Introduction to

Therapeutic Life Story Work & Therapeutic Stories

10:00-16:00
(lunch 12:30-13:30)

Facilitator: Suzanne McGladdery

This experiential workshop aims to provide a greater understanding of the models and processes of therapeutic life story work and creating therapeutic stories, and their underpinning theories.

The workshop will present ways to support people in their journey from un-storied emotions to a more coherent narrative about their experiences, and will demonstrate how use of art materials, drawing and writing can be key factors in collaborative meaning making.

We will explore how, when feelings are organised and externalised in narrative form, new meanings and understandings of self and others can be gained resulting in emotional regulation, resolution and recovery from trauma.

Participants will be given the opportunity to consider how they can put their learning into practice in their areas of work

For dates and inquiries email: smgladdery@hotmail.com