



# Stories from Experience

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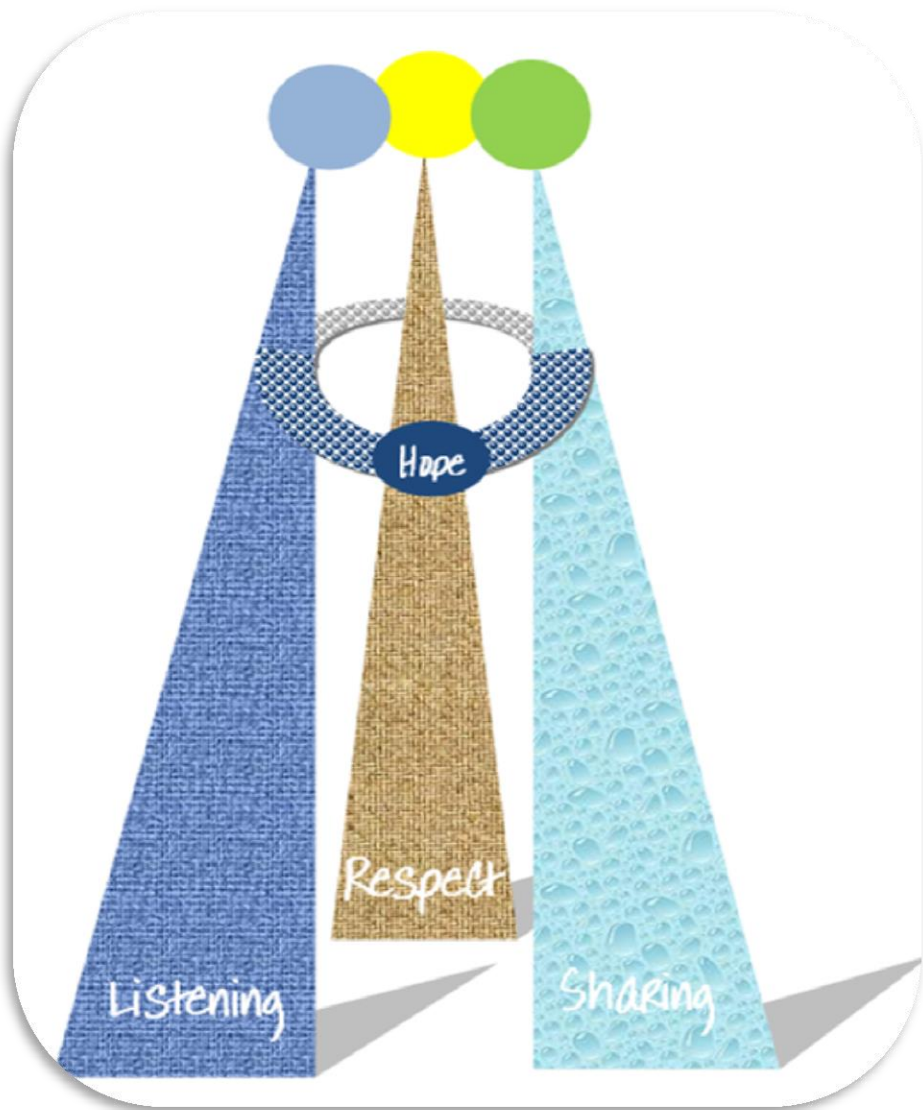
# STORIES FROM EXPERIENCE

Lesley Cook - 2018 NEDC Members'  
Meeting 1-2 June Sydney

# The World Looks Different Through My Eyes



Lesley Cook - 2018 NEDC Members'  
Meeting 1-2 June Sydney



**“We all have stories. Many of our stories are deeply personal. Some of our stories are painful, traumatic, hilarious, heroic, bold, banal.**

**Our stories connect us - they reflect who we are and how we relate to one another.”**

*(Becky McFarlane, Recovering Our Stories event, June 2011)*



**“If you want to know me,  
then you must know my  
story, for my story defines  
who I am.**

**And if I want to know  
myself, to gain insight into  
the meaning of my own life,  
then I, too, must come to  
know my own story”**

*(Dan P. McAdams – The Stories We Live By: Personal Myths and the Making  
of the Self)*



**“stories from  
experience”  
stories for me  
module**

National Eating Disorders Collaboration | [nedc.com.au](http://nedc.com.au)



**A learning resource to:**

- ✓ **Help people reflect on their experience;**
- ✓ **Support participation**

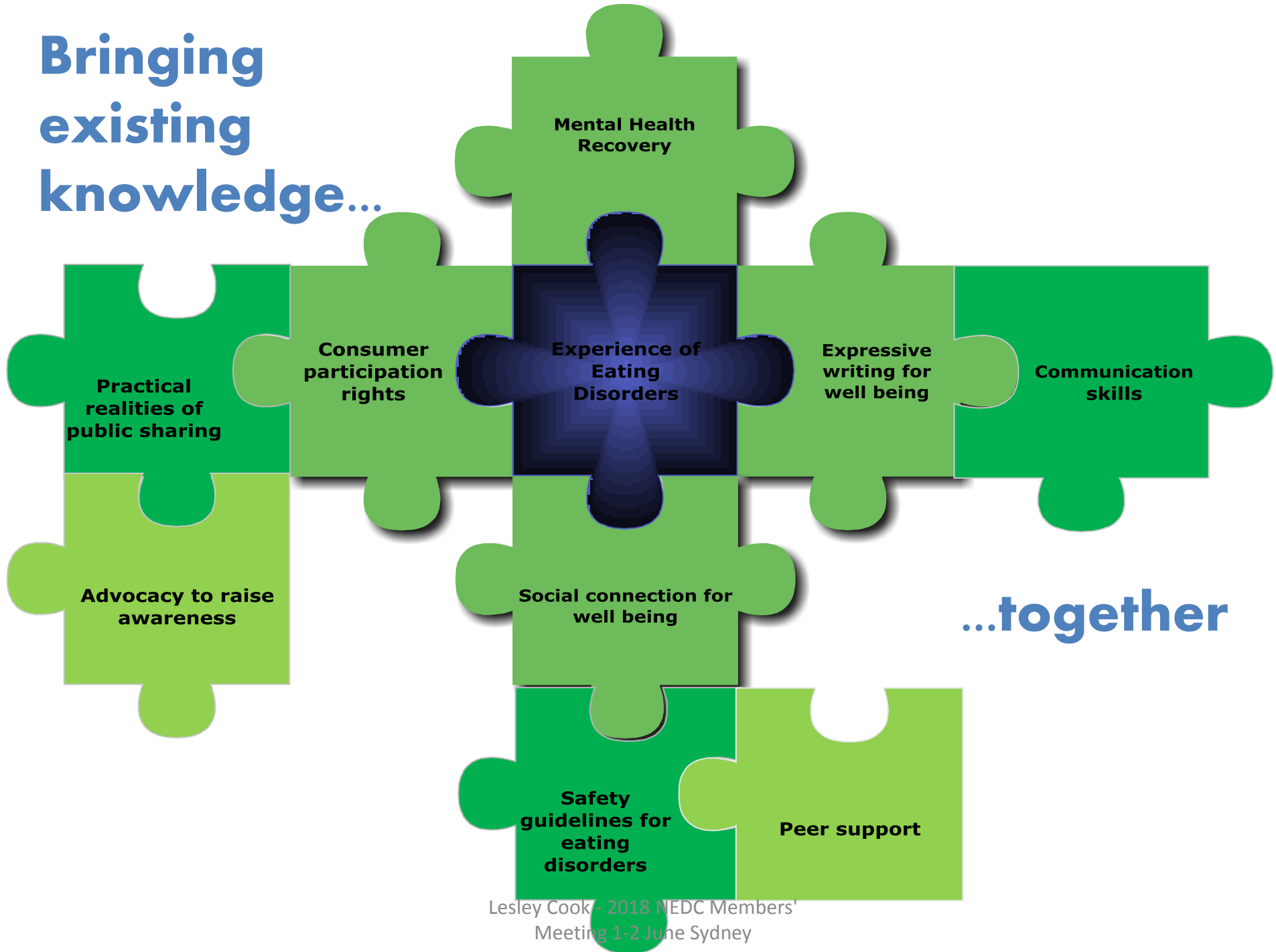
**For people who have recovered or are on the way to recovery**



**Stories from Experience**  
was co-produced by people  
with experience of eating  
disorders and people with  
technical skills in sharing  
stories.

**Bringing individuality together to  
create a clearer picture...**

**Bringing  
existing  
knowledge...**



**...together**



# Shared Knowledge



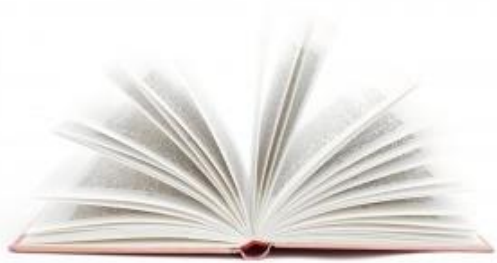
# My Story

## *Personal Benefits*

- Emotional expression
- Creativity
- Self awareness
- Increased insight
- Self advocacy
- Stronger relationships

## *Shared Benefits*

- Increased insight
- Raising awareness
- Peer support
- Reduced stigma
- Advocacy
- Professional education
- Co-produced services



## **Stories from Experience is a resource - Be selective. Use the content that is right for you.**

It could be:

- ✓ A self help resource during self-managed recovery
- ✓ A resource for shared peer group activities
- ✓ A learning resource to help peer workers or consumer and carer representatives
- ✓ A communication tool between a person and their clinician or their peer mentor

# Introducing the most important stories you will hear today...

## Listen

- For the similarities and the differences
- For the impact and the urgency for access to the right type of care
- For the role of stories in people's lives – and the value of stories to your work

