My Story Cards
The ultimate client centred therapy

Jude Page  BSc. Grad Dip Psych. MPH
Page Consulting
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Background

- Evolved from a research tool called “Injection Drug User Quality of Life” (IDUQOL)
- Designed to measure quality of life among IDU populations (Brogly et. al 2002)
- The 14 cards were well validated (USA)
- Good psychometric properties
- Recommended use in needs assessments and evaluation of harm reduction interventions
FEELING GOOD ABOUT YOURSELF
From research to practice

Expanded application beyond research for broad therapeutic use:

- Expanded domains
- Culturally relevant
- Quality diagrams

Carolyn Day, Elizabeth Conroy, Julia Lowe, Jude Page and Kate Dolan
Patterns of drug use and associated harms among rural injecting drug users:
Comparisons with metropolitan injecting drug users
From research to practice

- Inclusion of domains such as: working/employment, feeling safe, culture, identity, gambling and technology
- Reduced cultural loading
My Story Cards – simplifying communication

The first therapeutic tool designed specifically for Aboriginal people - with Aboriginal people

- Series of 25 titled picture cards
- Each card depicts a ‘life area’
- Strengths based
- Interviewer administered
- Empowering
- Holistic
- Simplifies communication
Drugs and alcohol
My Story cards

Four domains:

- Physical (health and infrastructure)
- Spiritual and cultural
- Family and social
- Emotions and Influences
Spirituality / beliefs
Friends and support
Culture
My Story cards

Developed to be:

- Culturally safe
- Targeted
- Empowering
- Client centred (tell your own story)
- Positive
Feeling safe
How are they used?

- An engagement tool
- Priority setting/goal setting tool
- Identification of strengths and worries
  (Care planning tool)
- Health promotion/Educational tool
- Group/peer learning tool
A therapeutic tool

- Identify issues
  - strengths & challenges
- Explore issues
- Set goals
A goal setting and care planning tool

- Developing a treatment plan
Feeling good about yourself
Sense of future
Theoretical Framework: Maslow

- **Physiological needs:** food, water, warmth, rest
- **Safety needs:** security, safety
- **Belongingness and love needs:** intimate relationships, friends
- **Esteem needs:** prestige and feeling of accomplishment
- **Self-actualization:** achieving one’s full potential, including creative activities
Findings

- Well accepted by counsellors and clients
- Improved communication
- Reduce communication error between counsellor and client
- Assist clients to identify core issues and strengths
- Prioritise areas of importance to the client, assist in setting goals and developing a plan
- Target issues: efficiently & effectively
- Develop skills
Why effective?

- Client centred (ownership/empowering)
- Meets needs of client
- Translate complex to simple
- Raise sensitive issues
- Increase self awareness and strengthen skills (eg. prioritising, goal setting etc)
- Holistic
- Image based and low literacy
Current uses

- Alcohol & Drug services
- Youth services
- Research (evaluate treatment)
- Health promotion:
  
  Young people in custody: Mostly identified with: Family, friends and support, Identity, culture and feeling good about yourself

Whitton and Munro, Justice Health, NSW 2010
Future uses

- Alcohol & Drug services
- School counsellors
- Mental health services
- Rehabilitation services
- Life coaches
- AIMhi’s Stay strong plan
- Research
STEP 2: What keeps us strong?

- Physical
- Family and Social and Work
- Mental and Emotional
- Spiritual and Cultural

Grow Strong Tree

- Spiritual Belief
- Health Centre
- Work
- Know About Illness
- Art and Craft
- Medication
- Other
- Teaching Kids
- Support
- Dance
- Good Tucker
- Teach Kids
- Family
- Exercise
- Hunting
- Think Positive
Contact

Jude Page

Mobile: 0439 987 954
Email: jude@mystorycards.com.au
Web: www.mystorycards.com.au