

1529

Therapeutic Storytelling as an occupational tool that enables recovery

Jenny Stembridge de Aguilera, Lucho Aguilera Araneda
Counties Manukau District Health Board, Manukau City, New Zealand

Learning Objectives:

At the end of this workshop, participants will:

1. Be able to identify occupational outcomes of Therapeutic Storytelling.
2. Understand the enabling power of cultural myths and legends.
3. Have experienced creative learning through a dynamic group work process.
4. Identify relevant models of practice for this tool.
5. Have increased knowledge of how to use this therapeutic process to facilitate recovery / hope.

Length of time required: Half day workshop

Description: This workshop provides an opportunity to experience the power of myths and legends using drama, movement, music and dance. These creative mediums have been successfully used to enable and support the recovery of people living with severe enduring mental illnesses who come from a diverse ethnic and cultural mix. All cultures have stories, myths and legends that link them to their past, give meaning to the present and hope to the future. A variety of visual tools will be used, these include props, coloured pictures and a whiteboard. Groupwork is used to facilitate social interactions, self-expression and sharing. Participants are provided with the opportunity to discuss common symbols and meanings from a New Zealand and Chilean myth. From an occupational practice perspective participants will gain knowledge of how therapeutic storytelling facilitates many meaningful occupations, engagement and participation with marginalized and socially isolated groups of people.

Maximum number of participants: 16