



Narratives & Trauma Healing

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Narrative Value

- Words have power.
- Narratives have the capacity to break through walls of avoidance and fear.
- Narratives help us transition from a place of fragmentation and chaos to a place of order and organization.
- Narratives give us space to grapple with the good and the bad, the beautiful and the ugly.
- Narratives provide us with the opportunity to engage in creative play.
- Narratives provide a container for our experiences.
- Narratives speak to the universality of human experience.
- Narratives provide opportunities for growth, change, and empowerment.

Things to Remember When Helping Trauma Survivors

Tell Their Narratives

- The only story you should ever seek to take ownership and control over is your own.
- Where there are stories of trauma, there are also stories of strength and resilience.
- Where there are stories of destruction, there are also stories of creativity.
- Some stories are messy and unresolved.
- Stories are fluid and dynamic. Make space for vision and hope.

Resources

www.storiezguide.com

Storiez: A Guide for Therapists (Meagan Corrado)

Storiez: A Do It Yourself Guide (Meagan Corrado)