



***ADVANCING RECOVERY
THROUGH THE POWER OF STORY***

INTEGRATING APPRECIATIVE INQUIRY & INDIGENOUS WISDOM
TO ACCESS AND UNLEASH HUMAN POTENTIAL

*Model by Paula Comunelli, MSOD, Founder & CEO of Listening Well
Based on the works of Dr. David Cooperrider & Angeles Arrien*

ADVANCING RECOVERY THROUGH THE POWER OF STORY

INTEGRATING APPRECIATIVE INQUIRY & INDIGENOUS WISDOM
TO ACCESS AND UNLEASH HUMAN POTENTIAL

Workshop Outline

- 2:30 Welcome
Introductions
“Who’s in the Room?”
- 2:45 Jamy Garcia’s Story
John Travers’ Story
- 3:05 Recovery Themes – What did you hear in the stories?
- ◆ What single thing stood out the most for you in either or both of these stories?
 - ◆ What recovery factors and/or personal characteristics supported the recovery process?
 - ◆ In what way has telling or hearing stories impacted your life, work, or recovery?
- 3:20 Free Writing
- ◆ When I envision myself living & working to my fullest potential, I see...
 - ◆ Share highlights of free writing
- 3:35 “**The Truth is IN HERE**” – A Presentation
John and/or Jamy share highlights of their *Listening Well Experience*
Hopi Poem
- 3:50 Complete Feedback Forms
- 3:55 Share ONE WORD that best reflects your experience in this workshop
Close/Break

WISDOM FROM THE HOPI ELDERS 2001

"You have been telling the people that this is the Eleventh Hour,
And now you must go back and tell the people that this is **THE** Hour...

It is time to speak your Truth.
Create your community. Be good to each other.
And do not look outside yourself for the leader."

Then he clasped his hands together, smiled, and said,

"This could be a good time! There is a river flowing now very fast.
It is so great and swift that there are those who will be afraid.
They will try to hold on to the shore.
They will feel they are being torn apart and will suffer greatly.
Know the river has its destination.
The elders say we must let go of the shore, push off into the middle of the
river, keep our eyes open, and our heads above water.
And I say, see who is in there with you and celebrate.
At this time in history, we are to take nothing personally.
Least of all, ourselves. For the moment that we do, our spiritual growth and
journey comes to a halt.
The time of the lone wolf is over.
Gather yourselves!
Banish the word struggle from your attitude and your vocabulary.
All that we do now must be done in a sacred manner and in celebration.
WE ARE THE ONES WE'VE BEEN WAITING FOR."

**--ORAIBI, ARIZONA
HOPI NATION**

LISTENING WELL **FORWARDING THE RECOVERY VISION**

WHAT IS LISTENING WELL?

Listening Well for Mental Health provides education and training for consumers, families, service providers, and communities by uncovering and sharing stories that capture the essence of recovery. The power of story—deep listening and speaking our truth—amplifies wellness and supports the recovery vision. Our organization consists of mental health clients and family members who are committed to replacing stigma and discrimination with respect unity, as well as supporting people in furthering their potential. Learn more at www.listeningwell.net.

WHY STORY?

Around the world and throughout time, stories have been used to educate, heal, and influence the expansion of cultures. For those in recovery, sharing stories enables us to “shed the shame” surrounding mental health issues, which is an important first step in personal and professional development. From a new-found place of personal power and respect, storytellers have the opportunity to step into their rightful place as leaders, employees, counselors, advocates, trainers or whatever it is they feel called to be.

RETREAT DESCRIPTION

The *Listening Well Experience™ (LWE)* uncovers written, spoken, and/or filmed 6-8 minute recovery stories or mental health monologues. The discovery process consists of writing exercises, story sharing, artistic expression, and time to reflect and integrate learning. The *LWE* has been a life-changing experience for all who have participated. It works because, as you uncover and develop your recovery story, you remember who you truly are, heal, and reclaim your personal power and potential. The only pre-requisite is that participants are healthy enough to look honestly, fearlessly, and compassionately into their past and present and stay safe, as well as support others in that same endeavor. The *LWE* retreat is generally 2-3 days, preferably offsite, with a maximum of 12 participants.

SOME STORYTELLER OUTCOMES:

1. Improved confidence and quality of work as a consumer and/or providers
2. Decided to re-enroll in college to complete education
3. Used monologues to provide mental health awareness storytelling forums at community events, mental health facilities, homeless shelters, substance abuse meetings, churches, etc.
4. Left corporate work to create a dream consulting practice
5. Published stories in magazines, newspaper, and books
6. Felt healthier and stayed out of the hospital
7. Experienced higher self-esteem
8. Increased desire to serve others' recovery

“I just wanted to let you know I am continuing to experience therapeutic benefits from the Listening Well retreat. I have noticed an improvement in my ability to distinguish between my authentic self and my mental illness, increased creativity and a reduction in social anxiety. —Thanks, Andrew”

LISTENING WELL OFFERINGS

I. Listening Well Experience™ – 2- or 3-days (consecutive)

This personal/professional development program consists of written exercises, group work, and artistic expression to uncover and develop a written, spoken, and filmed 7-10 minute mental health monologue—the recovery story “essence”—enabling participants to step further into their potential.

Purpose:

- To experience leadership and personal power through storytelling
- To increase empowerment by uncovering strengths and capabilities
- To reduce judgment, labels, and stigma surrounding mental health issues
- To add skills and tools for use in the development of self and others
- To cultivate social connections and support networks
- To improve client/staff relationships by breaking through perceived barriers

Participants: Consumers, Family Members, Providers, and Potential *LW* Trainers

Pre-requisite: Participants must be healthy enough to look honestly, fearlessly, and compassionately into their past and present and keep themselves safe, as well as support others in doing the same.

II. Providers Listening Well – 1-day

This professional development program gives providers the opportunity to *Listen Well* to the lived experiences of consumers and families and provides tools and direct experience to embrace and embody culturally competent recovery and wellness principles to improve service outcomes.

Purpose:

- To hear recovery stories and develop inquiry skills with consumer/family member panelists
- To discover “what works” by uncovering themes within recovery stories
- To increase cultural sensitivity and meeting consumers “where they are”
- To connect providers with their own lived experience of recovery and/or resiliency

Participants: Providers with a *LWE* Graduate Panel

III. Inspired Leadership™ – 2-days

Using Appreciative Inquiry, participants access and unleash their full potential to live and work as *Inspired Leaders*. In this journey of discovery, participants reach backward and forward through time for clues about their destiny and clarify how each is called to create and serve as a leader.

Purpose:

- To **Discover** and reclaim personal and professional strengths
- To **Dream** and create a vision statement that enables a best possible future
- To **Design** an action plan to deliver their vision
- To **Deliver** tangible results through right action

Participants: Consumers, Family Members, Providers, and Potential *LW* Trainers

IV. Train-the-Trainer – 5-days (*prior trainings required*)

This professional development program trains *LWE* Graduates to gather and distribute recovery stories throughout their communities. Success stories told by locals of diverse ethnicity, cultures, and languages are a powerful tool to expand outreach and engagement within the community’s diverse and under- and un-served populations. To ensure excellence and standardized facilitation, internship and certification are required upon completion of Train-the-trainer.

Purpose: To develop the necessary skills for individuals to facilitate culturally sensitive and language appropriate *Listening Well Experiences* where ever stories are ready to be told

Participants: *LWE* and *Inspired Leadership* Graduates

IS YOUR STORY READY TO BE TOLD?

THE INVITATION

You are invited to participate in the *Listening Well Experience™* on June 9-11 or Nov 1-3, 2006 at Villa Maria del Mar in Santa Cruz, California. If shedding the old and creating a new life story is something you seek, this retreat offers you that possibility. This process has been a life-changing experience for all who have participated. It works because, as you uncover and develop your recovery story, you remember who you truly are, heal, and reclaim your potential.

RETREAT DESCRIPTION

The *Listening Well Experience™* (LWE) uncovers written, spoken, and/or filmed 6-8 minute recovery stories or mental health monologues. The discovery process consists of writing exercises, story sharing, artistic expression, and time to reflect and integrate learning. The only pre-requisite is that participants are healthy enough to look honestly, fearlessly, and compassionately into their past and present and stay safe, as well as support others in that same endeavor.

LOGISTICS

These *LWE* retreats are 2 ½ days with a maximum of 12 participants. The retreat begins at 3pm the first day and extends into the evening, with a very full 2nd day, and the final day ends by 2pm. The all-inclusive fee includes accommodations for two nights (double occupancy), all meals, snacks, supplies, two facilitators, and all applicable taxes. This retreat is the foundation program for Training *LWE* Trainers.



Villa Maria del Mar

2-1918 Beach Street, Santa Cruz, CA 95062
www.villamariadelmar.org

Workshop Fee	\$495
Room & Board (Double Occupancy/Single Add \$50)	\$300
Total Fee	\$795
Early Registration (Paid in full by 5/8 or 7/31)	(-\$50)
Total Fee with Discount	\$745

Registration:

<https://www.123signup.com/register?id=gggxy>

Deposit (non-refundable):

\$200 to hold limited space

Charge Scholarships:

Call Gretchen at United Way – 831.465.2206

Make Scholarship Checks to:

United Way-Listening Well Scholarship Fund

Mail Checks to:

P.O. Box 1169, Felton, CA 95018

2006-07 LW Calendar of Events		
JAN '06		
CA Network of MH Clients Forum	1/13-14/06	Presenting - Burlingame, CA
FEB '06		
CIMH Policy Forum	2/8-10/06	Attending - Newport Beach, CA
Listening Well Experience	2/17-18/06	Kern County, CA
MARCH '06		
Listening Well Experience	3/8-10/06	Villa Maria del Mar, Santa Cruz, CA
ACMHA Summit	3/15-18/06	Attending - Santa Fe
APRIL '06		
Integrated Services Conference	4/4-7/06	Presenting - Hollywood , CA
CASRA	4/19-20-/06	Presenting - Burlingame, CA
MAY '06		
JUNE '06		
Listening Well Experience	6/9-11/06	Villa Maria del Mar, Santa Cruz, CA
SEPTEMBER '06		
NY ASPR Conference	9/27-29/06	Presenting - NY
OCTOBER '06		
Power of Words Conference	10/6-8/2009	Presenting - Goddard College, VT
Meeting of the Minds (tbd)	10/10/2006	RFP - San Diego, CA
MBPA Conference	10/14/2006	Presenting - Santa Cruz, CA
NOVEMBER '06		
Listening Well Experience	11/1-3/06	Villa Maria del Mar, Santa Cruz, CA
Cultural Competency Summit (tbd)	11/8-9/06	RFP - Burlingame, CA
DECEMBER '06		
LW Inspired Leadership	12/7-8/06	Villa Maria del Mar, Santa Cruz, CA
JANUARY '07		
LW Train-the-Trainer	1/22-26/07	Villa Maria del Mar, Santa Cruz, CA