

Patient Voices

Reflection and e-flection
A new model for new technologies?

16th International Reflective Practice conference

University of Bedford, 24th June 2010

Tony Sumner and Pip Hardy
Pilgrim Projects/Patient Voices programme



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Why tell stories?



'We tell stories to
entertain...
...and to teach.'

Pascal



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Digital storytelling: beware the bells and whistles

*'This instrument can
teach, it can illuminate,
yes, and even inspire, but
it can do so only to the
extent that humans are
determined to use
it to those ends.
Otherwise it is merely
wires and lights in a box.'*



Ed Murrow (1958)



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Digital storytelling: e-motion

*'The foundation of a story is
an emotional foundation.'*

Yann Martel



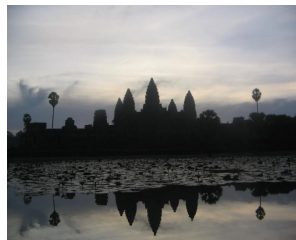
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Storytelling as reflection

*'Stories are products
of reflection, but we
do not usually hold
onto them long
enough to make them
objects of reflection in
their own right.'*

(Schön, 1988)



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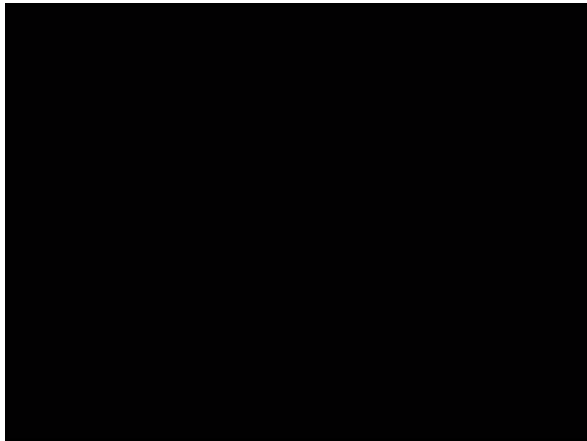
Vicky's story

'Locked door'
www.patientvoices.org.uk/un.htm



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Constructing meaning

'Just to take a breath and think about that [incident] intensively for a couple of days meant a lot. I could have just carried on and on and on and not really processed it, whereas I was able to get away from work and talk about it.'





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Storytelling: the laboratory of meaning

'The [story] is a laboratory where students construct meaning from their accumulated experience.'
(Paulson and Paulson, 1991)



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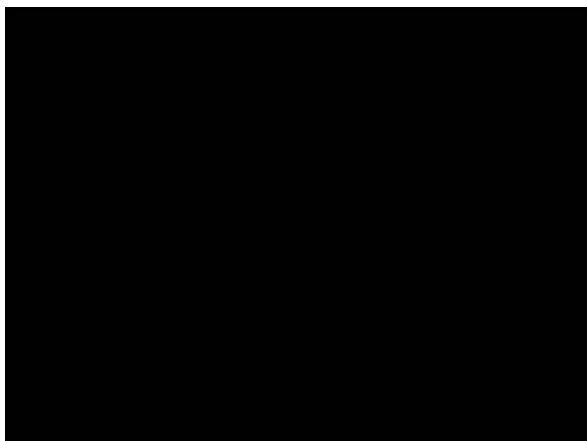


Matthew's story

'Yeah, I'll go'
www.patientvoices.org.uk/lssc.htm



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Storytelling as reflection

'We're asked to reflect all the time, and then to reflect on our reflection until we're sick of it. But now, with the digital storytelling, I understand for the first time what it really means, and how powerful reflection can be for me, and as a way of sharing my experiences with others.'
(Matthew Critchfield, 2008)



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Digital storytelling: facilitative workshops

Typically, Patient Voices reflective digital stories are produced in small, intensive workshops.





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A reflective process in practice

- 1 Introductions – who are we and why are we here?
- 2 Seven elements – what makes a good story?
- 3 Story circle – sharing our stories
- 4 Script development – reflecting on our own stories
- 5 Photoshop – working with images
- 6 Voiceover – hearing our own voice
- 7 Storyboarding – bringing words and images together
- 8 Premiere Pro and video editing – the magic of technology
- 9 Premiere of stories – reflecting on the story outside oneself
- 10 Collective reflection/debrief – reflecting on process and learning

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Digital storytelling: a chance to reflect

‘Reflection is as natural – and as necessary – as breathing ... or telling stories.’



Joe Lambert,
Centre for Digital Storytelling

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The future begins today



‘We must be the change we want to see.’
Mahatma Gandhi



‘How wonderful it is that nobody need wait a single moment before starting to improve the world.’
Anne Frank (1945)

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Thank you!

The Patient Voices programme

www.patientvoices.org.uk

Distribution of the Patient Voices digital stories is funded by Pilgrim Projects

Winner
Excellence in Healthcare Education
Finalist
Health Communicator of the Year

The BMJ Group Awards
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