

## The Therapeutic Use Of Stories

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[The Therapeutic Use Of Stories](#)

The text provides a 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. About the Author Kedar Dwivedi is a Consultant in Child, Adolescent and Family Psychiatry at the Child and Family Consultation Service, Northampton, and a Clinical Teacher in the Faculty of Medicine, University of Leicester

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Stories have been used for thousands of years to teach at both conscious and unconscious levels. Stories are naturally hypnotic because they get you visualizing an alternative reality and so 'forgetting' your current experience to some extent as you drift into the narrative of the tale you are listening to.

[4 Powerful Story Therapy Techniques](#)

One my all-time favorite short therapeutic metaphors often used in therapy is called The Fence and I'm pretty sure that a lot of you already are familiar

with it, but still, I simply cannot leave out this beautiful story: There was a little boy with a bad temper.

### 7 Short Therapeutic Metaphors for the Child within ...

Thus, story can be used in therapy to give the client an internal experience of something that they are struggling to comprehend. How to Use Story in Therapeutic Work. One use is a simple 5 step process that we can run through to enable to client to interpret the issue. Find the essence of the problem – summarise it in one or two sentences. Through the work we have done with the client thus far, what do we understand to be the issue?

### Brighton Therapy Partnership | Metaphor, Story, and ...

The Centre for Therapeutic Storywriting promotes the use of therapeutic storywriting by educational professionals supporting pupils with emotional and behavioural difficulties. We do this by delivering training to educational professionals, conducting evaluative research , providing online support and delivering a Train the Trainer programme.

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The therapeutic use of story is grounded in psychoanalytic theory whereby the child's natural resistance to change and need for reason in the conscious is bypassed, and the healing resources of the unconscious are stimulated in order to give insight. Nancy Davis (1989) emphasizes

### Play Therapy and the Therapeutic Use of Story Roxanne ...

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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.

The Handbook of Therapeutic Storytelling enables people in the healing professions to utilise storytelling, pictures and metaphors 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. 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.

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.

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With a strong emphasis on working in group settings, Reflections on Therapeutic Storymaking develops both the theory and practice of storymaking, enlivened by many examples from various cultures in which Alida Gersie has worked. The author reflects on the dynamics of the storytelling process and explores the common experiences and attitudes which emerge in story work. The book discusses a broad range of topics, including: - the various types of narrative and their uses - the impact of race, class and other factors on the group and group leader - the need to encourage tolerance for the expression of emotional range - the potential benefits of the group storytelling process. Extending the author's earlier work on the use of stories to bring about healing change, this book will enrich the practice of anyone engaged in therapeutic work in either a group or individual setting.

This accessible book explores the therapeutic possibilities of poetry and stories, providing techniques for facilitating personally relevant and growth-enhancing sessions. The author provides ideas for writing activities that emerge from this discussion, and explains how participants can create their own poetic and narrative pieces.

Working with imaginative journeys and the mystery and magic of metaphor, the author has developed the art of therapeutic storytelling for children's challenging behaviour.

This is a unique book that explores stories from an educational, community, social, health, therapeutic and therapy perspectives, acknowledging a range of diverse social and cultural views in which stories are used and written by esteemed storytellers, artists, therapists and academics from around the globe.

This best selling book is an easy-to-read introduction to the ideas and practices of narrative therapy with accessible language, a concise structure and a wide range of practical examples. This book covers a broad spectrum of narrative practices including externalisation, re-membering, therapeutic letter writing, the use of rituals, leagues, reflecting teams and much more. If you are a therapist, health worker or community worker who is trying to apply narrative ideas in your own work context, this book has been written with you in mind.

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