The New Story/Dialogue Method

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The Method has two purposes:

• To **evaluate** Health Promoting activities and projects – and through this create more generalized knowledge about practice.

• To increase **empowerment** among the participants as a part of the process.
Choosing a Theme → Preparing a Story → Sharing Stories → Creating Insight Cards

Using Theory Notes ↔ Making Theory Notes ↔ Building Categories ↔ Knowledge Development

Before the workshop

After the workshop
Theories connected to The New Story/Dialogue

- Empowerment (Paolo Freire)
- Participatory and action oriented health education (Bjarne Bruun Jensen)
- Appreciative Inquiry Theories (David Cooperrider)
- Affordances Theories (James Gibson)
New elements:
- Playing elements
- Creativity
- Appreciative questioning
- Affordances of the room

Insight Cards, written on balloons
The method was tested on a group of five Danish children aged 12 to 15. They participated in a project for overweight children.
THE WORKSHOP

Sharing Stories → Creating Insight Cards

Building Categories ← Knowledge Development
Examples of the Insight Cards:

• ”Practicing with my friends is more fun.”
• ”When you compete with someone, you want to and can do more.”
• ”Invite Mom and Dad to join in – they need to be healthy too.”
The Results

The process and the dialogue increased the children’s
– motivation and participation
– ability to develop creative visions
– critical sense

The method shows positive perspectives for assessing action competence in a group of children.
Literature


Thank you for listening!
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