

Therapeutic Stories

Therapeutic stories can be used to bring healing to a difficult situation by offering an alternative more helpful way of looking at it and to change unhelpful difficult response patterns by presenting what would help through the medium of story.



- Stories can be written for individual children capturing their unique circumstances, contexts and behaviour patterns.
- A therapeutic story may be considered for individual children who have been particularly affected by Covid. For example, they may have experienced loss, disruption in primary caregiving or a fundamental change of circumstances.
- Susan Laing offers 'Some Guidelines for Therapeutic Story Writing', which can be accessed here:

<http://www.creativelivingwithchildren.com/wp-content/uploads/2014/07/HCT-Some-guidelines-for-therapeutic-story-writing.pdf>

Alternatively, the Milton Keynes Educational Psychology Service may also be contacted for further advice on therapeutic story writing.