

pocket full of questions

jumping-off points

a.k.a. intake



What is culture?

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

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

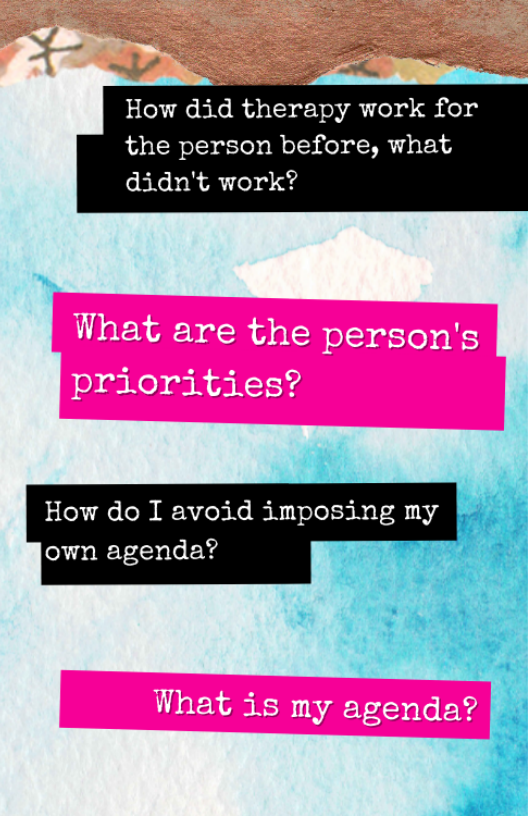
How do I imagine the person would answer?



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?

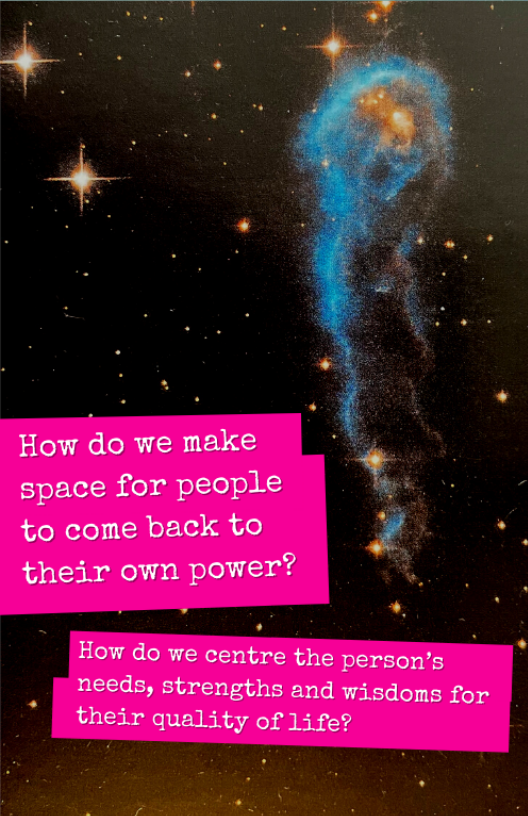


How did therapy work for
the person before, what
didn't work?

What are the person's
priorities?

How do I avoid imposing my
own agenda?

What is my agenda?



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

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

What are the person's goals?

What are my goals?

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?

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

How do we hold space for stories of violence?

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

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

What is the person's relationship with 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?

When does the person tell the story?

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