

Webinar

Using storytelling and story listening as a therapeutic tool with children and young people

By Dr Margot Sunderland



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Storytelling In Therapy

Catrina Brown,Tod Augusta-Scott

Storytelling In Therapy:

Storytelling in Therapy Rhiannon Crawford, Brian Brown, Paul Crawford, 2004 The authors have used their working knowledge to give therapists a better understanding of how anecdotes in therapy can help implement changes in their clients' lives. The anecdotes have been selected as being suitable for applying to people with particular mental health problems. Each is supported by a summary of how to implement it in therapy

Therapeutic Uses of Storytelling Camilla Asplund Ingemark, 2015-01-01 In this cross disciplinary study a group of researchers critically examine the ways in which narrative that is written and told stories and legends might aid in coping with traumatic or stressful life situations and with the emotions that these situations engender. Starting with an introduction of basic narrative theories and the therapeutic effects of storytelling the book moves on to a series of lucid case studies. The contributors present a diversity of material such as weblogs poetry magazines memoirs and oral accounts from antiquity to the present. With a diversity of perspectives the contributors hail from a variety of fields including folkloristics psychology writing studies poetry therapies and classical studies this book benefits specialists in a number of different disciplines as well as individuals interested in the possibility of inner exploration sparked by storytelling

Introducing Narrative Therapy Cheryl White, David Denborough, 1998 This anthology contains a diversity of accessible engaging practice based papers by narrative practitioners around the world. Articles include theoretical considerations working with individuals groups and communities co research and an approach to community mental health. The collection is rounded out by a collection of practice notes by Michael White. If you are wanting to understand more about narrative therapy and the different ways in which people are exploring and experimenting with narrative ways of working this book will inform, challenge and inspire

The Therapeutic Use of Stories Kedar Nath Dwivedi, 2006-10-19 The potential for healing available in well known myths and stories is increasingly recognized but many practitioners are unsure how to tap into this rich and often culturally specific source of insight. What sort of story is best for what sort of situation. How can it be introduced naturally into the session. What is the best way of using the story. These are some of the questions contributors to this book set out to answer. They explore the historical and cultural context of story telling and provide examples of specific stories for specific situations. Covering emotional themes such as anger, anxiety, fear, shame, guilt, separation and bereavement the authors show how they work through stories with many different kinds of client groups and individuals of all ages in educational, health and social science settings. The Therapeutic Use of Stories provides a sound theoretical framework for the use of stories examples of stories with a high therapeutic value and practical advice on how to use them to best effect

Stories We've Heard, Stories We've Told Jeffrey Kottler, 2014-09-26 This is a book that integrates what is known from a wide variety of disciplines about the nature of storytelling and how it influences and transforms people's lives. Drawing on material from the humanities, sociology, anthropology, neurophysiology, media and communication studies, narrative inquiry, indigenous healing traditions as well as education, counseling and therapy the book

explores the ways that therapists operate as professional storytellers. In addition our job is to hold and honor the stories of our clients helping them to reshape them in more constructive ways. The book itself is written as a story utilizing engaging prose research photographs and powerful anecdotes to draw readers into the intriguing dynamics and processes involved in therapeutic storytelling. It sets the stage for what follows by discussing the ways that stories have influenced history cultural development and individual worldviews and then delves into the ways that everyday lives are impacted by the stories we hear read and view in popular media. The focus then moves to stories within the context of therapy exploring how client stories are told heard and negotiated in sessions. Attention then moves to the ways that therapists can become more skilled and accomplished storytellers regardless of their theoretical preferences and style.

Storytelling and Other Activities for

Children in Therapy Johanna Slivinske, Lee Slivinske, 2011-03-16 A comprehensive collection of hundreds of thought provoking stories and activities for use in the treatment of children confronting difficult situations. Storytelling and Other Activities for Children in Therapy provides professionals with the knowledge insight and tools to help children ages 6 to 12 and their families work through their treatment issues using storytelling and other activities. This invaluable guide includes helpful activity sheets that gradually progress through four levels of inquiry representing readiness for self disclosure. Imaginative and easy to use the stories and activities in this book are tied to relevant practice issues including Illness and disability, School issues, Anger and behavioral issues, Social adjustment and shyness, Divorce and parental separation, Domestic violence, Community violence, Trauma and child abuse, Substance abuse, Death. With an accompanying website allowing therapists to personalize and print stories as well as activity sheets to meet their needs and those of their clients. Storytelling and Other Activities for Children in Therapy is an important tool in easing the pain of emotionally hurt children towards a discovery of their inner strengths and resilience for life. These resources can be accessed at www.wiley.com/go/slivinske

Doing Narrative Therapy Jill Freedman, Gene Combs, 1996-03-05 An overview of this branch of psychotherapy through an examination of the historical philosophical and ideological aspects as well as discussion of specific clinical practices and actual case studies. Includes transcripts from therapeutic sessions. The authors work in family therapy in Chicago. Annotation copyright by Book News Inc Portland OR.

Narrative Therapy with Children and Their Families Michael White, Alice Morgan, 2023-09-20

The Handbook of Narrative and Psychotherapy Lynne E. Angus, John McLeod, 2004 As no other volume brings together original contributions in narrative and psychotherapy from practitioners, researchers, theoreticians from around the world the Handbook of Narrative and Psychotherapy should be purchased by libraries that support the education, practice and research of professionals in the helping sciences. E STREAMS This volume is an extremely valuable resource. It tells the fascinating story of the centrality of storying in human lives and their counsel including the history of the narrative turn in psychology and the newest developments in theory and research. I recommend it most highly. Michael J. Mahoney author of Human Change Processes and Constructive Psychotherapy. The growing interest in constructivist

approaches nontraditional approaches towards research and specifically narrative as an organizing concept makes it an extremely timely book. The contributors look like a who's who in the area a well planned book with the right organization and the right people. Jeremy Safran The New School for Social Research New York City Overall clinicians will find this book valuable because they will be introduced to different approaches to using narrative ideas in therapy with sufficient detail and case history material to make the ideas come alive. Theoreticians will get sophisticated discussions of the nature of narrative as it relates to the nature of the person personality development and personality change. And finally researchers will get state of the field knowledge of narrative research on therapy and narrative methods for doing research. Overall this is an important and exciting book on a hot topic filled with new ideas sophisticated research and case examples. If you wanted to know about this important development in the field of psychology in general and psychotherapy in particular this is the place to come. Art Bohart Saybrook Graduate School With an excellent cast of characters both new and old Angus and McLeod's ambitious anthology of current thought on narrative and therapy bridges the generations of scholars and therapists within this tradition creating a lively community of the widely varying voices. Narrative is a truly integrative element of psychotherapy applying with equal force to cognitive behavioral psychodynamic experiential and family systems approaches. As such this book successfully lays out the newly emergent approach and points out new opportunities for integration at the levels of both theory and practice with implications that reach far beyond clinical assessment and treatment to the nature of self and culture. This book maps the territory of narrative and psychotherapy for the next generation of therapeutic narratologists. Robert Elliott Ph D University of Toledo The field of narrative informed therapy began nearly a decade ago and has now matured to the point where a significant reference work is both timely and appropriate. The Handbook of Narrative and Psychotherapy is the first work to draw together theorists and practitioners representing a diverse range of approaches to describe and detail assessment and intervention strategies focusing on client story telling and story reconstruction to promote positive change in clients. It aims to bring together multiple approaches to promote a dialogue among differing narrative traditions and synthesize a more integrated understanding of client story telling processes in psychotherapy. The editors have achieved a balance between practice applied research findings and background theory. Psychotherapy practitioners and researchers in social work counseling nursing and psychiatry will find this handbook of immense value. Faculty graduate students and librarians in clinical psychology counseling social work and psychiatry departments will also find this an ideal addition to their courses and collections. No other volume brings together original contributions in narrative and psychotherapy from practitioners and researchers from around the world. Key Features Contains an international who's who of contributing authors. Highlights and integrates the various approaches and dimensions of narrative therapy including the contributions of narrative expression to psychotherapy practice theories of personality and self development and research strategies assessing narrative and client self change. Includes therapy session examples and case materials that

demonstrate narrative interventions in action Presents clear and consistent professional guidelines in each chapter **What is Narrative Therapy?** Alice Morgan,2000 This best selling book is an easy to read introduction to the ideas and practices of narrative therapy It uses accessible language has a concise structure and includes a wide range of practical examples What Is Narrative Practice covers a broad spectrum of narrative practices including externalisation re membering therapeutic letter writing rituals leagues reflecting teams and much more If you are a therapist health worker or community worker who is interesting in applying narrative ideas in your own work context this book was written with you in mind **Therapeutic Storytelling for Adolescents and Young Adults** Johanna Slivinske,Lee Slivinske,2013-10-17 The healing power of narrative and its intertwining with expressive arts enable this book to provide professionals with knowledge needed to assist adolescents and young adults overcome personal and social issues using strengths based storytelling A companion website contains printable storytelling worksheets color photographs for phototherapy and additional resources and websites

Reimagining Narrative Therapy Through Practice Stories and Autoethnography Travis Heath,Tom Stone Carlson,David Epston,2022-06-19 Reimagining Narrative Therapy Through Practice Stories and Autoethnography takes a new pedagogical approach to teaching and learning in contemporary narrative therapy based in autoethnography and storytelling The individual client stories aim to paint each therapeutic meeting in such detail that the reader will come to feel as though they actually know the two or more people in the room This approach moves beyond the standard narrative practice of teaching by transcripts and steps into teaching narrative therapy through autoethnography The intention of these teaching tales is to offer the reader an opportunity to enter into the very heart and soul of narrative therapy practice much like reading a novel has you enter into the lives of the characters that inhabit it This work has been used by the authors in MA and PhD level classrooms workshops week long intensive courses and conferences around the world where it has received commendations from both newcomer and veteran narrative therapists The aim of this book is to introduce narrative therapy and the value of integrating autoethnographic methods to students and new clinicians It can also serve as a useful tool for advanced teachers of narrative practices In addition it will appeal to established clinicians who are curious about narrative therapy who may be looking to add it to their practice as well as students and scholars of autoethnography and qualitative inquiry and methods

Handbook of Therapeutic Storytelling Stefan Hammel,2018-08-24 The Handbook of Therapeutic Storytelling enables people in the healing professions to utilise storytelling pictures and metaphor as interventions to help their patients Communicating in parallel worlds and using simple images and solutions can help to generate positive attitudes which can then be nurtured and enhanced to great effect Following an Introduction to the therapeutic use of stories which closes with helpful Instructions for use the book is divided into two parts both of which contain a series of easily accessible chapters Part One includes stories with specific therapeutic applications linked to symptoms and situations Part Two explains and investigates methods and offers a wide range of tools these include trance

inductions adaptation hints reframing the use of metaphor and intervention techniques how stories can be structured and how to invent your own The book also contains a detailed reference section with cross referenced key words to help you find the story or tool that you need s With clear guidance on how stories can be applied to encourage positive change in people groups and organisations the Handbook of Therapeutic Storytelling is an essential resource for psychotherapists and other professions of health and social care in a range of different settings as well as coaches supervisors and management professionals

Therapeutic Stories Violet Razegh Panah,2023-08-23 As an influential contribution to the emerging field of therapeutic storytelling this book elucidates the profound power of narrative to heal psyche and spirit Drawing upon extensive clinical experience the author outlines effective techniques for employing storytelling to nurture creativity self understanding and emotional intelligence in children facing diverse challenges Spanning various insightful points the text analyzes common parenting approaches that despite good intentions often inadvertently suppress young imaginations From over structuring and repetitive routines to overemphasis on outcomes and arbitrary social judgments such missteps discourage the risk taking and self exploration vital for creative flowering In the first chapter we critically analyze philosophies and best practices for promoting healthy childhood development A child s journey from dependence to self discovery is discussed highlighting the need for parents to cultivate wisdom and compassion through alternating periods of tranquility and tumult The second chapter provides an evidence based framework for leveraging therapeutic storytelling to help children overcome psychological developmental and behavioral challenges Drawing on clinical research we delineate how skilled storytelling practitioners can externalize inner conflicts reframe limiting narratives and build resilience through metaphor catharsis and modeling self efficacy Specific techniques examined include reshaping negative thought patterns conquering inner demons through allegory fostering social participation for shy children and customizing interventions based on disabilities The therapeutic storytelling process aims to ignite children s agency to rewrite constricting narratives that hamper growth In essence this work evaluates storytelling as a tool to light up the human condition and nurture children s wellbeing A developmental perspective is applied to provide actionable guidance on parenting philosophies and healing centered narrative practices Synthesizing modern psychology with timeless wisdom this writing brings to light the storyteller s art of instilling self belief through archetypal metaphors and role modeling The overarching goal is cultivating empathy curiosity and compassion in children so their unique gifts may benefit society

Narrative and Psychotherapy John McLeod,1997-11-14 A densely packed book with interesting and valuable research gleaned from a wide variety of therapy approaches Narrative and Psychotherapy furnishes the reader with a cogent historical appraisal of the way psychotherapy culture and storytelling fit together A good reference book for counsellors and students The authors students and clients must be very happy that he has the interest and the capacity to tune in to others in such a fresh manner Counselling The Journal of the British Association for Counselling The core of psychotherapy can be seen as a process in which the client

comes to tell and then re author an individual life story or personal narrative The author of this book argues that all therapies are therefore narrative therapies and that the counselling experience can be understood in terms of telling and retelling stories If the story is not heard then the therapist and the client are deprived of the most effective and mutually involving mode of discourse open to them Taking a narrative approach also requires thinking about the nature of truth the concept of the person the relationship between therapist and client and the knowledge base of psychotherapy John McLeod examines the role and significance of stories in psychotherapy from within a broad based cultural and theoretical framework

If

Problems Talked Jeffrey L. Zimmerman, Victoria C. Dickerson, 1996-08-29 In this unique book noted family therapists Jeffrey L Zimmerman and Victoria C Dickerson explore how clients problems are defined by personal and cultural narratives and ways the therapist can assist clients in co constructing and reauthoring narratives to fit their preferences The authors share their therapeutic vision through a series of stories fictionalized discussions and minidramas in which problems have a voice Written in an engaging and personal style the book challenges many dominant ideas in psychotherapy inviting the reader to enter a world in which she or he can experience a radically different view of problems people and therapy A wealth of stories told from the clients point of view illustrate the creative ways they begin to deal with problems Individuals escape them couples take their relationships back from problems kids dump their problems and teenagers work with their parents to fight their problems Training and supervision from the perspective of students are also discussed As entertaining as it is informative this book will be welcomed by family therapists both novice and experienced from a range of orientations Offering a creative and accessible approach to clinical work it also serves as a supplementary text in courses on family and narrative therapy

Understanding Narrative Therapy Sonia L. Abels, MSW, 2001-03-20 A clear guide to one of today's most popular treatment modalities this volume explores why the narrative metaphor is important in the therapeutic relationship and how to incorporate narrative techniques into social work practice Building on basic insights about how stories shape people's lives and how destructive stories can be modified the authors explore various applications of the narrative approach These applications include conducting groups working with multicultural clients and supplementary classroom discussions

Using Story Telling as a Therapeutic Tool with Children Margot Sunderland, 2017-07-05 This practical handbook begins with the philosophy and psychology underpinning the therapeutic value of story telling It shows how to use story telling as a therapeutic tool with children and how to make an effective response when a child tells a story to you It is an essential accompaniment to the *Helping Children with Feelings* series and covers issues such as Why story telling is such a good way of helping children with their feelings What resources you may need in a story telling session How to construct your own therapeutic story for a child What to do when children tell stories to you Things to do and say when working with a child's story

Once Upon a Time Alice Morgan, 1999-01-01 **Narrative Therapy** Catrina Brown, Tod Augusta-Scott, 2006-08-03 Narrative Therapy Making Meaning Making Lives offers a comprehensive introduction to the

history and theory of narrative therapy Influenced by feminist postmodern and critical theory this edited volume illustrates how we make sense of our lives and experiences by ascribing meaning through stories that arise within social conversations and culturally available discourses

Storytelling In Therapy Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the power of words has never been more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Storytelling In Therapy**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book's key themes, examine its writing style, and analyze its overall impact on readers.

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Table of Contents Storytelling In Therapy

1. Understanding the eBook Storytelling In Therapy
 - The Rise of Digital Reading Storytelling In Therapy
 - Advantages of eBooks Over Traditional Books
2. Identifying Storytelling In Therapy
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an eBook Storytelling In Therapy
 - User-Friendly Interface
4. Exploring eBook Recommendations from Storytelling In Therapy
 - Personalized Recommendations
 - Storytelling In Therapy User Reviews and Ratings
 - Storytelling In Therapy and Bestseller Lists
5. Accessing Storytelling In Therapy Free and Paid eBooks

- Storytelling In Therapy Public Domain eBooks
- Storytelling In Therapy eBook Subscription Services
- Storytelling In Therapy Budget-Friendly Options

6. Navigating Storytelling In Therapy eBook Formats
 - ePUB, PDF, MOBI, and More
 - Storytelling In Therapy Compatibility with Devices
 - Storytelling In Therapy Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Storytelling In Therapy
 - Highlighting and Note-Taking Storytelling In Therapy
 - Interactive Elements Storytelling In Therapy
8. Staying Engaged with Storytelling In Therapy
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Storytelling In Therapy
9. Balancing eBooks and Physical Books Storytelling In Therapy
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Storytelling In Therapy
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Storytelling In Therapy
 - Setting Reading Goals Storytelling In Therapy
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Storytelling In Therapy
 - Fact-Checking eBook Content of Storytelling In Therapy
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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