



# Reflections on Therapeutic Storymaking: The Use of Stories in Groups

*Alida Gersie*

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## **Reflections on Therapeutic Storymaking: The Use of Stories in Groups** Alida Gersie

With a strong emphasis on working in group settings, Reflections on Therapeutic Storymaking develops both the theory and practice of storymaking, enlivened by many examples from various cultures in which Alida Gersie has worked. The author reflects on the dynamics of the storytelling process and explores the common experiences and attitudes which emerge in story work. The book discusses a broad range of topics, including: - the various types of narrative and their uses - the impact of race, class and other factors on the group and group leader - the need to encourage tolerance for the expression of emotional range - the potential benefits of the group storytelling process. Extending the author's earlier work on the use of stories to bring about healing change, this book will enrich the practice of anyone engaged in therapeutic work in either a group or individual setting.

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