My *Story* Cards
The ultimate client centred therapy

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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
DRUGS
BEING USEFUL
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
Family
Spirituality / beliefs
Friends and support
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
Children
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

Levels:
- **Basic needs**
- **Psychological needs**
- **Self-fulfillment needs**
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

Art and Craft
Dance
Exercise
Go to Country

Medication
Good Tucker

Health Centre

Work

Other

Teach Kids

Music

Know About Illness

Support

Family

Hunting

Think Positive
Contact

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