

NICOLA LESTER

BEYOND RECONNECTION

Responding to identity and context

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AIMS

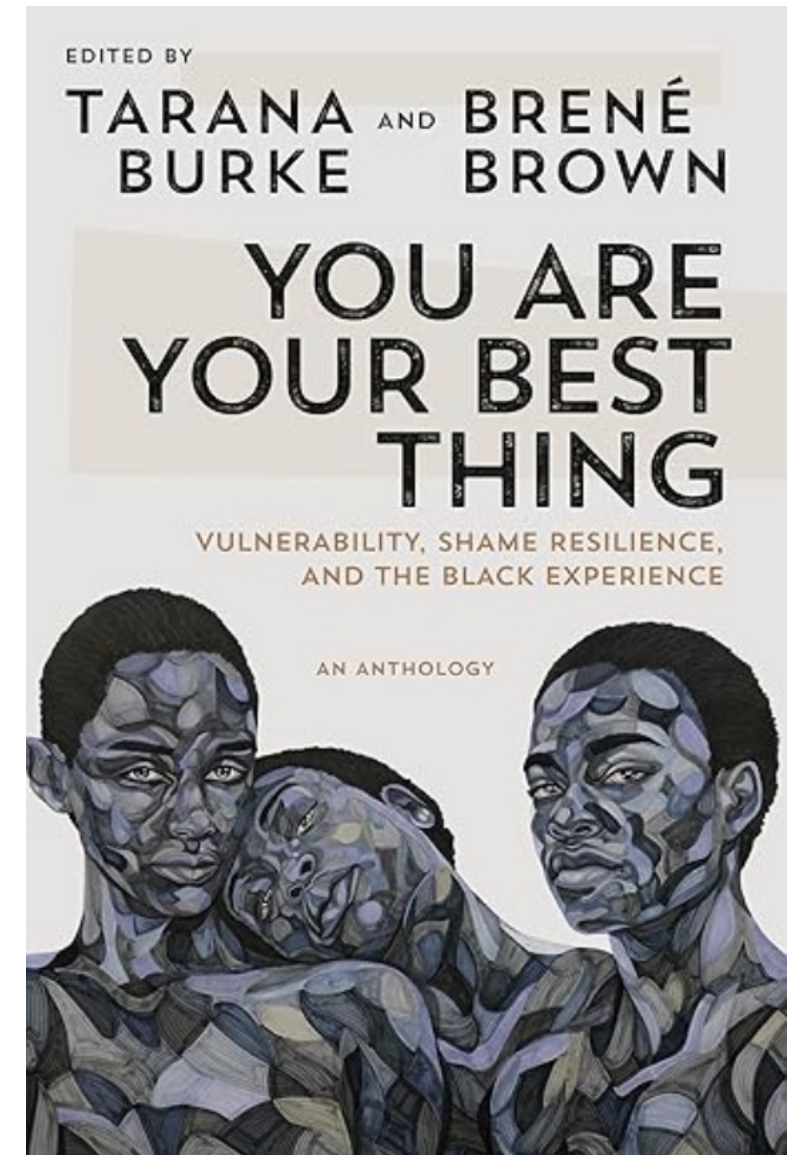
- Explore how we navigate 'not knowing' and 'difference' in reconnection work
- Reflect on identity, our own, and those we work with
- Being curious, seeking to understand and ask questions
- Creative reconnection



SELECTED TEXT

‘You are your best thing’

Tarana Burke and Brené Brown



REFLECTIONS ON THE TEXT

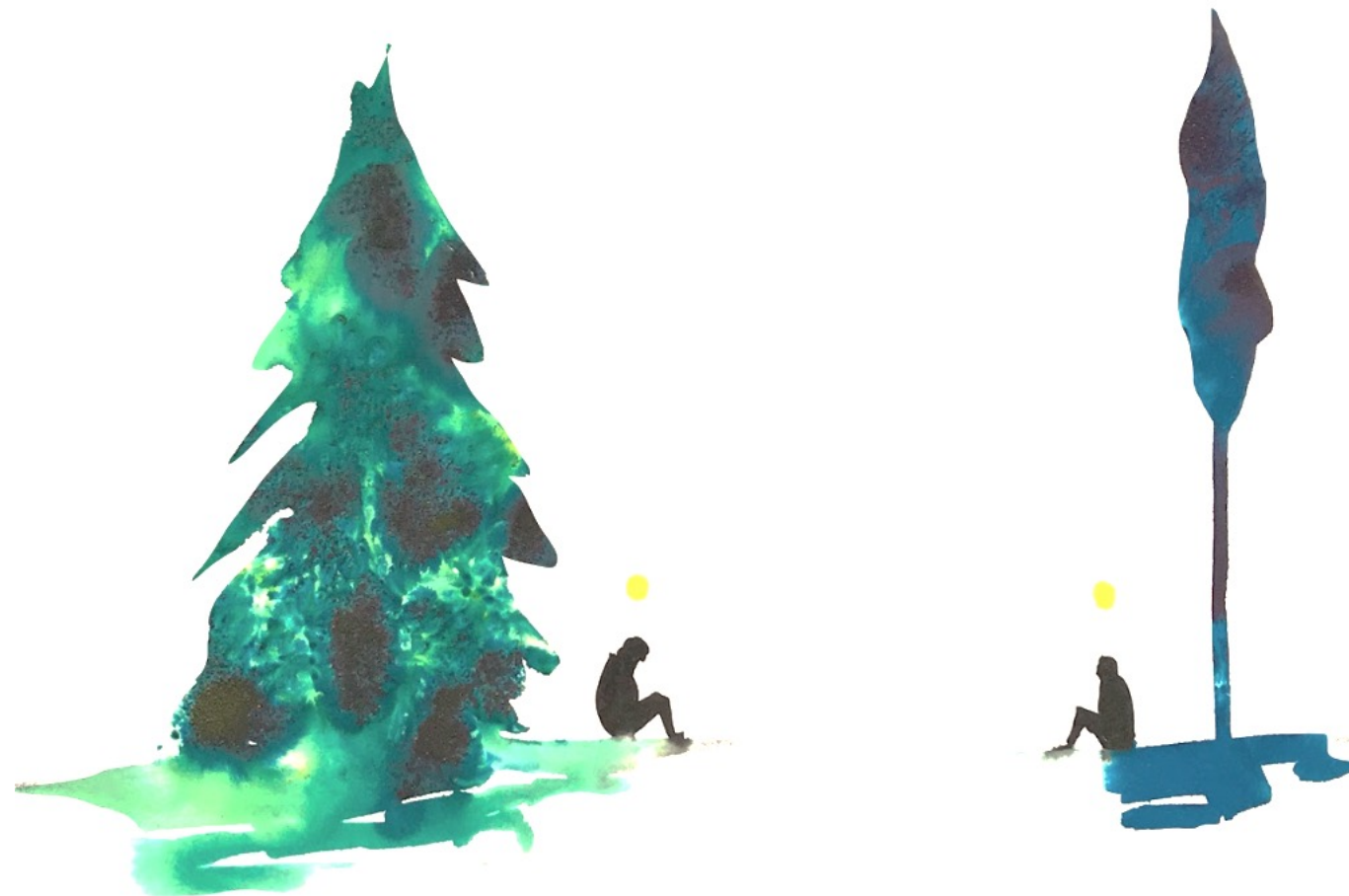
'We often carry our trauma in similar ways, but the roads that led us to the trauma are all so different. We must pay attention to that road. That road is our humanity'

Tarana Burke

REFLECTIONS ON THE TEXT

Paying attention to our humanity enables us to claim solidarity over difference, community over isolation and connection over disconnection. No matter what our differences, humanity unites us.

However, we must acknowledge and honour these differences, rather than seeking to overlook, ignore or diminish them.



WHAT'S IN A NAME?

'My given name felt like it was too much'

p.89

'The names we have tell stories, and mine speak of the journey of someone who has transformed so many times in her life, taking ownership of who she is in the world and creating sacred spaces for herself. My names have been my affirmation, and I'm grateful'

p. 97

Luvvie Ajayi Jones

SEEKING FEEDBACK

Frustrations

What helped?



GOING BEYOND RECONNECTION

- Acknowledging our assumptions, biases and beliefs
- Developing self-awareness (even when it is uncomfortable)
- Staying curious (especially when it is intolerable)
- Learning and seeking information (asking questions)
- Checking and affirming
- Asking for feedback

REFLECTIONS ON RACE

How has your life been shaped by your race?

Robin diAngelo

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AUTHORING OUR OWN STORIES

Authoring Our Own Stories is a youth recovery project examining how young people's identities impact on their access to services. Over the course of 5 years we will deliver arts-based workshops with young people and youth work professionals to explore how we reshape services locally, regionally, and nationally to improve the offer in place to young people and break the cycle of inequality.



AUTHORING OUR OWN STORIES

Authoring our own stories – PYL



COMPASSION IN HOSTILE ENVIRONMENTS

- We must first know that they are 'hostile'
- Behaviours labelled as problematic or mental ill health are survival, often the only way to stay safe
- Trauma may create burdens that we need to carry, but when we are shown compassion, healing is possible, turning these 'burdens' into our greatest 'gifts'.



WHEN I SAY...THE FIRST THREE THINGS YOU THINK

'The Middle East'

Share them in the chat



CREATIVITY IN PRACTICE:

THE STORY OF A YOUNG
REFUGEE

REFLECTIONS ON IDENTITY: I AM FROM...

The 'I am from' poem is taken from the 'Healing Classroom's training workshop delivered by the International Rescue Committee and is comprised of four statements.

Each statement begins with the line 'I am from' and then you need to create responses to the following four topics:

1. Familiar foods, especially those associated with joyous occasions and celebrations.
2. Sights, sounds and smells from your childhood neighbourhood.
3. Familiar sayings heard repeatedly growing up.
4. Familiar people, family members, friends and ancestors.

I am from chicken schnitzel
and spaghetti eis, gyros and
pitta bread

I am from salty sea air,
pungent geraniums,
cinnamon gingerbread
houses and roasted
chestnuts

I am from 'na'er cast a
clout until May is out' and
'rain before 7, dry before 11'
I am from Mum, Dad and
Nicola, and Granny and
Grandad.

PERSONAL COMMITMENT TO LEARNING

- The history of the Middle East
- Learning Arabic



Wanna hear about a legendary
and inspiring woman?



WHAT ELSE CAN YOU DO?

- Books
- Podcasts
- Courses
- Conversations

THANK YOU FOR JOINING
THE SESSION



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