

When does the person tell the story?

Do I have the kind of relationship with the person that can offer them steadiness to tell their story, like supporting them to learn how to ride a bike without training wheels?

What is the person's relationship with the story?

Is the person consenting to relive the moments of violence in the retelling?

What is the goal of asking questions about stories of violence?

How do we hold space for stories of violence?

Does every part of the person's story need to be communicated or expressed in ways I can understand?

How do we explore the in-between of what is said and not said, what we think we understand and what the person wants to express or communicate?

What are my goals?

What are the person's goals?

How do we centre the person's needs, strengths and wisdoms for their quality of life?

How do we make space for people to come back to their own power?

What is my agenda?

How do I avoid imposing my own agenda?

What are the person's priorities?

How did therapy work for the person before, what didn't work?

pocket full of questions

jumping-off points

a.k.a. intake

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What is culture?

How do I directly invite stories of cultural wisdom, cultural considerations?

What language /words does the person talk about culture in?

How do I imagine the person would answer?

Do I already hold expectations for what the right answer is?

Have they answered my questions but just not the way I would answer it or understand it?

What has the person experienced with me or another person that makes them think that there is a right answer or right way of being, that their way doesn't suffice?

