

Therapeutic Storywriting

Emotional literacy through story



Setting up Therapeutic Storywriting Groups:

Outline of three-day training

The 3-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

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

- Feelings ladder
- Characters as a projection of subpersonalities
- Containment of anxiety for thinking to take place
- Receiving the child's story
- Leading the mindfulness tuning
- Active listening and reflection of children's stories
- Discussion of points arising from teachers' groups

Day 3

- Identifying emerging themes
- Written emotional literacy comments
- Preparing to end and pupil post-evaluation
- Assessment and referring on
- Setting stories in fantasy or external reality
- Structure of a therapeutic story
- Discussion of points arising from teachers' groups