

## The Theutic Use Of Stories

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mfx user guide

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.

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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.

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 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.

Use of letter-writing in family therapy.

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"George W. Burns examines the healing value of using metaphors in therapy and provides 101 inspirational story ideas that therapists can adapt to share with clients for effecting change. He explains how to tell stories that engage the client, how to make them metaphoric, and where to find sources for such tales. Burns also shows readers how to build stories from personal experiences or their own imagination to use in session, making this thoughtful book an especially creative therapeutic tool."--BOOK JACKET.

"Therapeutic Story StartUps is a creative resource that can be used by therapists and other professionals working with children aged 4-12 years. They are designed to support children to understand, explore and express their feelings through story imagination and play. Six beautifully illustrated storybooks address themes of: Loss, Bullying, Anger, Worries, Family Break-Up and low Self-Esteem. The accompanying characters, props and scenes invite the child to act out their own story, asking the question, "What happens next?... " The full pack includes: - Six illustrated storybooks, each prompting the child to create their own ending. - 30 colourful free-standing characters, six background scenes and a number of additional props. - Six mood-cards designed to support story-making. - Therapeutic Story-Souvenirs to remind the child of the story they have created. - Online guidelines for therapists provide prompts for using the stories and suggestions on how to use the resources. Separate guidelines for non-therapists are also provided"--

Life story work is an approach designed to enable traumatized children to explore, question and understand the past events of their lives. It aims to secure their future by

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strengthening attachment with their carers and providing the opportunity to develop a healthy sense of self and a feeling of wellbeing. This new edited volume documents innovative ways in which life story work has been developed. It draws on the work of nine life story centres based around the world and provides understanding and guidance for those working with children who have experienced trauma. The book illustrates current theory and practice and looks at how the approach is being used in a variety of settings including schools, intensive services, youth justice, and post-adoption support, highlighting its versatility. The importance of trauma-informed practice when working with vulnerable children is emphasised throughout, to help practitioners provide the best for the children in their care.

This accessible resource contains therapeutic stories and guidance for adults who are supporting young people aged 10–14 in foster, adoptive or kinship families. With a solution-focused approach, the stories are designed to address a range of social and emotional problems, covering topics such as bullying, eating disorders, trauma, parents' health, homophobia and racism. Each story is accompanied by relevant context and theory, discussion points and creative activities that will stimulate the young person's problem-solving skills and imagination, empowering them to explore solutions to situations in their own lives. Key features include: 35 therapeutic stories created to help young people make sense of their experiences, illustrating empathetic responses and solutions to social and emotional difficulties. Discussion points and related activities based on the author's extensive practical experience and knowledge. Practice guidelines and case studies to illustrate how the story-making approach can be used by therapists, adoptive parents, social workers and teachers. Photocopiable and downloadable resources. This

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book will enable foster, adoptive and kinship parents, social workers, therapists, teachers and other professionals to support the young people with whom they are working to resolve their dilemmas and enhance their self-esteem.

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