

The Stories We Tell Matter

Speakers: Gabrielle Witte, LCSW Delores Reyes, MMHC, METC

Description:

Our stories are about ourselves and our groups. They express where we are coming from and where we are headed. They are about what is feared, what we have and struggle with and what we dream about. The most basic story is about our identity. And so, we are and can be the authors of our own story. As we know from the field of psychological trauma, healing cannot happen only with words, but must involve the body.

In this workshop, we will be introducing a method of approaching and healing from trauma that involves expressing and interacting with our stories and making meaning from them, through experiential activities that bring mind, heart and body together. We plan to present action-oriented techniques derived from Family Therapy and from the Parenting Journey program in Somerville MA including: sculpting, psychodrama, role reversal, and other experiential tools and techniques from the Parenting Journey curriculum.

Learning Objectives:

- Understand the role of stories in healing from trauma.
- Explain bringing how experiential exercises can bring the needed mind/heart/body connection for healing from trauma.
- Illustrate non-hierarchical approaches to work with families and encourage empowerment and family generated resilience.