

XAT511 Narrative and Storytelling

Level: 5

Credit Units: 5 Credit Units

Language: ENGLISH

Presentation Pattern: EVERY JAN

Synopsis:

XAT511 offers an immersive exploration into the therapeutic applications of narratives and storytelling, employing role-play, drama, and writing as transformative tools. This course is designed for those in therapeutic professions, as well as educators and artists interested in the intersection of creativity and psychological well-being. It equips participants with the skills to integrate expressive modalities into therapeutic practices, enhancing emotional expression, personal insight, and healing. Participants will learn to guide others in forming and expressing narratives in ways that foster healing and growth, mastering a range of creative practices from structured storytelling to spontaneous role-play and reflective writing. Through this course, participants will develop an understanding of how various forms of creative techniques can be effectively utilized in therapeutic storytelling contexts, aiming to enhance empathy, connection, and emotional recovery.

Topics:

- Role of narratives and storytelling in healing
- Embodied narratives in therapeutic storytelling
- Applying art-related techniques such as role-play (or drama) and writing to storytelling
- The use of metaphors and symbolism
- Psychological distancing in therapeutic storytelling
- The role of rituals in therapeutic stories
- Scaffolding and laddering
- Running therapeutic sessions
- Incorporating additional art modalities
- Reflective practices and therapeutic outcomes
- Creating and maintaining therapeutic space
- Cultural sensitivity and ethical considerations

Textbooks:

Transforming Tales – How stories can change people. Rob Parkinson Jessica Kingsley Publishers
ISBN-13: 9781846429194

Learning Outcome:

- Identify the therapeutic potential of narratives and storytelling in therapy, using drama, writing, or other creative arts strategies to promote emotional healing and personal growth.
- Apply story-telling or narrative techniques to reshape personal and collective narratives.
- Analyze the role of symbolic representation and metaphor in storytelling, drama/role-play, and writing to address complex emotional experiences
- Explore the use of therapeutic story-telling and narration to facilitate self-awareness in clients.
- Design storytelling using role-play or other interventions that incorporate ethical and culturally sensitive practices.
- Create safe spaces effectively for exploring emotions and experiences, fostering therapeutic relationships

Assessment Strategies - Regular Semester (Evening Class):

Components	Description	Weightage Allocation (%)
Overall Continuous Assessment	TUTOR-MARKED ASSIGNMENT 1	50
Overall Examinable Components	ECA	50
Total		100

*The information listed is subject to review and change.