Information for schools about
Therapeutic Storywriting Groups

[Date]

Dear Participating School,

Thank you for considering the implementation of the Therapeutic Storywriting Groups intervention in your school. This letter provides an outline of the intervention and what resources it requires.

## What are Therapeutic Storywriting Groups?

Therapeutic Storywriting is an innovative and creative way for SEN teachers to support children whose emotional difficulties are getting in the way of their academic learning.

By working with the metaphor in stories – written both by the child and the teacher – emotional issues are addressed in a way that does not overwhelm the child. As well as developing emotional literacy the groups also develop pupils’ writing skills.

The groups run for 10 weeks and are for 6 pupils aged 7-13 years. Each session lasts 1 hour.

## Training

The training is a progressive programme and participants need to make a commitment to attend all three days.

The aim of the course is to support participants to set up Therapeutic Storywriting groups in their own schools. They will be expected to start their group after day 1 and to bring pupils’ stories along to days 2 & 3 of the training.

The training is suitable for SEN teachers, SENCOs, TAs, HLTAs, Inclusion Managers, school counsellors and other professionals supporting pupils with behavioural and emotional difficulties at Key Stages 2 & 3.

The 3-day training is supported by an [online training manual](TherapeuticStorywritingTraining.co.uk) that includes downloadable resources.

## Evidence-base

[**Research**](http://www.therapeuticstorywriting.com/research) shows that Therapeutic Storywriting Groups help pupils:

* process difficult feelings
* develop social skills
* improve emotional resilience
* improve writing skills.

Therapeutic Storywriting Groups have been introduced into schools in over 35 LAs in England and are a DCSF example of good inclusive practice (SEN IMPACT: Case Study 14).

## School Resources Required to Implement Therapeutic Storywriting Groups

The intervention lasts 10 weeks (either side of a holiday break is fine) and requires the following resources:

**Professional to lead the Therapeutic Storywriting Group**: 1 hour per week

**Room**: available each week for 1 hr with tables and chairs

Further information is available at [TherapeuticStorywritingTraining.co.uk](http://www.TherapeuticStorywritingTraining.co.uk)

"It's helped me to release my anger in small portions. Now it goes into my pencil and into my stories. I can make a story around how I feel." (Year 5 boy)

## Delivered in collaboration with:

 [Local authority]

