

# Therapeutic Storywriting

## Emotional literacy through story



### Setting up Therapeutic Storywriting Groups:

#### Outline of three-day training

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The three-day training combines theory and experiential work. Participants are expected to set up a Therapeutic Storywriting group in their school after Day 1 and bring stories and experiences to work with on Days 2 and 3 of the training.

#### *Day 1*

- Introduction to Therapeutic Storywriting
- The significance of story metaphor
- Interpretation within the metaphor
- Setting up a Therapeutic Storywriting group
- Pupil self-evaluation
- The teacher's story
- Ways into story

#### *Day 2*

- Characters as a projection of subpersonalities
- Containment of anxiety for thinking to take place
- Receiving the child's story
- Active listening and reflection of children's stories
- Using choice points in the teacher's story to support emotional literacy discussion
- Discussion of points arising from teachers' groups

#### *Day 3*

- What is emotional literacy?
- Setting stories in fantasy or external reality
- Addressing specific issues through the teacher's story
- The group dynamic & boundaries
- Liaison and reporting to other professionals
- Discussion of points arising from teachers' groups