TELLING YOUR STORY

Mark Pedrotty, PhD
Rehabilitation Psychologist, UNM Carrie Tingley Hospital
DISCLOSURES

• None
OBJECTIVES

• Describe where you are now
• Practice telling your story
• Identify comfort in telling your story
• Identify elements of your story and when and how to share them
• Consider possible ways to improve the telling of your story
• Help others improve upon telling their story
• Advocate for yourself and others through the telling of your story
IMPORTANCE OF TELLING YOUR STORY

• Reflect on your strengths and weaknesses
• Clarify what is important to you
• Clearly talk about your competencies and what support you benefit from
• Master sharing your story as you want to tell it to others
• Become empowered in your relationships and work
• Increase confidence in advocating for yourself and others
• Heal
• Grow
• Inspire
IDENTIFYING THE NEEDS AND RECRUITING THE PLAYERS

- Medical
- Physical
- Cognitive
- Emotional
- Social
- Spiritual
- Transport
- Housing
- Work
- Financial

You
• Know Your Audience
• Respect Your Boundaries
• Be Flexible
• Be Safe
• Be Patient
SELF AWARENESS

• Draw a self-portrait
• Share your self-portrait with a partner, describe what how you are dressed, what you are doing, and how you are feeling.
• Switch
• Share with big group what it was like to share a sense of your self with another person.
NETWORKING

• Pair up for 10 minutes
  • 5 minute each, Take turns talking about your team, resources, activities, and any additional needs you have, see what, if anything your partner might have to offer, including comments about self-care.

• Share with Big group (10 minutes total) on
  • what resources and activities the two of you discussed,
  • what unmet needs there are, and
  • how well each of you did in incorporating self-care
THANKS

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• BIANM Board