

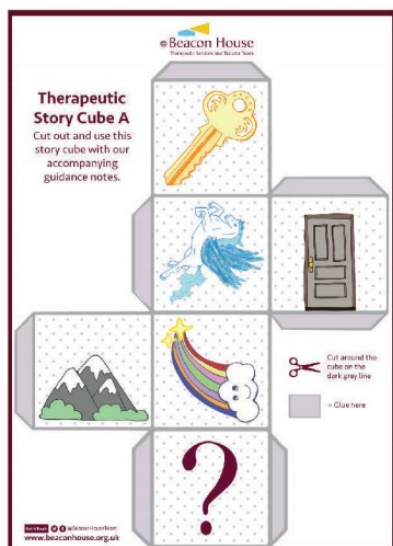
## Storytelling: The Therapeutic Stories Cube

Storytelling is an important aspect of our work at Beacon House. People come to us with a story to tell. How their story is told is a **delicate process** and one that will vary from person to person. A story is not only told through words. The therapy journey using the bottom up approach supports this retelling of life stories. Many will tell their stories through their sensory play, or through their drawings, others may be in a place to directly explore their emotional connections to their story. What is important is that **the story is not forced**. For some it can be helpful to first explore by telling another person's story. This can provide an emotional distance and therefore provide safety from being overloaded by recalling the trauma of adverse experiences. As you make sense of the themes similar to your own, so too do you **start to tolerate the discussion around your own story**.



## USING THE CUBES

This is a tool to support connection, encourage reflection and evoke discussions around stories.

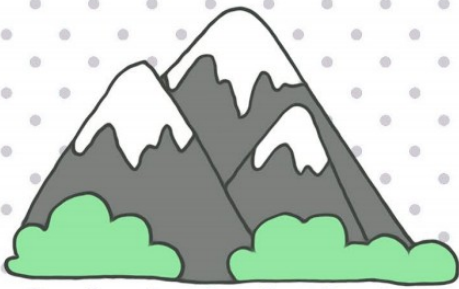


- The tale can begin any way the storyteller wants, however it can sometimes be helpful to support them by starting with "Once upon a time...."
- Ask the storyteller to roll a cube. The story teller starts to create the story using the image the cube has fallen on.
- When you sense the story teller wants or needs another image, ask them to roll another cube to continue their story - re-using the cubes as the story evolves.
- After hearing their story, reflect with the story teller about their ideas and responses. Some ideas to support this are below.

- Share a moment in the story that stood out for you. What is it about that moment that interests you? Describe it from your perspective.
- If you could be one of the character's which one would you be and why? What feelings did this character experience?
- Is there anything you would change in the story? Why would you change it? What would you change it to?
- What feelings did you notice in the story? Could you show these with your body/face?
- Is there anything in the story that reminds you of something you've gone through in life? How might you tell this?
- Draw or create something from the story.

# Therapeutic Story Cube A

Cut out and use this story cube with our accompanying guidance notes.



Cut around the cube on the dark grey line

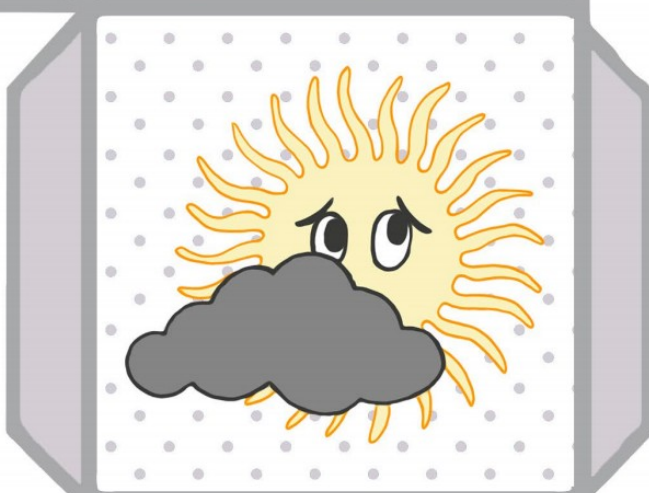



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# Therapeutic Story Cube B

Cut out and use this story cube with our accompanying guidance notes.

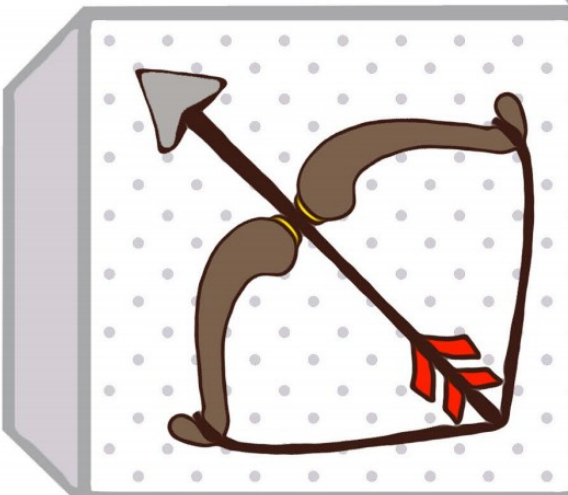
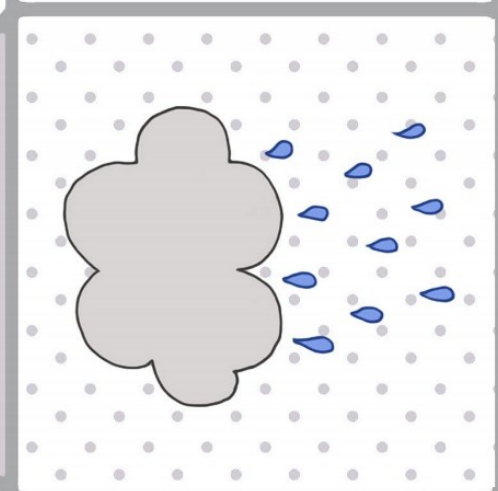



 Cut around the cube on the dark grey line


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# Therapeutic Story Cube C

Cut out and use this story cube with our accompanying guidance notes.



 Cut around the cube on the dark grey line

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