

How Do I Unbundle a Reflective Narrative?

Identify a member of the group to share their narrative. The narrative may be distributed to the group prior to the group discussion, or the author may read their narrative aloud, more than once if necessary, the same day as the discussion. Group members are to listen attentively such that they identify and understand the setting, the plot, and the characters in the story. Next, the group engages the author in a question and answer session to aid in exploring the story's meaning and bring forth the author's critical reasoning and decision making in the context of the narrative. The author should consider the following guidelines during the unbundling process:

- Reflect on your story. Resist the urge to explain yourself.
- Identify what the story is about.
- Identify any priorities that emerged and how they may have changed as a result of having the experience.
- Identify your expectations in this situation.
- Identify your reaction to the outcome of the situation and if you would have done anything differently.
- Reflect on your actions in this situation and how they could have been different.
- Be aware of your body language.
- Be open to feedback and questioning that you may not have previously considered.
- Identify if your perspective on patient care has changed as a result of this experience.

The group members should consider the following guidelines during the unbundling process:

- Unbundling a narrative is not an interrogation of the author.
- Allow for time to reflect on the story and formulate questions for the author.
- Identify what the story is about and what it means to you.
- Identify what you became curious about.
- Identify detail you would like to know more about to better understand the story.
- Be aware of your body language.
- Be non-judgmental in your line of questioning and when offering feedback.
- Identify the key points that emerged from the narrative

Adapted from Greenfield B & Jensen G. "Clinical Narratives as a Tool for Exploring and Fostering Professional Development and Critical Reflection: Part I & II." CSM Presentation 2013

Adapted from Clinical Staff presenters from Massachusetts General Hospital. "Resident Narratives: Revealing Clinical Reasoning through Reflection and Self Questioning." CSM Presentation 2013.