Introduction to Relational Storytelling

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Goals of the Presentation

• Be able to craft and tell stories of connection in order to foster a more cohesive community
• Be able to identify and challenge stories of separation
• Be able to share resonance with stories of connection
My Story

• What in my story resonated, or struck a chord with you?
• How did you feel hearing my career bio?
• How did you feel hearing my career story?
• How did the second story make me more human?
STORIES OF SEPARATION

Three stories have been woven into our social fabric, weakening the threads that tie us to one another and ultimately eroding our social institutions.

- Domination
  Alienation from Nature & Body
- Civilization
  Alienation from Diverse Voices
- Self-Sufficiency
  Alienation from One Another
THE STORY OF DOMINATION

Asserts the POWER of HUMANS

Makes HUMANS MASTERS of nature

Denies the POWER of the ECOSPHERE

Alienates our BODIES and NATURE
THE STORY OF CIVILIZATION

Asserts the POWER of ELITES

Makes ELITES MASTERS of people

Monolithic

Denies the POWER of the PEOPLE

Alienates MARGINAL and DIVERSE voices

Social
THE STORY OF SELF-SUFFICIENCY

Asserts the POWER of INDIVIDUALS

Makes SELVES MASTERS over dependency

Denies the POWER of RELATIONS

Alienates ONE ANOTHER

Self-Sufficient

Interdependent
REMEDIATION: STORIES OF CONNECTION

WE NEED STORIES THAT TIE US TO NATURE, LEGACY, & ONE ANOTHER

WE NEED STORIES TO REMIND US WE SHARE VALUES & STRUGGLES

Sharing Leadership

Strengthening Bonds
"You move me"

Sharing risks, responsibilities, & benefits

Building Bridges

Trusting the intelligence of variety
Coherence

Challenge: What did you struggle with?

Supports: Who supported you, how did they support you, what effect did this have on you?

Choices: What agency did you find? What leadership did you take?

Outcome: What was the result? Where are things now because of the decision made?

Values: What was reclaimed that you now see as precious to your survival?
LEARNING TO SHARE RESONANCE

What to do....
Say: “I was right there with you when ________”

What NOT to do....
Interpret, Tell your own story, Ask Questions, Share Opinions, One-Up, One-Down

***If you notice someone drifting interrupt by asking:***
***When were you right there with them?***
Your Stories

- How did it feel to tell a story like that?
- How did it feel to receive resonance?
- When could you use this in your program?
Additional Resources

The Relational Center : RelationalCenter.org

Mark Fairfield (founder of RC): MarkFairfieldlCSW.com

Healing Justice Podcast, Episode 20 and 32

Training at Gestalt Institute of Cleveland February 4-6, 2019

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