

Power of Presence in Care: Personal Storytelling

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A Story.....



Inspires

Entertains

Instructs

Connects

Motivates

Presentation Outline

1- Presence in nursing

- What's in a word?
- The short story of presence in nursing
- Determining a definition
- Benefits of presence
- Bridge to...

2- Personal Story

- What is a story?
- Stories in nursing
- How it all works

3-A Storytelling

- The Tale of Mr Fox

4-Paired exercises

- Telling and listening

5-Reflections

- Discussions
- Utilization in practice

Presence What's in a word?

Præsen =
Applied to nursing

Prae-sens

Noun
prae meaning in front and
sens meaning being.

Verb
To place before, to hold out,
to offer.

"a state in which the nurse is in the same place, near or in front of a patient and in the same moment, holding out to the patient the gift of care" (Doona et al, 1997, 6)

The beginning of presence in nursing

"...for a nurse to be empathetic to a client, she or he must be fully present, at that moment, sharing the experience and what it means to the nurse and the client at the time."
(Clements & Averill 2006 p270)



Presence in nursing continues..

In 1962, Madeleine Clemence Vaillot, introduces presence to nursing literature!

- Rooted in existential philosophy
- The nurse places **self at disposal of another**
- Nursing presence linked to **commitment**

Existentialism further develops...

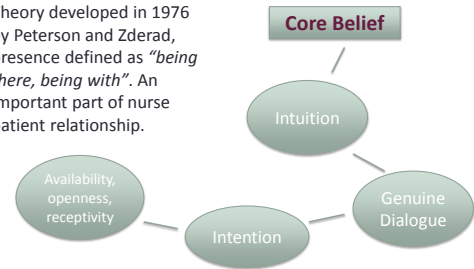
Anne Ferlic writes,

"...for the nurse, it is a free gift which encompasses listening, giving and receiving, nonverbal communication that she is available... Presence implies closeness, perception, awareness and involvement." (Smith, 2001, p308)

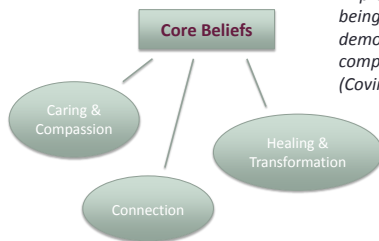
Presence = linked to reciprocity & mutuality

Presence in Nursing moves into Humanistic Theory

Theory developed in 1976 by Peterson and Zderad, presence defined as *"being there, being with"*. An important part of nurse patient relationship.



Presence in nursing moves into Caring-Healing Theory



"...presence as a way of being with another that demonstrates caring and compassion" (Covington, 2003, p303)

Increasing interest in Presence

★ Parse (1992) Theory of Becoming – Co-Creating Process of Evolving

★ Pettigrew (1988:1990) Presence – 5 features; availability, listening, know privilege of experience, self giving, being there so other perceives full meaning

Be Prepared it might be uncomfortable!

★ Bishop and Scudder - Ways of being present - Partial, Full, Transcendent

★ Watson -Theory of Human Science and Human Care – Authentically Present, Hold Another Person's Story

Cultivate Presence

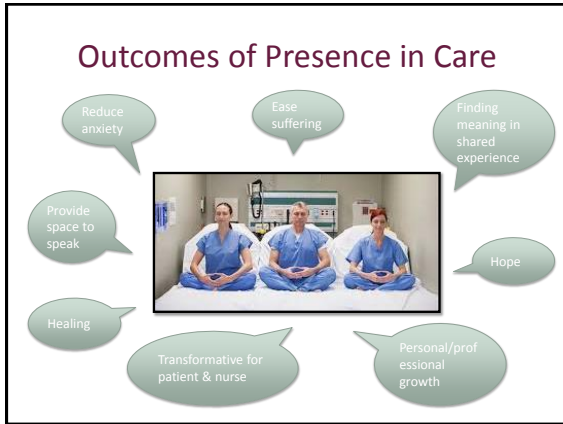


★ Be intentional, available, receptive, caring, an active listener

Nursing Presence Holistic Nursing: Scope and Standards of Practice

The essential state or core of healing: approaching an individual in a way that respects and honors her/his essence: relating in a way that reflects a quality of being with and in collaboration/partnership with rather than doing to; entering into a shared experience (or field of consciousness) that promotes healing potential and an experience of well-being

(AHNA and ANA, 2013, p91)



Storytelling: A Way of Knowing

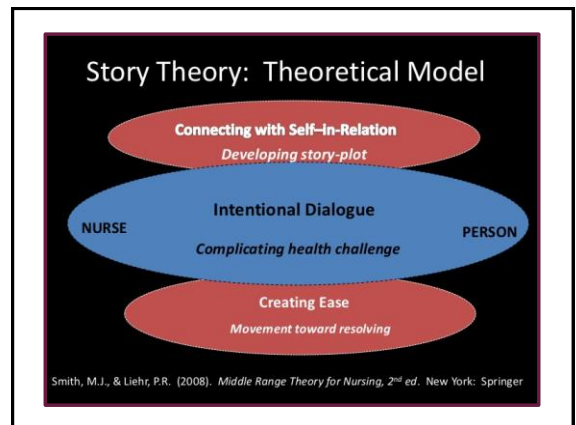
"stories form the framework and structure through which humans sort, understand, relate and file experience into memory" (Haven, 2007, p10)

- We are hardwired for story
- More persuasive than facts
- Direct and guide us



A Narrative Sensibility

★ **STORIED:** Subjective, Tell/Listen, Openness, Reflection, Invite/Intention, Engage and Document



What is Personal Storytelling?

Interactive

Dynamic

Narrative vs Story

Characteristics



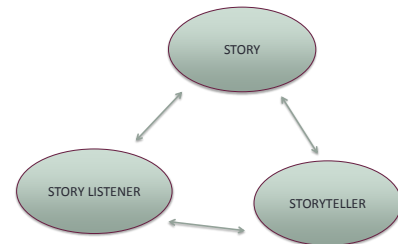
Beginning, Middle, End

Emotional Tone, Vivid Imagery

Character Based, Conflicts, Struggle, Resolution

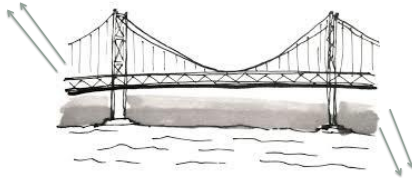
What Happens Next?

It's about the ...



Relationships

Storytelling



Presence

Tale of Mr. Fox



"...True presence is not limited to the moment; it lingers and stretches through time as persons move on to different situations with others."
(Smith, 2001 p 312)

Questions

Think about a difficult patient

- What were they like?
- What made them difficult?
- What was it like to sit with them?

Think about a patient who moved you

- What were they like?
- What made them easier?
- What was it like to sit with them?

Part 1 - Telling & Listening

Instructions:

- ✧ Identify the first teller, speak about an experience of being present with someone.
- ✧ Teller: Speak for three minutes
- ✧ There's no right or wrong way. Don't overthink, pauses and silences ok.
- ✧ Listeners: Hold comments and questions. Listen and be nonjudgmental.

Part 2 – Teller Appreciation

Instructions:

Listener:

- ✧ Speak to teller and let them know what was appreciated in their story. IE: Something that sparked a memory or resonated.
- ✧ What would you like to know more about?

Discussion

- ✧ Share your personal story
- ✧ How can we utilize storytelling in our Practice?
- ✧ How can we use story as self reflection?
- ✧ How does storytelling enhance presence?

Personal Story & Presence in Care

"The value of story begins with the insight and deepened understanding practicing nurses can gain into the meaning of their own practice"
Boykin and Schoenhofer, 1991,p248)

Thank you for your

PRESENCE



Tour Guides for Health

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Storytelling, Reiki and Coaching