrative evaluations, that is, APP (Approved) or INC (Incomplete) with narrative comments, based on the competencies and expectations set for that assignment. One re-write is allowed on any assignment that is INC. The re-written assignment is due two weeks after the work is returned. The final evaluation for an assignment can be APP or NAPP after a re-write.
6. **Late assignments**
   Submission of assignments on time is a part of academic, professional and pastoral competence and a part of every course at VST. All assignments in courses are due on the dates specified in the syllabus. Failure to submit an assignment on time will be noted in the narrative evaluation of an assignment. Repeated failure to submit assignments on time may affect the final grade for the course.
7. **Limitation on use of social media**
   Ordinarily, the use of electronic devices in the contexts of classrooms or meetings will be to support the learning, formation, or agenda at hand. Because listening and providing feedback are an integral part of storytelling, being fully present without a screen is imperative when listening to someone's story, unless you are a virtual learner and the screen is how you are connecting to the classroom.

8. VST is committed to creating safe space and an inclusive learning environment. If you have a diagnosed or suspected learning disability, chronic condition, mental health concern, or physical requirement which you anticipate may impact your participation in this class, you are encouraged to discuss your needs with the instructor and the Dean within the first week of classes.

CALENDAR

July 15   Community Expectations
Introductions using the Stepping Stone Triptych technique
Storytelling overview
Storytelling prompts and begin writing
HOMEWORK: Finish storytelling script draft and create at least three storytelling prompts that you could use in your context

July 16   Open using Photo-Story technique
Introduce Story Circles
Story Circles
Discuss Storytelling Prompts
Introduce Wondering technique
HOMEWORK: Finish story incorporating some story circle feedback

July 17   Open by hearing stories
Dream Catcher technique
Introduce Photo Voice
Homework: Photovoice assignment on a topic of your choice

July 18   Open by sharing Photovoice assignment
Wintercount technique
Homework: complete your personal Wintercount

July 19   **Last day of Class**
Open by sharing one to three parts of your Wintercount
Simple storytelling form
Persuasive storytelling
Tree of Life technique

EXPECTATIONS, ASSIGNMENTS AND EVALUATIVE CRITERIA

1. Class participation: Students are expected to participate in class discussions, share their stories, provide strength-based feedback, and do adequate preparation for in-class sharing. Evaluative criteria: comments and questions show healthy curiosity, providing feedback in a way that is constructive and empowering, and a willingness to share stories from your life.
2. Storytelling techniques: Students are expected to complete the storytelling activities and share their stories. Evaluative criteria: completing the assignments, sharing their stories, and incorporating the feedback given to them.
3. Storytelling portfolio: Keep all your completed storytelling assignments (index card, script draft, completed script, storytelling prompts, dream catcher, Photovoice photos,

Wintercount, and Tree of Life) to show and use in your future ministry. Evaluative criteria: completeness, ability to interpret the portfolio item to someone new.

SELECTED BIBLIOGRAPHY

Please explore the Creative Narrations website and watch some of the digital stories that have been created by their participants.
https://www.creativenarrations.net/gallery/
Also you can view many more stories at their vimeo site
https://vimeo.com/creativenarrations

Beloved Community Storysharing Intro booklet:
https://www.episcopalchurch.org/wp-content/uploads/sites/2/2020/11/bbc_storysharing_intro_booklet.pdf

Beloved Community Storysharing Guidebook:
https://www.episcopalchurch.org/wp-content/uploads/sites/2/2020/11/bbc_storysharing_guidebook.pdf