

## **An Invitation to an Exercise:**

At the end of my presentation, I invited our Narrative Developments Group in Islington, London to participate in an exercise to **Coordinate our Stories of Death and Mourning**. We thought you might like to join with colleagues and / or friends or family to explore parts of the '**Coordinating Stories Map**' using some of the guiding questions in the presentation. (You can do this with other issues that challenge families and may create challenges to collaborative talking, for example divorce, dementia, bankruptcy, diagnosis of parental mental illness)

### COORDINATING STORIES MAP

#### **Generating a repertoire of stories**

#### **Creating a non-evaluative atmosphere**

#### **Co-creating preferred stories**

#### **Exploring fit of stories**

#### **Performing stories**

- One person (with a helper) interviews the others in the group to **Generate a Repertoire of Death Stories and Mourning Practices**. (If there are only two of you could each do some research, ask others and come back to share what you have found)
- The interviewer tries to hold a **Non-evaluative Atmosphere** throughout – treating stories and practices as gifts to add to the collection and inviting stories from the many contexts of people's personal and professional lives (eg family, religion, culture, community, profession,)
- When everyone has contributed to the repertoire of stories, the Interviewer invites each person to **share one or two ideas from the others' stories** they liked most and why they preferred those ideas or practices. The interviewers and helpers might choose to add to this collection of stories.
- Once everyone has **added their Preferred Stories** the Interviewer invites the group to **Explore the Fit of their Stories** by reflecting on the similarity and differences between their stories.
- Interviewer and group can also go on to reflect on the implications of choosing different stories for their relationships with family, colleagues and self, and for how they might go on.

After exploring the map two people from our narrative group commented that they had experienced "how this sort of conversation about death and dying can be energising rather than draining – both in the personal and clinical contexts"