'In our own words: writing about practice'  Karen Gold, MSW, PhD, RSW OCSWSSW June 2015	
'From A to C' Rita Wilder Craig, Canadian Woman Studies, 2007	
I disposed of almost everyone  From A to C the other day I lost my stomach I was short of filing space So I decided to go through My chemo files And never returned to this task I threw away the files Even when I moved to another job	
Of all the people I'd sent to palliative care units Those that the computer told me Had died in my own hospital And those who just seemed to	
Disappear -	
Purpose of today's session	
Introduce narrative & reflective writing in practice     Share examples of writing	

3. Brief writing exercise

### 1

1997 Narrative therapy/social work practice
 2007 Personal narrative on practice published
 2008 Narrative methods in teaching
 2008 Narrative Medicine
 2013 Dissertation on practitioner writing
 2014 Facilitating Writing workshops



















"We have lost ownership of our own writing; we have forgotten we have our own voices" (Gillie Bolton)

### 'What matters most...'

"One day, in despair and unable to find anyone to talk to, I walked across the street..."

What matters most in living and dying by Brenda Solomon



# What do we write about? · Critical incidents & rites of passage · Ethical dilemmas Everyday practice • The margins (e.g. uncertainty; messiness) • Connection between professional & personal • Professional identity/role • Practice issues with social/policy implications Why do we write? • To reflect (solo and shared) • To bear witness • To cultivate empathy, listening skills, mindfulness • To consolidate professional identity • To build resiliency & promote self care 'afloat in a sea of the day's distress' • To communicate and advocate 'storytelling with a purpose' 'A Second Chance' "The hospital became their home, and for days they slept in the waiting room, keeping a vigil at Sarah's bedside..." Illana Perlman, Collaborative Caring: Stories and Reflections on Teamwork in Health Care, 2014.

## Writing exercise

Write about a recent interaction or encounter with a client or colleague...

- Tell the story
- Keep writing
- Turn down the inner editor
- Take literary license!

"We write before knowing what to say and how to say it, and in order to find out, if possible" (J.F. Lyotard)



Mr. Grey begins to tell me about his disease and how it has affected his life. In the middle of this, his wife interrupts and tells me that she is also not well...

A Day in the Life of a Hospital Social Worker by Rita Wilder Craig

### 'Learning Curve Journal'

#### Orientation

They introduce you to the water by throwing you in the deep end

Welcome to the life Welcome to the work

A near-death experience soon to be followed by another & another & another...

