



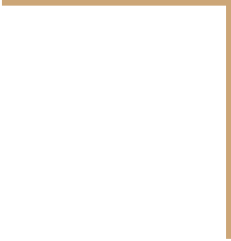
History & CNSM Theory

By: Anna Claerbaut



Key Points

- ❖ CNSM Theory Overview
- ❖ Theory Application → Research
 - Historical Background
 - Prominent Themes
- ❖ Research Implications
 - Storytelling As Healing
 - Practical Uses



CNSM Theory Overview

Dr. Jody Koenig Kellas



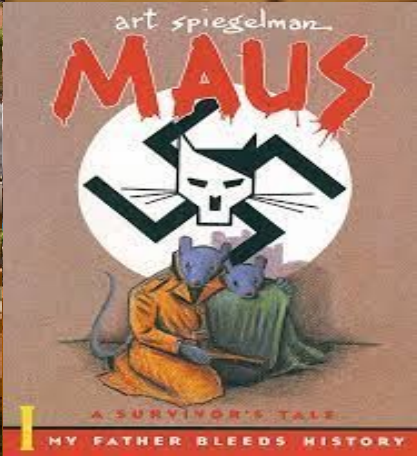
What is a Story?

What is a Story?

- ❖ Subjective narrative descriptions
- ❖ What constitutes a narrative or story?
 - Recount & construction of events
 - Plot with beginning, middle, and end



Are These Stories?



CNSM Theory

Goals & Principles

- ➔ Retrospective
- ➔ Interactional
- ➔ Translational

Retrospective:

- ❖ Content focused
 - Values & beliefs
- ❖ Framing story
 - Well-being & health

Interactional:

- ❖ Interactional sense-making (ISM)
 - Narrative sense-making
 - Well-being & health
- ❖ Perspective-taking
 - Well-being & health

Theory Application & Research

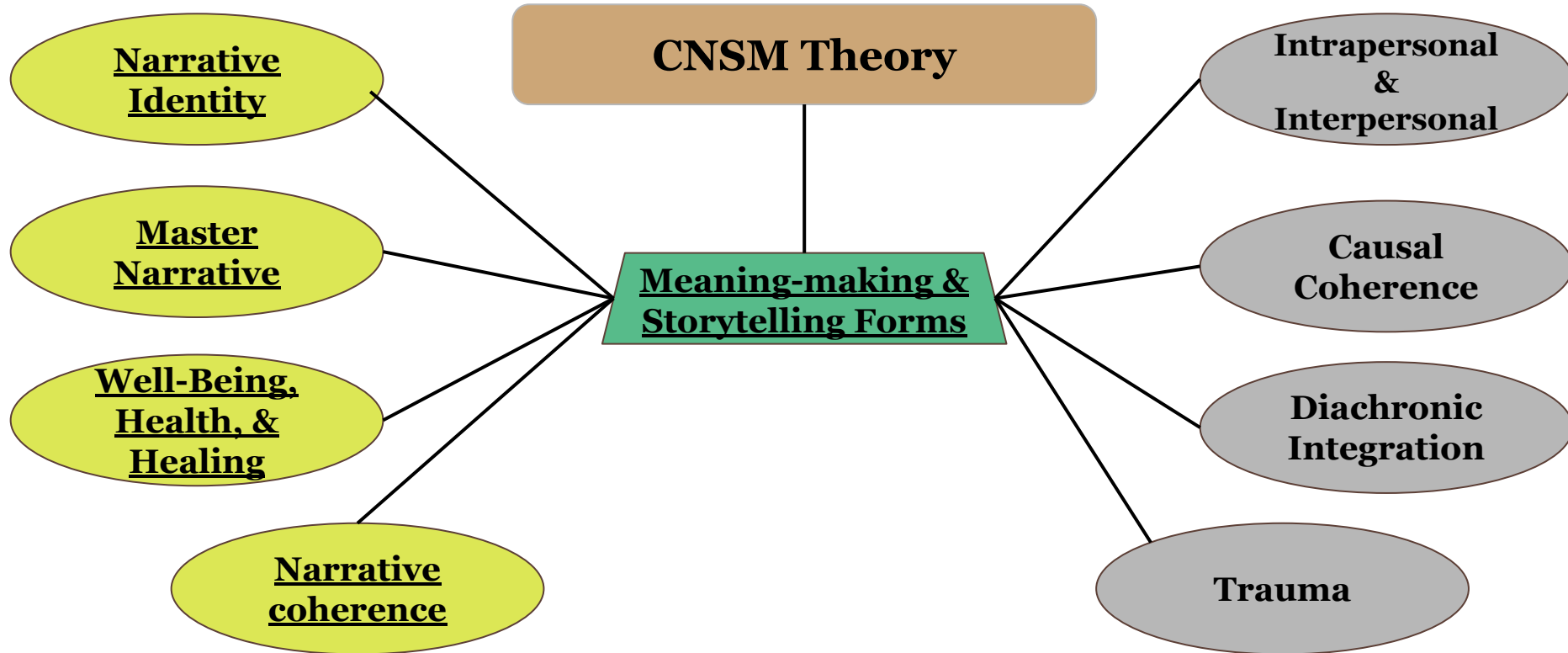


Historical Research Scope (Handout)

❖ Historical trauma

- Wars → Kosovo & Finland
- Genocides → Holocaust & Rwanda
- Indigenous colonization → Native Americans
- Refugee experiences → Balkans (Serbia/Australia)
- Racial Trauma → Africana Communities
 - Sierra Leone, Togo, Benin, Nigeria, & Nicaragua

Communicated Sense-Making Scope



Storytelling Forms/Mediums

❖ Dr. Jody Koenig Kellas

- Types of stories
- Verbal & nonverbal

❖ Research Project

- Verbal
 - Oral tradition
 - Music → folklore
- Nonverbal
 - Artwork
 - Writing

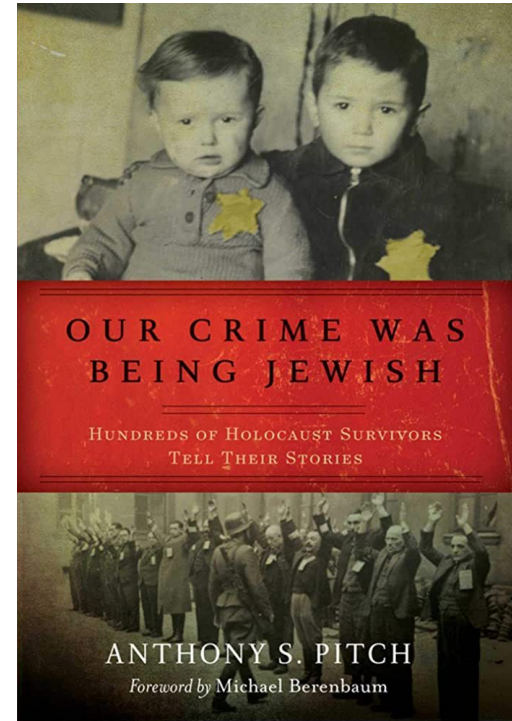


Narrative Identity

- ❖ Historical consciousness → identity
- ❖ Narrative identity
 - Personal stories – experiences of change
- ❖ Holocaust & Rwandan Genocide
 - Holocaust: child survivors (↓ 16 years old—end WWII)
 - Rwanda: children young people (12-20 years old)
- ❖ Importance → Agency

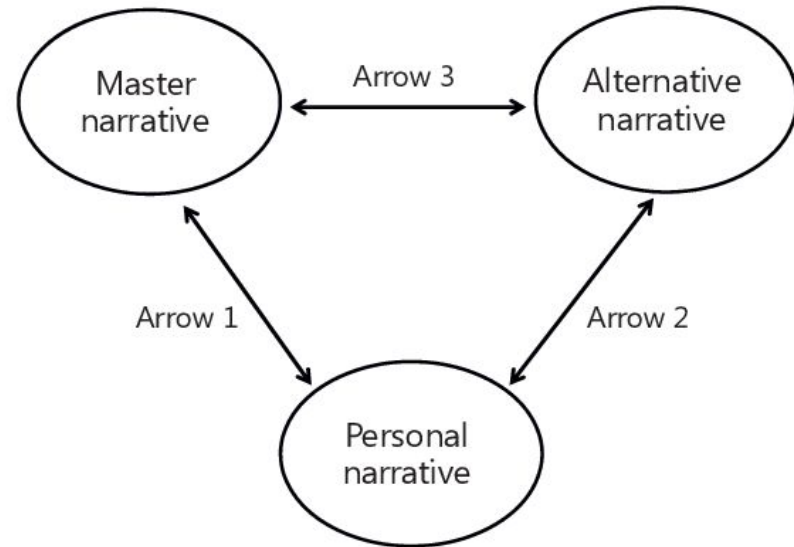


Narrative Identity (Public Sphere)



Master Narrative

- ❖ Master narrative
 - Culture → narratives & storytelling practices
- ❖ Intergenerational implications
- ❖ Retrospective storytelling
 - Reveals cultural values & beliefs





Research Implications

So What?



CNSM Theory Implications

- Retrospective
- Interactional
- Translational

Translational:

- ❖ Interventions
 - Narrative reflection
 - Sense-making
 - ❖ Reframing & ISM
 - ❖ Trauma, difficulty, illness, & stress
-

Well-Being, Health, & Healing

- ❖ Powerlessness & silence
 - PTSD & feelings of shame/guilt
- ❖ Healing, mental health, & posttraumatic growth
- ❖ Self-Transformation
 - Self-worth
 - Resilience



Healing & Practical Uses

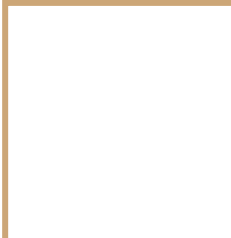
- ❖ Trauma informed responses
 - Contemplative, guided storytelling
- ❖ Social work
- ❖ Psychotherapy



Narrative Coherence & CNSM Implications

- ❖ Narrative Coherence → 3 parts
- ❖ Implications for CNSM Theory
 - Meaning-making subjective





What is a
Story?



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