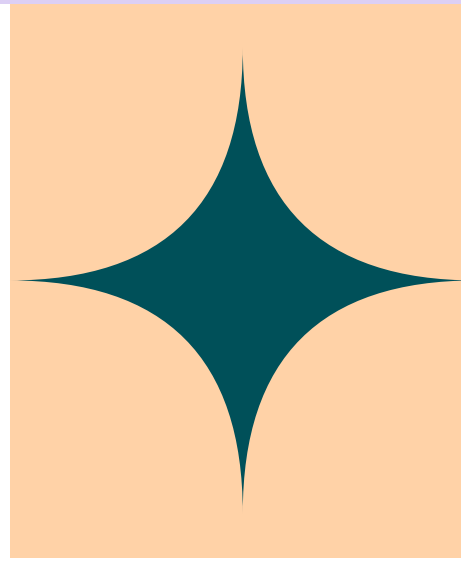


# EL PODER DE LAS HISTORIAS – THE POWER OF STORIES

Erasmus+2020-1-ES01-KA227-ADU-095529



Meeting with Dr. Renata  
Valente, graduate in Work  
Psychology from the  
University of Rome (Italy)  
'La Sapienza'.

The project “The Power Of Stories” is co-financed by the Erasmus + program of the European Union. The content of this publication is the exclusive responsibility of Asociación de Innovación, Formación y Empleo para el Desarrollo Sostenible (AIFED), and neither the European Commission, nor the Spanish Service for the Internationalization of Education (SEPIE ) are responsible for the use that may be made of the information disclosed here.



## **TO DWELL ON THE LITTLE AND BIG VICTORIES FROM THE PAST**

---

"One of the first exams I took at university was on Bruner's so-called "Narrative Psychology": it was an exam that impressed me a lot, so I still remember the details today.

According to Bruner, the construction of stories allows us to order the inner world and to attribute meaning to our own experiences. So there is no doubt that storytelling is therapeutic.

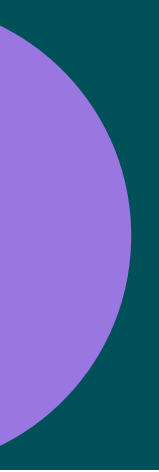
Telling memories and experiences helps the person to organise, analyse, process and re-experience thoughts and emotions in a different way, to experience thoughts and emotions related to a certain life event in a different way. This allows a better understanding of the effect they have or have had on us and also to distance oneself from them, being able to re-read them at a time of lesser involvement.

On 13 May we had the opportunity to meet online with Dr. Renata Valente, a graduate in Work Psychology from the University of Rome.

On this occasion, we could talk about our project 'THE POWER OF STORIES' and learn about her experience.

The main topic of the meeting was adult learning and education methods that help to achieve a set of values, including goal setting, problem solving and self-esteem through storytelling.

It was a pleasant and interesting meeting, we leave you with their words:



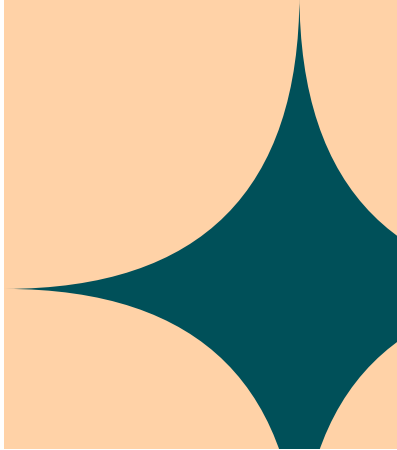
Moreover, it is important to think that in everyday life we meet others through storytelling. We know the world and others through narratives that bring together the pieces of an experience that embraces events, emotions, thoughts, beliefs, different cultures.

Through the sharing of stories we create and negotiate meanings that generate a shared context, fundamental for socialisation and individual and collective well-being.

Therefore, from my point of view, values such as self-esteem, problem-solving and goal-setting - which are closely related - can certainly be strengthened by the autobiographical narrative itself, whether in oral or written form.

Autobiography is like self-care and is a need that comes to everyone sooner or later.

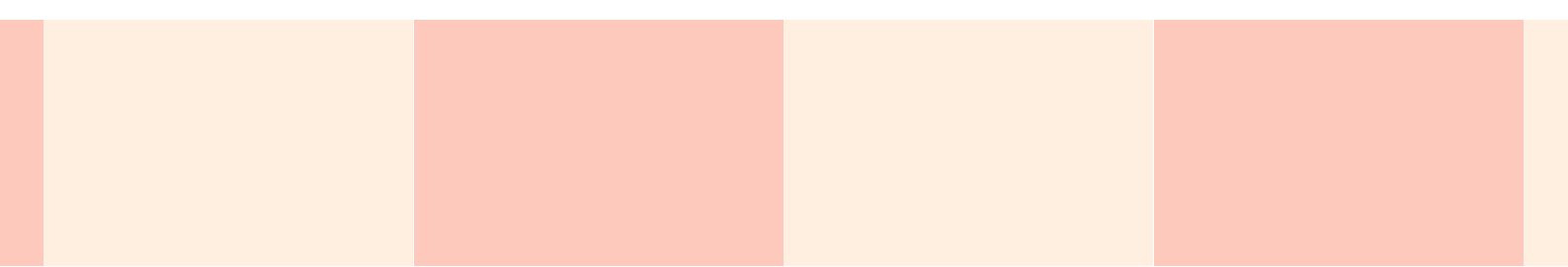
I will briefly explain why: telling one's own story allows us to dwell on the little and big victories of the past, against situations that we thought would defeat us and from which, instead, we emerge stronger than before. We find, therefore, a fundamental lesson to learn how to face the difficulties of the present and we will be able to face them in the present and to be able to face them knowing that in one way or another we will be able to face them.

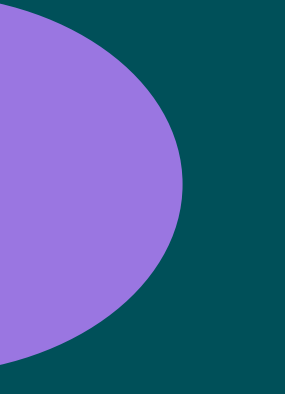


Telling one's past, one's story, allows us to see our evolution over time, our personal growth, the inner strength we have acquired over time, the serenity we have achieved and a whole series of satisfying changes will contribute to increasing our sense of self-esteem, personal value and self-confidence. It also allows us to reconnect and accept what we have been and, putting our life in order, it will be easier to define its direction and make sense of it, to identify what is really important and to let this also guide our future path.



The therapist's task is to help the patient to reconstruct his or her own story, coming to define narratives that are able to guide him or her more successfully in the world. The here and now of therapy will represent the field within which the patient can live new experiences and, in the light of these, write a new narrative of his or her life in which old behaviours, thoughts and emotions will give way to awareness and responsibility and thus greater well-being.





Regarding the educator (bearing in mind that this is not my area of competence), as a professional he/she deals with the educational and formative aspects of people, through interventions that aim to enhance skills or modify dysfunctional behaviours by inserting others favourable to individual, family and social wellbeing.

It certainly has points in common with the figure of the psychologist, in the sense that both aim to increase individual and social well-being. However, I believe that we should speak of a multidisciplinary approach: the figure of the educator can be supportive, as his or her role is precisely educational.