



☆ Storytelling +



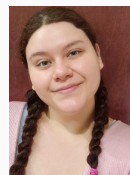
as a Community Resilience  
Practice

Nadnasuen of the Hopi Butterfly Clan (Sabrina Haskinson)



# The Author and Sponsor

## Nadnasuen of the Butterfly Clan



I am named after my late matriarchal so 'so, (grandmother). Since the beginning of the beginning, we have taken, and been given, the name Nadnasuen. My tribal land is located in the northern desert of Arizona. My government name is Sabrina Haskinson. My so' so enjoyed calling me muuyaw mana or "moon girl" for my round face and lighter skin. I am a lover of story and what it gifts us.

## Camryn Leland (Sponsor)



Camryn is a property manager and supportive housing supervisor. She currently works in Eugene, Oregon at Homes for Good, a local housing authority that uses a housing first, low barrier model. Homes for Good's focus has been on affordable housing development, supportive housing for our chronically houseless, and equitable service that honors the trauma symptoms and medical issues that come from experiencing widespread marginalization.



# Why Storytelling?

**We are disconnected.**

The widespread individualization of our society, coupled with increasingly digital spaces and the concurrent loss of third spaces, has created an epidemic of radicalization and social isolation. These issues present a holistic erosion of wellbeing both individually and communally. Humans thrive with a robust sense of connection: to themselves, to each other, and to their larger world. In a climate of limited budgets, time, and resources, programming to address this overarching issue of *disconnection* needs to be low cost, accessible, and impactful. Disconnection is a pressing informational issue, because it involves a multitude of informational symptoms such as radicalization, proneness to misinformation, and logical fallacies. When we connect, we participate in naturally occurring information grounds that strengthen our knowledge of ourselves, each other, and the world.

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# Objectives



## Story's role in our lives.

An argument for story's foundational nature.



## Story +

A comprehensive analysis of story and its relationships to social development, empathy, and resilience.



## Programming Recommendations

Practical recommendations to facilitate programming, both formal and informal, surrounding storytelling.

# Key Findings: storytelling is...

01

**resistant**

Story is a form of resistance against larger narratives of oppression.

02

**connective**

Storytelling is an act of vulnerability that can provide felt connection.

03

**comforting**

Story can comfort by providing safe havens or

04

**insightful**

As we tell or hear story, our minds create new connections and new inquiries. We understand more than before.

05

**restorative**

Story provides life saving validation of oppressive experiences and contextualization for painful moments.

06

**an opportunity**

Story gives us a chance to practice good faith listening and see shared humanity in others.

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# Webs of Connection

Storytelling reveals webs of connection.



## Vulnerability

Engaging with story, especially telling and meaning making are vulnerable acts that create intimacy.



## Relatability

When we tell stories, whether fictive, mythic, or real, we can relate to human experiences that make us feel normal, accepted, and not alone.



# Storytelling and Empathy:

A surprisingly nuanced connection.

1

## Empathy takes intention:

Empathy does not necessarily happen naturally. Listening with compassion and good faith is a choice to be made. The marginalized should not have to use pain to “pay” for empathy.

2

## The weight of pain stories:

Pain is used to try stimulating feelings of empathy and shared humanity since pain and suffering are visceral, universal experiences. Pain stories are important but hard to bare.



# Benefits of this project:

- I provide a robust argument for the all encompassing importance of story in our everyday lives and widen the perspective of its relationships to autonomy, empathy, and resilience.
- My analysis has a heavy focus on marginalized experiences and the ongoing struggles between the lived experiences of the oppressed and the systems of power that surround them. Our systems are fueled by stories, stories that leave out necessary context or deny the reality of the vulnerable. Storytelling is an act of resistance. Meaning making is an act of resistance. When we tell our own stories and share them with others in spite of the hegemonic knowledge organization, we understand ourselves, our history, and future as empowered people.
- Story is integral to the survival and thriving of marginalized communities and people. My project sheds light on the pressing need for story as a resilience practice and gives practical suggestions on implementing them so that we can strengthen our connections to ourselves, each other, and the world around us.





# My Capstone Experience

- Exploring storytelling as a resilience practice has allowed me to deepen my understanding of story in my own life, and unveil how story itself provides strength and resiliency. I feel proud of what I've written, and how the synthesis of my time in the MLIS program has translated to a love letter for storytelling as a socially connective information ground. I hope that my project adds nuance to our understanding of, and conversations about, story, especially as it relates to the survival and thriving of marginalized communities and people. Story has the power to strengthen us through insight, connection, comfort, and rest.



# Beyond Capstone

- Our next steps is to implement programming across properties that provides space for storytelling practices.
- These will include informal groups, discussion groups, storytelling events, and potential for etho-biographical recordings across populations.



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★ Thanks for reading! ★

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