

BREATHE
THEN REMEMBER WHO THE
**** YOU ARE

STORY TELLING

HON. TAM NOMOTO SCHUMANN, RET.

PRIMITIVE SOCIETIES USED STORIES TO:

- PASS LAWS
- PRESERVE CUSTOMS AND TRADITIONS
- WARN OF POTENTIAL DANGERS AND RISKS

CONTEMPORARY TIMES

- LEGISLATIVE RELIANCE ON OUR HISTORY AND HERITAGE
- COURTS RELIANCE ON CUSTOM AND TRADITIONS
- ETHICAL RESPONSIBILITY TO BE SENSITIVE TO SUBSTANCE

ABUSE IN OURSELVES AND OTHERS

MODERN BENEFITS OF STORY TELLING

COMMUNICATION; INFORMATION SHARING WITH OTHERS

- EG. OTHER ATTORNEYS AND CLIENTS
- GREATER IMPACT IF TOLD THROUGH A STORY
- EG ALCOHOL AND JURORS

EMPATHY

- BONDING
- EG. CLIENTS

THE BRAIN

- WHEN LISTENING TO STORY, AUDITORY CORTEX ACTIVATED
- WHEN ENGAGED IN STORY, LEFT TEMPORAL CORTEX OR THE REGION RECEPTIVE LANGUAGE AFFECTED
- ONCE ENGAGED, FRONTAL AND PARIETAL CORTICES ARE STIMULATED
EXAMPLE: DESCRIPTION OF DELICIOUS FOOD STIMULATE CENTRAL SULCUS OR PRIMARY SENSORY MOTOR REGION OF BRAIN

STIMULATED HORMONES

- ENDORPHINES: AFFECTS LIMBIC SYSTEM WHICH IS RESPONSIBLE FOR EMOTIONS AND DECISIONS
- OXYTOCIN (EMPATHY HORMONE)
- DOPAMINE: LOW LEVEL LINKED TO PARKINSON'S, ADHD, DEMENTIA, DRUG ADDICTION, AND SCHIZOPHRENIA. STORYTELLING HELPS ELEVATED THE LEVEL WHICH IMPACTS FOCUS, MEMORY AND MOTIVATION.

MIRRORING

“WHEN YOU LISTEN TO STORIES AND UNDERSTAND THEM,
YOU EXPERIENCE SAME BRAIN PATTERN AS THE
PERSON TELLING THE STORY”

DR. PAMELA RUTLEDGE

INCREASES COMPETENT REPRESENTATION OF CLIENT

- MORE IMPACT AND PERSUASIVE IF GIVEN THROUGH STORY TELLING
- EXAMPLES
- SUBSTANCE ABUSE DIVERSION PROGRAMS
- ANGER MANAGEMENT PROGRAMS
- PARENT TRAINING PROGRAMS

ANTI BIAS ATTITUDES

- AIDS IN UNDERSTANDING CULTURE AND GENDER ROLES
- CHILDREN: IMPROVES BRAIN DEVELOPMENT; THE ABILITY TO FOCUS; MEMORY; AND EMPATHY.

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AND SHARE YOUR STORY