



Story-making & Storytelling

Stories are a fantastic tool that can enable people to imaginatively express how they are feeling in their real / imagined worlds. The story itself acts as a safe container for a person's experiences. Whilst being creative and fun it also offers opportunities for self-reflection, personal growth and insight. Story-making and storytelling can be utilized in both individual (one on one) work or within group work. There is a great deal of playfulness in the communication that takes place within the storytelling process. As the storyteller and person/s listening collaborate creatively they assign meaning to the story and it is through this shared experience that their relationship becomes strengthened. Once a story has been created it can provide a starting point for many other pieces of work / activities and discussions for individuals and groups.

Creating a Story

It is possible to create a short story in six steps using Mooli Lahad's six-part story structure.

Six-Part Story Making

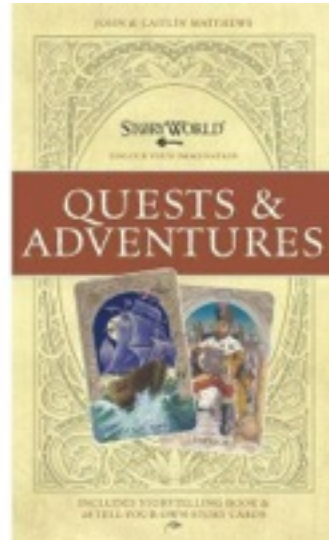
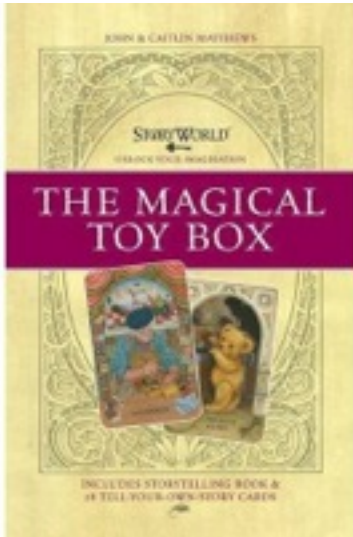
1. Main Character, hero or heroine.
2. The main character's task or mission
3. Who or what helps the main character?
4. Who or what are the obstacles to prevent the task being accomplished?
5. How does the character deal with the obstacle?
6. Then what happens?

For each of the sections above (1-6) the person creating the story can create a picture using pens, pencils, crayons, chalks or paint etc. This could either be done on a large piece of plain A3 paper / Sugar Paper that is split up into six boxes as shown below.

1. Main character	2. Characters Task or mission	3. Whom/What helps the main character?
4. What are the obstacles preventing the task being accomplished?	5. How does the character deal with the obstacle?	6. Then what happens?

OR

Each section of the story could be drawn / created on separate sheets of paper and joined up at the end of the process. Alternatively participants could use story telling cards to create their own stories rather than drawing / creating pictures. In this case they would need to choose a card to represent each of the six sections listed above.



Clip Art in Microsoft Word also has a number of Bean Characters that can be printed onto paper and arranged using the six-part story structure above.

1. Main Character



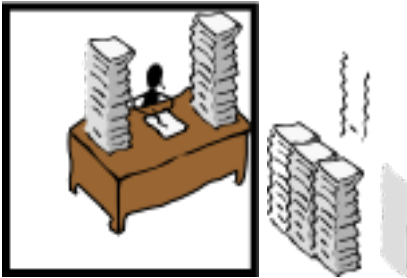
2. Character's Task or mission



3. Whom/What helps the main character?



4. What are the obstacles preventing the task being accomplished?



5. How does the character deal with the obstacle?



6. Then what happens?



Alternatively, rather than creating a story it is also possible to use existing stories such as fairytales, myths and legends for creative work with individuals / groups and exploring these existing stories using the same six part structure as shown above.

If you would like assistance with story making/storytelling or have any questions regarding Arts Therapies our Creative Expressive/Arts Psychotherapy team would be happy to help. You can contact us at info@integratedtreatments.co.uk