

Chennai Storytelling Festival 2019

www.storytellinginstitute.org/CSF2019.html

Festival Director: Dr Eric Miller <eric@storytellinginstitute.org>

Storytelling Workshop, Sat 9th Feb 2019, 1:30pm-4pm

"Storytelling for Coaching and Counselling"

Workshop Facilitators: Dr Eric Miller <eric@storytellinginstitute.org>

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Handout

Below is a description of a 7-step process for using Storytelling for Coaching and Counselling. (This material is also at <http://storytellinginstitute.org/216.html> .)

This 7-step process is based on, inspired by, and an elaboration of, Carl Jung's 3-step therapeutic process (<http://storytellinginstitute.org/Jung.html>).

In addition to Psychological Counselling, this 7-step process could be used in the Life Coaching context for,

Emotional, Intellectual, and Social Development.

Creativity.

Self-exploration.

Self-improvement.

This process could help one to,

Fulfill one's potential.

Actualise oneself.

Find one's self.

Find one's voice,

Discover one's mission in life.

In this Workshop, we would go over these steps and begin to apply them to ourselves in introductory ways.

Participants might at times be invited to write, draw, talk with a partner, meet in small groups, act-out situations (performing skits, possibly even with rhythmic and melodic speech and stylised movements), and use other modes of expression.

The 7-step process

1) Tell one's Life Story (a ten-minute version) to a partner.

2) Identify in one's Life Story:

A) Major Chapters, Important Incidents, and Turning Points.

B) Challenges, Frustrations, Disappointments, Joys, etc. One could ask oneself such questions as: "Am I fully happy? If not, what is keeping me from being fully happy? What might need to happen for me to become happier?"

C) Successful coping methods one has used.

D) Outstanding and recurring motifs (also known as story elements, and archetypes) in one's Life Story -- these could be objects, places, characters, types of relationships, etc.

D) Themes (ideas, issues, lessons learned, etc).

3) Gather 4 or 5 other stories that are similar to aspects of one's Life Story. These other stories could be stories of any type (they could be stories of Folktales, episodes of Epics, movies, historical events, experiences of family or friends, etc).

Working with Epics, Fairytales, and other traditional stories could help one to recognise the power of archetypal elements outside and inside oneself, and then put one's personal experiences into a larger perspective. Understanding the functioning of archetypal characters and situations within oneself is a way of synchronising the beating of one's own heart with the rhythm of the cosmos.

June Singer. *Boundaries of the Soul: The Practice of Jung's Psychology*. Garden City, NY, Doubleday. 1972. pp. 127-8.

- 4) Create modified versions of any of the above-mentioned stories (especially of episodes of one's Life Story). For examples, one could:
- A) Exaggerate any aspect of a story.
 - B) Change the way a scene ends (change the way a character behaves).
 - C) Add or subtract a character or scene.
 - D) Take a story one has told in 1st person (a personal-experience story) ("I did ..."), and tell it in 3rd person ("She/he did ..."). This takes an internal experience and externalises it, projecting the experience onto an external character.
 - E) Take a story one has told in 3rd person ("She/he did ..."), and tell it in 1st person (as if it were a personal-experience story) ("I did ..."). This takes an external experience and internalises it.
- Reasons one might do these activities include:
- A) Just for fun.
 - B) To give one a sense of satisfaction.
 - C) To see things and situations from different perspectives.
 - D) To explore ways characters could, should, or might have behaved.
- 5) Speak to and as characters in the above-mentioned stories. Possibilities include:
- A) One could speak with a younger or older version of oneself.
 - B) One could speak with a younger or older version of a story character.
 - C) A story character could speak with a younger or older version of him/herself.
- 6) See if any metaphors representing aspects of the above-mentioned stories might come to mind.
- 7) With assistance from a partner or facilitator, use such metaphors (and any other elements of, or related to, any of the above-mentioned stories), to compose a story that is inspiring, guiding, encouraging, empowering, integrating, and/or healing in relation to oneself.

Additional readings:

<http://storytellinginstitute.org/215.html>