

# **XAT511 Narrative and Storytelling**

**Level:** 5

**Credit Units:** 5 Credit Units

**Language:** ENGLISH

**Presentation Pattern:** EVERY JAN

## **Synopsis:**

XAT511 Narrative and Storytelling will introduce the students to the practice of storytelling in therapy and how by working with narratives through expressive arts therapy they can create change, healing and development in their clients. They will explore the narrative forms of storytelling, sand tray work, song and poetry writing in different cultural contexts, and gain insights into expressive media that can support their work. Ethical issues of how to protect these stories and who is appropriate to share them with will also be discussed, and they will also explore the role of new media and social media as a storytelling medium.

## **Topics:**

- Narrative therapy principles and practice
- The role of stories in human development
- Sand tray work
- Drama and imagination as storytelling
- Song-writing and poetry in storytelling
- New media and social media as storytelling in therapeutic practice
- Documenting therapeutic practice – hearing clients' stories
- Traditional stories and their cultural roles
- Group work and group stories
- Ethical issues in storytelling
- How to run expressive arts groups
- Documenting, reflecting and trusting the process of the therapeutic journey.

## **Textbooks:**

Parkinson, R.: How stories can change people 2009 Pennsylvania: Jessica Kingsley Publishers.  
ISBN-10: 1843109743

Burack–weiss, A, Lawrence, L.: Narrative in Social Work Practice - The Power and Possibility of Story. 2017 New York: Columbia University Press.  
ISBN-10: 023117361X

**Learning Outcome:**

- Assess the therapeutic benefits of telling stories.
- Compose the verbal and pre-verbal narrative methodologies.
- Propose the ethical and cultural considerations in telling and sharing stories.
- Demonstrate an understanding of the role of stories in expressive arts therapies.
- Design storytelling and narrative opportunities for individuals and groups.
- Critique the different roles of stories in different contexts.

**Assessment Strategies:**

<b>Continuous Assessment Component</b>	<b>Weightage (%)</b>
TUTOR-MARKED ASSIGNMENT	25
TUTOR-MARKED ASSIGNMENT	25
<b>Sub-Total</b>	<b>50</b>

  

<b>Examinable Component</b>	<b>Weightage (%)</b>
ECA	50
<b>Sub-Total</b>	<b>50</b>

**Weightage Total** **100**