

Visual Re-membering Maps - creating safety in conversations

A person can decide

whose voices are to be **recognized** (on matters of their own identity)

Who is **authorized** to speak on such matters

Status of **existing** memberships

Selection of **new** memberships

Maybe some of the views we hold of ourselves may be views or ideas from **someone else** and we can **explore** and **rearrange** them

The thinking behind remembering practices (White 2007):

- identities formed through relationship
- identities multi-voiced rather than singular identity with self as the centre of one's being
- interconnected web of relationships rather than individual self
- can be used as an antidote to negative identity conclusions that have pervaded a person's sense of their own identity

Potential effects for worker/group/individuals

De-centres the practitioner and elicits support from the community in which the person is located – sustainability

Reduces isolation

Identifies others who would support the person's changes or developments – stand with them

- Useful at critical points working with people when they want to move ahead but feel held back by negative identity conclusions from others or unhelpful relationships

References

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Russell, S & Carey M, 2002, 'Remembering: responding to commonly asked questions', *The International Journal of Narrative Therapy and Community Work*, Dulwich Centre Publications: Adelaide. No. 3.

White, M, 2007, 'Maps of Narrative Practice', W. W. Norton & Company, New York.